



Pass it on.

Helpful information
to enhance senior living
provided by
Pender Adult Services

December
2013



RSVP program celebrates three years

Pender County Retired Seniors Volunteer Program volunteers attended a special Thanks a Million recognition dinner on Oct. 29 at the Topsail Senior Center.

RSVP volunteers from all over Pender County celebrated their third birthday with a delicious meal prepared by Middle of the Island Catering. The level of joy, smiles, conversation and good food was humungous.

Barbara Mullins, Director of the RSVP Program, reminded volunteers that just three years ago they did not know each other and compares this RSVP program to a beautiful quilt with each patch in

the quilt representing a RSVP volunteer. She described volunteers as colorful, energetic, caring, kind hearted, each shaped with a unique personality.

The stitches around each little patch represent the students/protégés/homebound clients. The border around the edge of this quilt are the RSVP Stations because they offer support at Pender County Schools, the library, thrift stores; senior centers, food banks.

The backing on the quilt is the strong support received from Pender Adult Services and the RSVP advisory board.

Together 130 volunteers

serve many people in this community and weave a beautiful tapestry of love and caring serving those in need.

Mullins praised her volunteers and reminded them what an awesome group of people they are. She is sincere as she calls each volunteer my friend and tells them how she loves spending time with each one and enjoys hearing their success stories.

But even more, she loves hearing others brag about her RSVP volunteers.

Mullins says she has a wonderful job because she sees the quilt, the beautiful quilt that is growing and glowing in Pender County.



Photo contributed

Volunteers with the RSVP program gathered at the Topsail Senior Center Oct. 29 for a special recognition program.

Silent auction and gala a success

Pender Adult Services held its annual silent auction on Nov. 14. It was a wonderful evening and fundraising event for our Meals on Wheels program.

The staff, board and volunteers gathered over 200 items for the auction including an autographed script for *Under the Dome*, several autographed basketballs and many decorative household items.

"We want to thank the community for their support," said Wesley Davis, executive director. "Each ticket purchased, each item donated, each sponsorship given, all contributed to a very successful event. We wish to thank all of our sponsors for their generous support. More than \$20,000 has been received to date."

The event was a dinner set up in stations offering appetizers, soups and salads, meats, pasta, wine, beer and martinis. Attendees stopped by the s'mores station for an old-time favorite on their way to dancing in our heated tent. Brown Dog Coffee was our

coffee sponsor serving their delicious coffee.

Staff greeted attendees, served at stations and volunteers from Heide Trask High School served appetizers and desserts. The event has grown to 200 guests. Thanks to Harrell's for providing additional seating.

"We were amazed to learn that the staff actually prepared the food when we asked who had catered the event," said Chad McEwen, Town of Burgaw. "Thank you for all the good work you and your staff do for the community and thank you for putting on such a great event for such a wonderful cause."

The Board of Directors and Staff of Pender Adult Services wish to thank all of the generous sponsors.

Platinum Sponsors
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Photo contributed

Sue Cooper views the items at the 2013 silent auction fundraiser for the Pender County Meals on Wheels program

Topsail Senior Center hosts CFCC intern

Kay Stanley, the Topsail Senior Center activities director has welcomed Moira Matthews, an Occupational Therapy Assistant student, from Cape Fear Community College this fall for her Level I community based fieldwork placement.

Many of the members at the Topsail Senior Center have enthusiastically reported that they anticipate and enjoy attending Moira's weekly OT Morning Sunshine series held on Tuesdays.

The series provides meaningful activities such as arts and crafts, themed game days, and education sessions about health and well-being that engage seniors mentally and physically while increasing activity levels and social participation.

The seniors have been very receptive and show a sense of ownership with each activity or craft they complete. Regardless of your age, having a meaningful purpose in life is the ticket to health and well-being; a goal that has been successfully achieved through Moira's weekly meeting.

Moira's passion for art, inspired by her high school art teacher, combined with an understanding of Psychology from UNC Wilmington, and the phenomenal support and technical instruction from CFCC OTA program faculty, have made her work at the Senior Center motivating, fulfilling, and professionally valuable.

