

PASS IT ON

February
2012

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

RSVP Happenings

By Barbara Mullins

RSVP volunteers took the lead in honoring Dr Martin Luther King and his strong encouragement for all to have the right for a higher education. In Pender County our impact work plan is Tutoring Middle Schoolers in Reading and we issued a challenge to the 126 students in the 4 Middle Schools that we tutor in. One hundred students accepted the challenge last week. We hope the "fever" will catch for the others to also participate before this week's end. 49 RSVP volunteers dedicate 3-6 hours per week to tutoring our middle school students. These volunteers' excited students about this MLK challenge and encouraged them to complete the task. The challenge was to read 20 minutes a day for 5 days - and if the task was completed they would be rewarded with a SPECIAL gift. RSVP volunteers have

stressed that reading 20 minutes per day for one year will expose a student to over one million words, as well as increase spelling, grammar and writing skills. RSVP prepared folders with a crossword puzzle, a word scramble, and 4 articles (each on local NC history). Students were to complete the puzzles and read the 4 articles and answer 3 questions on each of the 4 articles. The gift awarded was a Bookmark Digital Timer. We hope this gadget will encourage them to continue reading. RSVP brought breakfast/or lunch to Middle Schools on the January teacher work days. RSVP volunteers had a great time discussing the progress of their students. Teachers are assisting in training volunteers on best strategies to prepare students for their EOG tests this May.

More volunteers are needed in our tutoring pro-

grams and I urge you to consider taking 2-4 hours of your week and help RSVP at a middle school near your home. We are also compiling a list of volunteers that may be able to help us in May for a few hours for 1 week with monitoring students during exams. RSVP supports the schools by providing proctors for EOG (end of grade exams). If you can help in either of these events please call Barbara at 910-259-9119.

RSVP Perks return again early February. We will be gathering at 9AM for refreshments and good mingling time. Our program begins at 9:30 am. The community is welcome to come and learn more about RSVP and the good we bring to Pender County residents. Wednesday, Feb 1st we will be at the Topsail Senior Center and Tuesday, Feb 7th we will be at Heritage Place in Burgaw.



Quilting is a very popular class at the Topsail Senior Center. Our quilters create beautiful work. Please check the schedule for quilting groups at Topsail & Heritage Place.

DEES^{Rx}
Drug Store
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~ Since 1916 ~

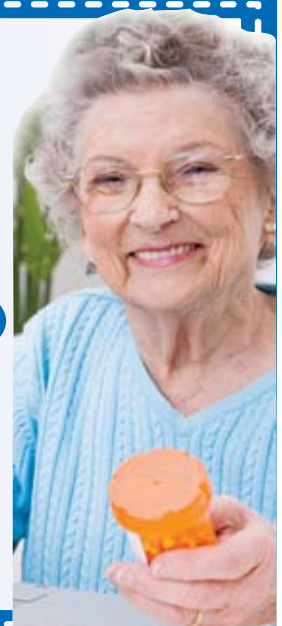
Open 9-6
Monday-Friday
9-1 Saturday

This store gladly accepts PCS, PAID, TDI,
Medicaid, Medicare, Blue Cross/Blue Shield,
State Teachers Plan and
most other third party prescription plans.

VISIT OUR
SODA FOUNTAIN!

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

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116



New Orleans Trip Planned

Pender Adult Services and PML Tours invite you to indulge, savor and celebrate your senses during this vacation to New Orleans, LA. The trip will take place June 11 – June 16, 2012. The price is \$629.00 Per Person – Double Occupancy. This 6 Day/5 Night Trip Includes: 5 Nights Hotel Accommodations; 5 Breakfasts at your Hotel; 2 Evening Receptions at your Hotel including Hot Food

& Spirits; 3 Wonderful Dinners to include: One Dinner at the New Orleans School of Cooking.

