

PASS IT ON

December
2010

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

Pender Adult Services to host RSVP for Pender County

Barbara Mullins has been hired as coordinator for the Retired Senior Volunteer Program (RSVP). RSVP is a new program in Pender County funded by a federal grant.

Pender Adults Services, Inc was one of 22 organizations in the nation to receive a grant to develop a new RSVP program. The grant will provide funding for three years to provide senior volunteer opportunities throughout Pender County.

The Advisory Board is in place and an orientation day will be held Nov. 30 at 1 p.m. at Heritage Place. The orientation is to recruit more volunteers and allow those already committed to RSVP to decide where their expertise lies. The next step is to recruit more volunteers to service Pender County.

You have so much to offer. You have life experiences that no one else has and chances are you are skilled in more than one thing. Flexibility is key in this program because you decide how much time you have to volunteer.

Two to four hours a week can make a difference in the lives of someone in need. You also decide

what area you'd like to volunteer in. RSVP is divided into three areas:

- Assist homebound seniors with respite care
- Mentor developmentally challenged young adults
- Tutor middle age school children This time can be a time to share skills you already have, or learn new ones.

Training will be provided through various local organizations and individuals. Screenings will also take place to ensure safety of our seniors and our children involved in RSVP.

"Training will take place early January and I hope to have clients and volunteers matched during January so we can get this program activated by January's end," Mullins said. "I have visited with many of you at programs at both Heritage Place in Burgaw and the Senior Center in Topsail, and I look forward to getting to know you better."

Contacts are being made with churches and civic organizations to educate people about the RSVP program.



One stroke painting classes are offered at the Topsail Senior Center on Tuesday afternoons. Call Cindy Williams at 270-0708 for more information.

Many volunteers are necessary to provide for needs in Pender County and we are also compiling a list of clients. If you know someone in need of services from RSVP, please call and file an application to this program.

Christmas is the season of giving.

What better gift can you give than a gift from the heart.

Your time is all it takes to make a big difference in someone else's life. Please call Barbara today at 259-9119 extension 25 to see how you can fill this special need.

DEES^{Rx}
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most other third party prescription plans.

VISIT OUR
SODA FOUNTAIN!

Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.





Woodcarving Group at Topsail
Fridays from 9 a.m. to 12 p.m.
Beginning in January
Beginners & Long Timers Welcome!!

Thank you

A Special thank you to Bobbi Bell and Mission Baptist Church for their support of Home Delivered Meals. Bobbi's family & Mission Baptist Church have prepared and delivered Thanksgiving Day meals to clients in Western Pender County for the past two years.

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



**Sitter, light house keeping,
personal care, respite**

Pender Adult Services, Inc.
now offers assistance in the home for
individuals and their families.
Fees based on monthly income.
CALL NOW FOR MORE INFORMATION
AND TO DETERMINE ELIGIBILITY!

Contact: Rebecca Boggs, RN
Pender Adult Services
Phone: 910-259-9119

Gifts in Memory
of Sudie Mae Horrell
Have been made to Pender Adult
Services, Inc
Meals on Wheels
Bruce & Cheryle Williams
Catherine & George Highsmith
Charlotte Kelly & Jacquelyn A Batson
Diane Spencer
Dorothy Foyles
Everett Ward, Jr
Frederick & Joyce Coville
Gene & Mary Jane Lanier
James & Carrie Cavanaugh
John M & Mary Nell Anderson
Linda Owens
Linda Woodcock
Marguerite T Moore
Mike & Donna Corbett
Mr & Mrs Lonnie J Turner
PAS Staff
Robert A Scaggs
Victor & Jean Horrell
Whrens & Judy Williams
William & Cheryl Wooddell
William A Murphy

Thank you

Burgaw Antiques Fudge Shop
 101 S Wright St
 259-7070

Courthouse Coffee
 211 S Wright St
 259-2939

*for participating in our
annual Silent Auction*

Free basic computer classes for seniors

The United Way of the Cape Fear Area, in partnership with the Pender County Public Library, is offering computer training by a peer coach using the Generations Online Tutorial for senior citizens. This is a free computer class for seniors over 55.

If you want to learn to use the Internet, are afraid of the computer mouse or worried you might break the computer, then this is the place to start. Tutoring is offered at the Burgaw librarybranch Monday - Thursday from 10 a.m. to 3 p.m. Call 259-1234 for more information.

Silent auction big success

The Annual Silent Auction and Dinner was held Nov. 18 and proved to be an overwhelming success.

This was possible only by the generous support of dozens of local businesses and individuals providing sponsorships and items for the auction. The event was attended by more than 120 individuals enjoying great food and the opportunity to help their neighbor.

