



Pender Adult Services director Wes Davis (right) poses with guests at the Silent Auction Gala Nov. 12 in Burgaw.

2015 Silent Auction and Gala a grand event

Pender Adult Services held another wonderful evening and fundraising event for the Meals on Wheels program Nov. 12. The staff, board and volunteers gathered more than 150 items for the auction including several autographed basketballs and a variety of gift 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 \$29,000 has been received to date.”

Thanks to the group of volunteers who did a lot of leg work this year. The

2015 Auction Committee went out soliciting and gathering items from local businesses. Thank you to Adine Roberts, Barbara Murphy, Carlette Stanley, Cheryl Wooddell, JoAnne Casey-Summers, Laura Williams, Melrose Lewis, Tammy Sherman and our PAS board members. They brought in sponsorships, items and sold tickets.

All those attending enjoyed a dinner set up in stations offering appetizers, soups and salads, meats, pasta, wine, beer and martinis. After the main course attendees enjoyed an ice cream bar or stopped by the s’mores station for an old-time favorite on their way to dancing in our tent.

We would like to thank Harts Flo-

rist for donating beautiful centerpiece arrangements for the tables this year. Thank you to Brown Dog Coffee, our coffee sponsor for serving their delicious coffee. And finally thank you to the student volunteers from Heide Trask High School Key Club, CFCC OTA and UNCW who helped in many aspects.

The board of directors and staff of Pender Adult Services wish to thank all of the generous sponsors.

•**Platinum Sponsors:** Blueberry Festival Committee, Burgaw Rotary Club, Griffin Estep Benefit Group, Live Oak Bank, Lorraine Moore, Maple Hill Presbyterian Church, Ray and Roberta Bost.

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Heritage Place intern Ashley Richard

By Jennifer Mathews
Pender Adult Services

We have enjoyed our Heritage Place CFCC intern this fall. Ashley Richard has been with us for her field placement on Tuesdays in Burgaw. Ashley is in the Occupational Therapy Assistant program at CFCC.

Ashley grew up in Hickory, but has been in the Wilmington area for 6 years. She has already earned a BA from UNC-W in Psychology and will complete her OTA program in May, 2016. She chose the OTA program because of the way it positively impacted my grandfather when he fell ill in 2010. It has since helped with my nephew who has special needs.

Ashley has assisted us with various programs here at Heritage Place, including Geri-fit where she has taught alongside our instructors. As a part of her field experience Ashley presented a program on seated yoga for our senior fitness class. She has also worked one on one with seniors helping them to modify activities of



Pictured above is Ashley Richard and Evelyn. Ashley helped Evelyn modify her cell phone to make it easier to open.

their everyday life.

“I hate to see Ashley go. She has been a ray of sunshine to our seniors, spending time

with them after class and at lunch just getting to know them. Ashley will begin a full time field placement this

spring with Coastal Rehab and New Hanover Co Schools. Thank you Ashley, we will miss you!

Home Sweet Home

The best place to enjoy the golden years

By Rebecca Boggs, RN
Pender Adult Services

Believe it or not, most senior citizens report that death is not their biggest fear. According to a study commissioned by Clarity and The EAR Foundation most seniors fear losing their independence and having to move to a facility or in with a family member more than dying.

Not surprisingly, with increasing popularity, baby boomers are choosing to remain in the comfort of their homes to live out their golden years. And with home care services on the rise, there are plenty of resources available to provide a way for them to do so safely.

If you are lucky enough to reach the time in your life where aging has made certain tasks difficult, then home care may be an option to help you keep your independence and continue enjoying your golden years in your favorite place – home.

Here are just a few advantages to aging at home

- Keeping the Comforts of Home: Your morning coffee in your favorite chair with your beloved pet. Your own bed. The place where memories have been made and your routine established. Your familiar things close by just makes you feel better!

- Preserving Independence: As we age, certain tasks become more difficult. Changing the linens, carrying the groceries, and vacuuming the floors, are just a few tasks that become more challenging. Having someone handle the big tasks allows seniors to avoid the risks associated with the more strenuous home care tasks and keep their independence.

- Personalized Professional Care: Care in your home is planned according to your unique needs. A quality home care service offers a range of care services that is different for each client. From medication reminders to range of motion exercises, assistance

bathing or hair care, to shopping and meal preparation.

Whatever your needs are to continue living at home, your home care provider can work with you to create a plan. When choosing a quality home care provider, you can rest assured that you are receiving competent and compassionate care from certified nurse aides under the supervision of registered nurses.

- More Affordable: Aging at home is the most cost effective option for seniors who can do so safely. This is especially true when you choose a home care provider committed to reasonable rates without contracts.

- Peace of Mind...for you And your loved ones: Don’t worry about being a burden on your loved ones. Care in your home lets you enjoy your friends and family while receiving the assistance you need to continue living at home.

While most loved ones readily accept the responsibility of caring for aging family members, they may not be able to provide the level and regularity of care needed to keep you in your home. Taking advantage of home care services enables you to enjoy your family and still receive the assistance you need. They don’t have to worry about you and you don’t have to feel like another layer of responsibility on their already overscheduled days.

Pender Adult Services is committed to offering quality, dependable, and compassionate care in your home.

Regular exercise, maintaining a healthy weight, eating a diet rich in fruits and vegetables, and drinking lots of water will help you age well and stay active longer. But when the time comes and you need a little assistance to stay in the home you love, Pender Adult Services will be there to help!

Call today for more information or a free in-home assessment. Call 910-259-9119 extension 319.

RSVP veterans honored for serving twice

By Barbara Mullins
RSVP Director

RSVP volunteers (and Veteran clients) on the western side of Pender County gathered at Alley Cat’s in Burgaw Nov.3 for a wonderful breakfast. Thank you to the staff, especially our waitress Julia, for spoiling us and allowing us time to recognize our veterans on their special day.