See and experience all New Orleans has to offer in a guided tour of New Orleans. Learn about the history, the food, the music & jazz, culture, architecture and Katrina recovery. Your tour will include the French Quarter, an Old Fashioned Louisiana Plantation, a two-hour Cruise on the

Mississippi on an Authentic Steamboat and a trip to Harrah's New Orleans. Standard Taxes, Meal Gratuities & Baggage Handling

Deluxe Motor Coach Transportation are included. Travel Protection is available at an additional cost.

Reservations (by deposit of \$150) will be accepted on/after March 7, 2012 at 1pm. For more information please contact Jennifer Mathews @ 910-259-9119.



Ramp Built for Senior in Need

On January 19, 2012 ten(10) volunteers got together and built a ramp for one of our Seniors that will be returning home after 3 months of Nursing Care. This gentleman could not access his home without a ramp which was built with love, sweat and determination . We applaud Michael Adams, Joe Atkins, Ollie Atkins, Fred Ballek, Louis Bourgault ,Tom Haley, Elmer Hodges, Bryan Huffman, Peter Kendall, & Jim Mullins who worked to build the ramp. Special thanks goes to the Marine Corp League Detachment 1321, Topsail Senior Center Volunteers & RSVP volunteers and others that supported this endeavor. It is much appreciated by the client and his family.

2012 TAX ASSISTANCE



**AARP Tax-Aide
Heritage Place
Thurs, Feb 23rd
& Thurs, Mar 1
Call 259-9119
for an appt.**

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and including electronic filing. This service will be available two dates in Burgaw and ongoing beginning Feb 1 in Hampstead. (Mondays from 1 – 5 at PC Library -Hampstead Branch and Wednesdays from 1 – 5 at the Topsail Senior Center) This service is available to low and moderate income taxpayers of all ages, including seniors. It is not required that taxpayers be members of AARP or even that they be retired to receive this assistance.

During the month of January, Tax-Aide counselors are trained and certified to IRS criteria so that they will be prepared to assist taxpayers with their tax returns. This service, including electronic filing, is COMPLETELY FREE. Counselors will answer questions concerning income that should be reported, deductions that can be taken, credits to which individual taxpayers are entitled, as well as other tax related matters. Electronic filing of the tax return results in receipt of refunds within 8 to 14 days if the refund is direct deposited to the taxpayer's bank account, and about a week later if IRS issues a check for the refund.

Taxpayers should bring social security cards for themselves and dependents, W-2's from each employer, statements of unemployment income, SSA-1099 if a recipient of social security benefits, and all 1099 forms (1099-INT, 1099-DIV, 1099-B, etc). Those who received a pension, or a distribution from an IRA, should bring their 1099R forms. In addition, if the taxpayer paid for daycare for a child or disabled dependent they should bring information on dependent care providers (name, employer ID number – or SS# if an individual), receipts or canceled checks if itemizing deductions, and a copy of the 2010 tax return, if available.



*Modern Western
Square Dancing*

**Feb 3 & Mar 2, 2012
(First Friday Night)**

7:30—9:30 pm

**Topsail Senior Center
(beside Pender Pines)**

**No partner required
Donations accepted**

Please RSVP @ 270-0708

NO TRAINING REQUIRED. Caller will have you dancing within 5 minutes. Singles welcomed. Donations will be accepted towards expenses of caller. Call 270-0708 for more information.



Free Chair Aerobic Class

Topsail Senior Center
Thursdays,
10:30 – 11:15 am

*Come join us for fun,
 fellowship, aerobics
 & balance*

Special Caregiver's Support Group Meeting

Lower Cape Fear Hospice and Life CareCenter is hosting a presentation, "Caregiving and the Dementia Patient" on Tuesday, February 14, 2012 from 4 to 6pm in the Hospice office at 209A US Hwy 117 N in Burgaw.

Melanie Pate from Alzheimer's North Carolina will be leading the class.

The topics she will be discussing will include:

- Stages and Symptoms of Dementia
- Activities for Dementia Patients
- Tips for the Caregiver
- Resources and Support Groups

This program will serve as the Caregiver Support Group monthly meeting for February.

