



Pass it on...

Helpful information to enhance senior living
provided by Pender Adult Services

The Pender-Topsail
POST
& Voice

February
2019

PENDER ADULT SERVICES, INC.



Crochet and Knitting is good for your hands and mind. Our groups enjoy special projects and visiting with each other. Check the schedule for times

AARP tax assistance for 2019

Appointments are being required this tax season for those who would like their taxes done for free by trained Tax-Aide volunteers at the Topsail Senior Center.

This service will be available beginning Feb. 4 Mondays and Wednesdays from 1-5 p.m. by appointment. This service is available to low and moderate income taxpayers of all ages, including seniors. The center is located at 20959 Hwy. 17, Hampstead. For appointments and directions call 910-270-0708.

Two tax days are being planned by appointment for Heritage Place, Burgaw for Thursday, Feb. 28 and Thurs-

day, Mar. 7. Heritage Place is located at 901 S. Walker Street, Burgaw. Call 259-9119, extension 301 or see a receptionist to schedule your appointment.

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and includes electronic filing. Tax-Aide is a charitable non-profit program administered by the AARP Foundation.

Taxpayers should bring picture ID, social security cards for themselves and dependents, all information and forms relating to their

income and the filing of their income tax returns, including W-2, 1099, SSA 1099, broker statements and a copy of last year's tax return, if available.

Also information concerning health insurance coverage, including Forms 1095-A, B or C if applicable as well as details of itemized deductions if applicable.

RSVP helps make Christmas brighter

By Barbara Mullins
RSVP Director

Retired Senior Volunteer Program thanks everyone in the community for making our Christmas season so special to many homebound seniors in Pender County. Many agencies brought cookies, plants, placemats decorated by preschoolers, candies, mugs with special treats.

Holy Trinity Episcopal Church in Hampstead donated warm slipper socks to all RSVP homebound seniors and to all Meals-on-Wheels recipients. These were soft and warm, with skid proof bottoms, surely being used now on these cold, cold evenings.

RSVP had an angel tree and volunteers chose a name on the tree and purchased and wrapped special gifts to be delivered by Christmas. Santa and his elves joyfully delivered

these gifts to each home.

Our seniors were delighted by these gifts, homemade cookies, and beautiful hand cards created by our Creative Card class volunteers. These outstanding cards also served as an ornament to hang on the mantle or Christmas tree. It is so rewarding to see someone's face light up with joy when you hand them a small gift. It is like a child on Christmas Eve, so exciting to hold a package and anxiously open it.

Pender County has more than 200 RSVP volunteers and they serve our local communities with tireless enthusiasm. If you are 55 or older and you are looking for a rewarding volunteer experience, and want to make an impact locally, call us at 910-259-9119 ext. 329 and see what best fits your schedule and interest. The more volunteers we have, the more people we can help.

That phone call may be a scam

We have had recent discussions with clients at Heritage Place about reports of fraudulent phone calls from people claiming to be from the Social Security Administration. We recommend that you avoid providing personal information like your Social Security number or bank account numbers to unknown persons over the phone or internet.

According to the Office of the Inspector General reports have indicated that unknown callers are using increasingly threatening language in these fraudulent calls. The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. This is a scam – citizens should not engage with these calls or provide any personal information.

Social Security Administration employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up.

If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.



Charles and Shirley Sidbury

Remembering Shirley Sidbury

By Jennifer Mathews
Pender Adult Services

We lost a friend of our agency Dec. 30. Shirley Sidbury passed away surrounded by friends and family. She was one of the first two employees of Pender Adult Services, Inc. when it was established in 1982. Shirley served as assistant to the director until she retired in 2001.

"Shirley was the anchor for PAS when I arrived here in 1989. She took me and my family under her wings and became a special part of my family," said Executive Director Wesley Davis, who worked side by side with Shirley for more than 20 years.

Shirley was born July 8, 1936. She was born and raised in Alabama and had a great fondness for the state even after living in North Carolina all of her adult life. She married and lived in Rocky Point with her husband of 62 years, Charles Franklin Sidbury. They raised a family of three and along with their spouses, have seven grandchildren and two great grandchildren.

Shirley loved flowers, gardening and anything that

allowed her to be outside in her yard. There is a shrub that blooms here at Heritage Place that was just outside of her office. She loved it and we think of her when it blooms. It is outside of her office. The staff still refers to that office as Shirley's Office.