Thank you to Catering by Saw Mill Grill (Hampstead) for the breakfast buffet enjoyed at our Topsail Senior Center

Nov. 4 for the eastern side of our county that honored RSVP veterans and clients.

The warmth of friendships filled that room and we thank the RSVP board members for helping prepare this special day. David Menlo joined us with kind words of praise to our veterans. Daniel Manzo from Lower Cape Fear Hospice helped to organize this special remembrance of those who gave so willingly to our country. There was a special recognition to our two oldest

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Pender Adult Services will serve as a collection site for Toys for Tots until Dec. 11. Boxes are located at Heritage Place, Topsail Senior Center and Fitness Fusion.

Auction

Continued from front

•**Gold Sponsors:** First Bank, MV Transit, Westview United Methodist Church.
•**Silver Sponsors:** American Skin Food Group, Atlan-

tic Shores, Carolina Coastal Equine Veterinary Services, First Citizens Bank, Rosemary Pittman, Village Pharmacy of Hampstead, Village Pharmacy of Rocky Point.
•**Bronze Sponsors:** Allen and Joyce Wooten, Cape Fear Farm Credit, Coastal Custom Electric, Delivery Concepts

East, Insurance People of Wilmington, MarKraft Cabinets, Middle Of the Island Catering, Peggy Casey, Pender County Farm Bureau, R. Kent Harrell, Revive Physical Therapy, Surge Media Group, William and Cheryl Wooddell.

RSVP

Continued from front

RSVP volunteer veterans – Van Reid (98 years young) and Bryant Huffman (94 years young). Both men still actively support the RSVP program in Pender County. Special pins were given to all our veterans that are now volunteering with RSVP. Thank you for serving

Myrtle Beach Shopping Trip Dec. 8

7:30 a.m. until 7:30 p.m.
Shopping at Hamricks, lunch on your own at the Tanger Outlets
A FEW SEAT ARE STILL AVAILABLE
\$25 per person
Call 910.259.9119

twice – once to protect us, and now to care for someone less fortunate.
No words or actions can

ever thank you enough, but may the pin they received continue to remind them how special we think you are.

PENDER ADULT SERVICES

GRATEFULLY RECOGNIZES OUR 2015 SILENT AUCTION & GALA

PLATINUM SPONSORS

Blueberry Festival Committee
Burgaw Rotary Club
Griffin, Estep Benefit Group
Live Oak Bank
Lorraine Moore
Maple Hill Presbyterian Church
Ray & Roberta Bost

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Personal Care, Sitter, Light House keeping, Respite

Pender Adult Services, Inc.
Offers assistance in the home for individuals and their families in Pender and Duplin Counties
Services include CAP In-Home aide, Personal Care & Private Pay.
CALL NOW FOR MORE INFORMATION!

Phone: 910-259-9119
Fax: 910-259-9144
Contact: Rebecca Boggs, RN

Caregivers Needed...
Hiring now for Hampstead, Maple Hill and Floater position!
Call today to start you new career!

Pender Adult Services December Calendar

No RSVP Perks this month- Merry Christmas

December 7 – Medicare Open Enrollment for Part D ends

December 8 – Shopping Trip to Myrtle Beach-space still available

December 10 – Christmas Party with Santa (HP) – 11:30 a.m.

December 10 - Caregivers Support Group – 11:30 a.m.,
(contact Kay Warner for more information)

December 11 – Last Day – Toys for Tots

December 15 – Topsail Christmas Party(TSC) – 10:30 a.m.

December 23 – 25 Offices Closed for Christmas

January 1 – Offices Closed for New Years

RETIRED SENIOR VOLUNTEER PROGRAM RSVP HIRING ASSISTANT

Part-time assistant for county-wide volunteer program needed. Must have experience in Microsoft Excel, Word and Publisher in addition to strong interpersonal skills. Please send resume or submit application by Dec. 18 to:
RSVP @ Pender Adult Services
P O Box 1251
Burgaw, NC 28425
Email: bmullins@penderpas.com

Pender Adult Services Class Schedule

Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Lamplighters Chorus 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 10:30 OR 11:15 Geri-fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	11:00 Geri-fit 11:30 Caregivers Support (4th) 11:30 Health Checks (4th) 12:00 Widow's Support (2nd) 12:00 Meals 1:00 Rummyque 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:30 am—5:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—5:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
9:00 Art Class (group) 10:00 Modified PILATES 12:00 Meals 12:30 Tree Top Quilters(2nd) 3:30 Hospice Trg (3rd)	9:00 Baskets 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:00 Woodcarving 12:00 Meals 1:00 Canasta 1:00 Knitting Group	9:00 Geri-fit 10:00 YOGA & Cribbage 10:00 Bingo Health Checks (3rd) 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info Saturday –closed Facility Available For rentals

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

2015

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.

Monday Open 5:30—9:00	Tuesday Open 5:30—9:00	Wednesday Open 5:30—9:00	Thursday Open 5:30—9:00	Friday Open 5:30—9:00
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:30 Health Checks (1st) 4:30 RPM Cycling 5:30 BODYPUMP 6:40 ZUMBA	5:30 RPM Cycling 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 5:30 RPM Cycling 6:30 ZUMBA	7:00 RPM Cycling 8:30 BODYPUMP 9:30 Health Checks (1st) 9:50 PILATES 12:15 RPM Express 5:30 BODY PUMP	5:30 RPM Cycling 8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:30 TURBO KICK 5:30 RPM Cycling 6:30 ZUMBA	5:30 RPM Cycling 8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—2:30 8:30 RPM Cycling 9:30 ZUMBA