A sincere thanks to all

those supporting this worthy event. This valuable fund raising event provides a home bound elderly person a warm well-balanced meal on a daily basis. There are currently more than 100 seniors on the waiting list for Meals on Wheels.

Anyone interested in supporting the Meals on Wheels Program may make contributions to Pender Adult Services by calling 259-9119.

Pender Adult Services Calendar of Events

Healthy America – Health Check (FF)

Dec. 8, 9:30 to 11a.m.

Contact Judy at 259-0422

Tree Top Quilters (TSC)

Dec. 13, at 1 p.m.

Christmas Party

Dec. 17, 10:30 a.m. at TSC

Dec. 17, 11:30 a.m. at HP

Alzheimer's Support Group (HP)

Dec. 17, at 11:30 a.m.

Contact Kay Warner at 259-9119

Blind Support Group (HP)(Second Tues)

Contact Patricia Miller at 259-1464

Diabetes Support (HP) (Fourth Tues)

Contact Rebecca Boggs at 259-9119

Christmas Closings

Pender Adult Services Offices & Centers

Closed Dec. 22 – 26

No Congregate Meals from

Dec. 22 – Jan 2.



Pender Adult Services serves as a drop off for Toys For Tots. Toys dropped off at Heritage Place, Topsail Senior Center & Fitness Fusion will be distributed in Pender County. Thank you for your donations!

Benefit for Meals On Wheels Program

PENDER ADULT SERVICES GRATEFULLY ACKNOWLEDGES OUR 2010 SILENT AUCTION SPONSORS

Event Sponsors

Delivery Concepts East

Bobbi DeCicco

BlueCross BlueShield of NC

Platinum Sponsors

Griffin Estep Benefits

First Citizens Bank

MV Transit

William & Marion Lacer

CCR Towing

BB& T

Gold Sponsors

Crowder Construction

Carolina Coastal Equine

Peggy & Robert Casey

Four County Electric Cooperative

Go-Gas

Silver Sponsors

Neil Medical Group

Burgaw Area Chamber of Commerce

Jim & Carolyn Gayford

Joyce & Allen Wooten

Burgaw Lions Club

Red Robbins

Canady & Son's Exterminating

Bronze Sponsors

Campbell Propane

Volunteer reception planned at Topsail Center Dec. 2

A volunteer reception will be held at the Topsail Senior Center to recognize the recipients of the 2010 Governor's Award for Volunteer Service from Pender County. The reception is part of the Governor's Volunteer Service Awards program, which honors individuals, groups, teams and businesses that make significant contributions to their communities through volunteer service. Since the program began in 1979, more than 16,000 individuals have been recognized for their service.

The reception will be held at 6 p.m. Dec. 2. at the Topsail Senior Center.

Pender Adult Services, Inc

Heritage Place
901 South Walker Street
Burgaw, NC 28425
(910) 259-9119

Pender Adult Services is committed to providing our community a safe, stable, environment in which individuals can maintain their independence, good health practices, and a healthy sense of self-esteem.

Topsail Senior Center
20959 Highway 17
Hampstead, NC 28443
(910) 270-0708

Heritage Place Opportunities

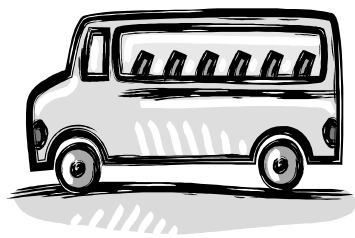
Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class 6:00 Line Dance	9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals

Topsail Senior Center Opportunities

Monday 8:00 am—5:00 pm	Tuesday 8:00 am—5:00 pm	Wednesday 8:00 am—5:00 pm	Thursday 9:00 am—5:00 pm	Friday 9:00 am—2:00 pm
10:00 Modified Pilates 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:30 Bowl@Ten Pin (2nd & 4)	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 One Stroke Painting	9:00 Quilting Class 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals	9:00 Current Events Coffee 10:00 Vinyasi Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting Class 1:00 Card Playing 1:00 Mahjong	9:00 Carving Group(Jan) 12:00 Meals 1:00 Vitality in Action Saturday –closed Facility Available For Rentals

Fitness Fusion Group Fitness Classes

Monday Open 6:00—9:00	Tuesday Open 6:00—9:00	Wednesday Open 6:00—9:00	Thursday Open 6:00—9:00	Friday Open 6:00—9:00
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 12:15 WAIST DOWN 5:30 ZUMBA 6:40 ZUMBA	8:30 BODYPUMP 9:40 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:00 KARDIO KICKBOX 6:05 ZUMBA	8:30 BODYPUMP 9:40 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA



Public Transportation is available to person 18 years and older throughout Pender Co. The cost per ride is \$3 each way. A 48 hour notice is necessary to arrange transportation. Please call (910) 259-9119 or (910) 259-8434 to make arrangements.