In addition, she has been



CFCC intern Moira Matthews

able to provide meaningful experiences for individuals in a community based/emerging practice setting; truly a win, win for everyone. She plans to graduate from the CFCC Occupational Therapy Assistant program in May 2014.

She is excited to explore what the future holds for her as an OTA practitioner and hopes to incorporate her creative art talents with client-centered care.

"Topsail Senior Center has certainly been fortunate to have the knowledge, enthusiasm and love that she has shared with the eager participants at Topsail," said Kay Stanley, senior center coordinator. "She is such an easy personality to love and we are not quite sure how we can follow her lead. It seems like more positive energy has been flowing with her presence. We hope we can keep what she has shared with us."

For more information about the OT Assistant Program at Cape Fear Community College visit the program's website: <http://www2.cfcc.edu/ota/> Or call (910) 362-7096.

Thank You

Thanks to Jessie Mintz with Hampstead UMC, Bobbi Bell with Mission Baptist Church, Burgaw for Thanksgiving meals provided to Pender County seniors

Transportation available

In-county transportation is available for seniors. Pender Transportation is accepting new riders for shopping, grocery, work.

Certain restrictions apply for trips and medical appointments. Services may be interrupted if funding is not available.



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Memorial and Honorary Giving Program

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In Honor of Pat Casaw & Henry Reid

By Stacy & Connie Wooten

In Honor of Mrs. Judy Connolly

By Marguerite T Moore

In Memory of my loved ones

By Frances Hobbs

Community Contributors

Emma B Anderson Memorial Chapel

Hampstead Women's Club

St Joseph's Church

Willarlea Ruritan Club

Donations to PAS are tax deductible. For more information on the Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 259-9119

Heritage Place in Burgaw hosts CFCC intern

Katie French is a student at Cape Fear Community College participating in the Occupational Therapy Assistant Program (OTA). She has been an asset to the senior center programming.

Katie has led the Sit and Be Fit class weekly and offered educational topics, to include fall prevention and home modifications for assisting seniors in activities of daily living.

She has also demonstrated safe approaches for getting out of a seated position, in addition to offering ideas for arm-strengthening exercises. She has engaged seniors in conversations and has found to be a trusted ear. Her caring personality and enthusiasm is contagious.

The Tuesday program has increased throughout the semester while she has been here. Katie has been excited to share her knowledge of OT each week with the members of the center, and it has shown in her interactions with the seniors.

“This has truly been a valuable experience for me. Not only have I been able to interact with some of the most kind-hearted individuals on the coast, but I have been



Photo contributed

CFCC student Katie French is serving as an intern from the occupational therapy assistant program at the college.

incredibly fortunate to share my passion for Occupational Therapy with them each week,” said French.

Originally from Maryland,

Katie relocated to Raleigh to begin her college career. She graduated from Peace College, and received her BA in communication.

After working in marketing for several years, Katie decided to expand her professional goals and pursue a field that was driven to help people. Soon after, she discovered Occupational Therapy and as they say, the rest is history.

Since beginning the OTA program last fall, and under the direction of her instructors Jennifer Renshaw, MS, OTR/L, Julie Smith, BS, COTA/L, and Amy Kampshroeder, BS, OTR/L, Katie's passion for OT has grown tremendously.

Her knowledge from the program has made her experience at Pender Adult Services a rewarding one, and one that she is exceptionally grateful for.

Katie plans to graduate from the CFCC OTA program in May 2014. While she is uncertain of her plans after graduation, she is beyond excited for what the future holds in her new profession as an OTA practitioner.

“Katie has energized our seniors that participate in our Tuesday morning programing” commented Jennifer Mathews, Senior Center Coordinator. “She has encouraged, educated and assisted all of our seniors.”



Pender Adult Services is a drop off location for Toys for Tots. New toys will be collected through December 19.