Jessica Corbett Smith was trained in Accounts Payable by Shirley and still has notes and files with her handwriting.

"Shirley was someone you could not have anything bad to say about. She had a gentle, graceful way about her with a beautiful smile. She was honest with you no matter what and had a lot of patience," said Smith "Of course we know she was very strong in her faith and that was something everyone knew. She did not hide her love for the Lord no matter where she was."

She loved her family and her church. Shirley was a charter member of ROCK church in Wilmington where she faithfully attended for more than 28 years.

Thank you Shirley for your hard work, dedication and all that you taught us. We will truly miss you!

Topsail Center News

By Donna Murphrey
Topsail Senior Center

Winter has arrived in the Topsail area but it is warm and cozy in the Senior Center! We have plenty of exercise classes to warm you up and help you stick to those New Year Resolutions.

Geri-fit, Pilates, Yoga, Tai Chi, Zumba Gold and Line Dancing are all available. Tax season is here and the AARP Tax-Aide Program begins Monday, Feb. 4. AARP

volunteers will be here every Monday and Wednesday from 1-5 p.m. until April 15 to assist with filing. Call (910) 270-0708 for an appointment.

Also on Valentine's Day from 10-11:30 a.m., join us for a proper British tea. We are requesting a \$2 donation to offset cost. Please call or come by to make a reservation. Every day at the center we have hot coffee, an ongoing puzzle, newspapers, and books so stop in for a visit.

Pender Adult Services hosts interns during the fall

We have hosted CFCC (OTA) students for the past five years. This year we also had an intern from University of Maryland that interned at Topsail Senior Center.

Our CFCC Occupational Therapy students were with us on Tuesdays beginning in late August and completed their hours early December. The program requires 45 hours of field work so the students have done their placement hours at Fitness Fusion, Heritage Place and Topsail Senior Center.

Sam Atkins worked at Topsail Senior Center in Hampstead. Sam lives in Hampstead and has close family ties to the center. Her dad is a handyman volunteer at the center and her grandfather is a participant. She finds her family to be her biggest supporters.

The thing she likes best about Occupational Therapy is the treatments are client centered. Being a people person; she loves that she can take time to get to know her

clients and develop meaningful occupations for them.

For her service project; she gave the gazebo at the center a facelift. She added personalized bird houses; bird feeders, flower boxes as well as pressure washed the concrete floor and wood to make it more inviting.

She hopes this will draw seniors out for a walk because being outside can improve their quality of life and overall well-being. "Topsail Senior Center was very familiar to me so I am blessed to have had my internship here. The facility is beautiful and filled with amazing people," said Atkins.

Raime Cooper was at Fitness Fusion in Burgaw. Raime is from Wilmington and is the youngest of four siblings. She has always had a love for exploring the outdoors, being around animals, and playing sports, especially soccer. Once learning about the OTA program at Cape Fear and gaining a better understanding of the profes-

sion, she immediately fell in love.

She had longed for a career that incorporated all of her talents and passions into one big package. OT allows her to use her creativity and problem-solving abilities, but it provides the opportunity to interact with and help others achieve their goals for maximizing their quality of life.

"I feel very privileged to have had the opportunity to serve this community, and I am grateful for all those who have contributed to my wonderful learning experience here at Fitness Fusion," said Cooper.

As her last semester of OTA schooling becomes a reality, she is reminded of how far she has come and how much more she has to learn and discover within this field. When she graduates in May of 2019, she hopes to gain a position working at a rehabilitation hospital, where she can continue to contribute her skills and talents for improving the lives of others.

Christine High worked at Topsail Senior Center in Hampstead. Christine is originally from Central Florida, and moved to eastern North Carolina 10 years ago. She lives in Clinton with her husband, two dogs and three cats. What she likes most about Occupation Therapy is it can be implemented in any environment and at any age from birth through end of life care.

"We can provide sensory processing support for a child with birth defects and an older adult's daily routine following a stroke, treatment is focused on the individual client," said High.

Her internship project was a Memory Dance. She planned music from the 1920s through the 1960s. Food lion of Hampstead generously supplied beautiful flowers and Lowes of Hampstead provided healthy snacks. There were several memory games such as photo match-

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Have a questions?

Give us a call.

910-259-9119 Press 5