Please call Kay Warner, 259-9119, by Thursday, February 9th if you plan to attend.

Living Healthy will be Offered at Topsail Center beginning March 1, 2012 From 10—12 noon

Please reserve your spot for this 6 week class by calling Jennifer or Rebecca at 259-9119

**Offered at Topsail Center (right beside PenderPines)
 20959 Hwy 17 Hampstead, NC 270-0708**



Put Life Back in Your Life

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Healthy workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

LIVING HEALTHY



Memorial and Honorary Giving Program

Your Gifts to
 Pender Adult Services, Inc
 Is acknowledged with grateful appreciation

Holy Trinity Episcopal Church

Ongoing Contributors
 Emma 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 or toll-free at 1-877-259-9119.

Pender Adult Services- Calendar of Events

AARP Tax Assistance (TSC)

Wednesdays beginning February 1 (TSC) 1 – 5:00 pm

RSVP Perks

Wed, Feb 1, 2012(TSC) 9:00 – 10:00

Tues, Feb 7, 2012 (HP) 9:00 – 10:00

Square Dance

Fri, Feb 3, 2012 (TSC) 7:30 – 9:30 pm

Healthy America – Health Checks

Wed., Feb 1, 2012 at Fitness Fusion 9:30 am – 11:00

Mon., Feb 6, 2012 at Fitness Fusion 4:30 pm – 6:00

Thurs, Feb 9, 2012 at Topsail Senior Center 11:30 am – 1:00

Valentines Luncheon(HP)

Wed, Feb 8, 2012 at Heritage Place
 12:00 Luncheon & Entertainment

Tree Top Quilters (TSC)

Mon, Feb 13, 2012 at 1:00 pm
 Contact Kay Stanley at 270-0708

Blind Support Group (HP)(2nd Tues)

Tues, Feb 14, 2012 at 1:00 pm
 Contact Patricia Miller at 259-1464

Alzheimer's Support Group (HP)

Thurs, Feb 14, 2012 at 4:00 – 6:00 pm

"Caregiving and the Dementia Patient"

Mtg at Hospice office at 209A US Hwy 117 N in Burgaw

Contact Kay Warner at 259-9119

Holiday Closing (HP & TSC)

Mon, Feb 20, 2012 – Presidents Day

AARP Tax Assistance (HP)

Thurs, Feb 23, 2012 9:30 – 4:00 by apt

Please call 259-9119 to schedule a time

Diabetes Support Group (HP)

Thurs, Feb 23, 2012 at 11:00 am

Contact Rebecca Boggs at 259-9119

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 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: Connie Bell, RN
 or Rebecca Boggs, RN

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

Phone: 259-9119

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 10:30 Rummique 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 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 Class 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 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 12:30 Knitting Group Saturday—closed Facility Available For Rentals

Topsail Senior Center Opportunities

Phone: 270-0708

Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
10:00 Modified PILATES 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 4:30 ZUMBA GOLD	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Class 10:00 Knitting Group 12:00 Meals 1:00 AARP Tax Assistance (Feb—Apr)	10:00 Vinyasi YOGA 11:00 Chair Aerobics 12:00 Meals 1:00 Quilting Class 1:00 Card Playing 1:00 Mahjong	9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action Saturday—closed Facility Available For Rentals

Fitness Fusion Group Fitness Classes

Phone: 259-0422

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 4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 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

ASHE GARDENS

Memory Care



Ashe Gardens Memory Care offers enhanced services and caring staff trained to meet the needs of residents with Alzheimer's and forms of dementia.

Discover What Sets Us Apart!

- Quality living at affordable rates; no entrance fee or long-term commitment required.
- Welcoming, home-like environment
- Dedicated, caring staff
- Full range of amenities and services
- Long- or short-term stays
- Medicaid accepted

Now accepting applications.



Call today for information or to schedule a tour!



A DePaul Senior Living Community
300 West Ashe Street
Burgaw, NC 28425
(910) 259-8070