Weber Genesis E-330 3 burner Gas Grill Raffle Tickets available \$3 each or 2/\$5 ♦♦♦♦♦♦♦♦♦♦ Raffle to benefit Meals on Wheels Drawing held 12/20/13



Photo contributed

CFCC intern Moria Matthews leads the OT Morning Sunshine group at Topsail Senior Center on Tuesdays.

Advice for caregivers Holidays can be stressful for seniors

(StatePoint) The holidays may be filled with joy, but for the ever-growing number of aging Americans and those who care for them this otherwise celebratory season can become mired in challenges.

An estimated 15 million Americans are sandwiched between two generations and working to support both, according to the Pew Research Center. Known as the “Sandwich Generation,” these adults struggle to balance caring for their children and their elderly parents.

“Staying organized is especially important during this time of year to ensure that loved ones aren’t ignored in the hustle and bustle of the season,” says Mark Armstrong, founder and CEO of ComForcare Senior Services, an international senior care franchise that provides in-home, non-medical care to seniors and others in need of assistance.

Armstrong is offering some juggling tips for family caregivers:

- Map out doctor’s appointments, prescription pick-up dates, school holiday pageants and other planned events on a calendar or on your smart phone to avoid double booking and overextending yourself.

- Members of the sandwich generation often feel they don’t spend enough time with their children because they’re busy caring for their parents and vice versa.

Combat this issue with intergenerational activities, such as decorating the home, trimming the tree, planning the menu or wrapping presents.

- Even you need some care sometimes! Set aside “me” time every day to do something just for you and you’ll be able to return to your caregiving duties refreshed and ready to help.

This holiday season, take the time to address the challenges facing you and your aging loved one.

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Pender Adult Services, Inc

Heritage Place Opportunities					Phone: 910-259-9119
Monday 8:00—7:00 9:00 Oil Painting 11:00 Tai Chi—Adv 11:45 Tai Chi—Beg (FF) 12:00 Meals 1:00 Bid Whist 1:00 Canasta 2:00 Senior Chorus 6:00 Line Dance	Tuesday 8:00—7:00 9:00 Crocheting 9:00 RSVP Perks (1st) 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinocle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Class	Wednesday 8:00—5:00 9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support Group (2nd)	Thursday 8:00—5:00 7:00 Burgaw Rotary 11:00 Sit & Be Fit 11:30 Caregivers Support (4th) 12:00 Meals 3:00 Quilting/Sewing Club	Friday 8:00—3:00 10:30 Corn Hole 11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals	
Topsail Senior Center Opportunities					Phone: 910-270-0708
Monday 8:30 am—6:00 pm 10:00 Modified PILATES 12:00 Meals 12:30 Tree Top Quilters (2nd) 3:30 Hospice Trg (3rd)	Tuesday 8:30 am—5:00 pm 9:00 Baskets 9:30 Health Checks (2nd) 10:30 Feel Good Fun Day 12:00 Meals 2:00 Gentle YOGA 3:15 Tai Chi—beg	Wednesday 8:30 am—4:00 pm 9:00 Quilting Class 9:00 RSVP Perks (1st) 9:30 Knitting Group 12:00 Meals 1:00 Woodcarving	Thursday 8:30 am—5:00 pm 10:00 Vinyasi YOGA 10:30 Bingo 11:15 Tai Chi—adv 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge	Friday 8:30 am—2:30 pm 9:00 Wood Carving 9:00 Painting group 12:00 Meals 12:00 Vitality in Action Saturday—closed Facility Available	
Fitness Fusion Group Fitness Classes					Phone: 910-259-0422
Monday Open 5:30—9:00 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:00 Health Checks (1st) 5:30 BODYPUMP 6:40 ZUMBA	Tuesday Open 5:30—9:00 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:30 ZUMBA	Wednesday Open 5:30—9:00 8:30 BODYPUMP 9:30 Health Checks (1st) 9:50 PILATES 5:30 BODY PUMP	Thursday Open 5:30—9:00 8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 6:30 ZUMBA	Friday Open 5:30—9:00 8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—2:30 9:00 ZUMBA	

Dec 2013

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.