



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

# ARP 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.

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.

lanned by appointment for cards for themselves and

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 Mulllins **RSVP** Director

the community for making our class volunteers. These out-Christmas season so special to many homebound seniors in PenderCounty. 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 cookstanding 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 for PAS when I arrived here 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 tor Wesley Davis, who worked more volunteers we have, the side by side with Shirlev for 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** 11 910-270-0708. Taxpayers should bring Retired Senior Volunteer ies, and beautiful hand cards picture ID, social security Program thanks everyone in created by our Creative Card Remembering Shirley Sidbury

Heritage Place, Burgaw for dependents, all information Thursday, Feb. 28 and Thurs- and forms relating to their

## **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.

#### 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 in 1989. She took me and my family under her wings and became a special part of my family," said Executive Direcmore 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 with her husband of 62 years, Charles Franklin Sidbury. They raised a family of three 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 Pavable by Shirley and still has notes and files with her handwriting.

"Shirlev 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

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 profession, 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.

is originally from Central Florida, and moved to eastern North Carolina 10 years ago. 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-

*Continued on back* 

truly miss you!

Are the high costs for prescription drugs at your pharmacy creating a burden on your finances? It's Easy to qualify for our **Prescription Assistance program.** If you are... •A United States Resident •Do not have... Medicaid to cover outpatient medications. •Have income, but... Still, can't afford your medications. •Have insurance, but.... Have a high deductible, or can't afford your co-pay. Have a questions? Give us a call. 910-259-9119 Press 5

Christine High worked at Topsail Senior Center all of her adult life. She marin Hampstead. Christine ried and lived in Rocky Point She lives in Clinton with her and along with their spouses.



Card groups help keep your mind active! Bridge groups meet at both centers and enjoy having new members. Call 259-9119 extension 303 for our Burgaw group and 270-0708 for Topsail group.

#### **GRAND RE-OPENING** February 12, 2019 5 a.m. until 9 p.m. All are welcome Bring a friend Free Classes \* Refreshments \* Door prizes \* Free Day **Annual Weight Loss Challenge** Feb. 4 – May 4 Prize is 3 months of gym membership! 1 male and 1 female winner Join us and challenge each other to a healthier you!

### Interns

Continued from front

ing game where the participants brought in old photos of themselves, name that tune and shake a memory which provided prompts such as; "favorite gift", "what was you first job?" The people at Topsail Senior Center are what she liked most about her intern placement. She found the staff and clients to be warm and welcoming.

Caroline Strickland did her internship at Heritage Place, Burgaw. Caroline lived in Burgaw for her first few years before her parents relocated her family to Roxboro, which is where she considers home still today. After graduating high school, she attended Wingate University for three years where she obtained a B.S. in Psychology.

She then decided to pursue her master's in psychology at North Carolina Central University (NCCU). While a student at NCCU, she began working as a rehabilitation technician at a skilled nursing facility, in her hometown

of Roxboro. This sparked her interest in occupational therapy and during this time she knew that her dream was to eventually become an OT practitioner.

"Occupational therapy is of interest to me because not only does it allow me to exercise my passion of helping others, it challenges my creativity and problem-solving skills in order to assist individuals achieve their therapeutic goals and successful fulfillment of their everyday tasks, roles, and routines to the best of their abilities," said Strickland.

She began Cape Fear's Occupational Therapy Assistant program in the fall of 2017 and will graduate this coming spring. Upon graduation she plans to settle in the Wilmington area with her husband and middle school sweetheart, Kenneth, and seek a job as a COTA in a skilled nursing facility.

"I have thoroughly enjoyed my time at Pender Adult Services Heritage Place and will cherish every conversation, laugh, hug, activity, and memory that I have had

# Geri-Fit

#### A Strength Training Workout For Older Adults **Helps Improve**

•Muscular Strength •Balance and coordination •Motor skills and reaction time •Flexibility and gait •Arthritic conditions •Bone density **Topsail Senior Center** Tues/Thurs 9 a.m. **Heritage Place** Tues/Thurs 11 a.m. Consumer contributions are appreciated Heritage Walking Group at 10:30 am

Pender Adult Services offers 2019 Topsail Tai Chi Class **Tuesdavs** 3:15 p.m. – Advance Tai Chi **NEW Wednesday NEW** 9:30 a.m. – Beginning Tai Chi 3 times a month (No class – on RSVP PERKS Day) Starts Feb. 13 Thursday 11:15 a.m. – Tai Chi **Topsail Senior Center** 20959 Hwy 17 – Hampstead -910.270.0708 \$8 per month Kathy Yakimovich, certified instructor

the privilege to engage in over the past four months,' Strickland said.

Pam Accord served at Topsail Senior Center Our UMUC Intern, Pam is from Trento but has lived in Hampstead since 2005. She has been married to her husband Jason for 15 years. He is a Marine which is how we came to this area. They have two children; Reagan 12, Lizzie 9 and a chihuahua named Pumpkin.

Her major is Gerontolgy and Aging Services at

UMUC. "I love the elderly population; their spirit and their wisdom. My goal is to be of service to them as well as their families," said Accord. She has loved coming to

Topsail Senior Center and being part of the activities. It is wonderful to witness the liveliness of the center, the socializing and the sense of community.

For her projects she has non-participant surveys for friendly. the center, created an in-

Memorial and Honorary **Giving Program** 

In Memory of Shirley Thompson Sidbury

Bv Ebe W Godwin, Sr Ruth & Randy Richartz William M Tankard Contributions have been received recently from All Saints Catholic Church **Blueberry Festival Committee** Milton & Gale Lewis Wardell & Ruby McDuffie Arlene Olson Weslevan Chapel United Methodist Church Westview United Methodist Church Willarlea Ruritan

Thank you for your contributions Have you considered a gift to Pender Adult Services, Inc. We appreciate your support for services that we offer! Your donations to PAS are tax deductible. An acknowledgement will be sent whether donation is in Honor or in Memory of individual or group. For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.

### **Transportation News**

PAS-TRAN is now hiring Part-Time Drivers Applications available at 901 S Walker Street Weekdays only Call 910-259-9119 press 1 for more information PAS-TRAN is accepting New Senior (60 & up) Nutrition riders for both Heritage Place in Burgaw and Topsail Senior Center in Hampstead. Rural General Public rides for Grocery Shopping, College Educational, Employment, and Medical visits and needs, in county and Out of County are also available. New service available to Jacksonville and Wallace/Rose Hill. Call for more information and reservations. Please Call 910-259-9119 Press 1 TDD/TTY 1-800-735-2962 Monday thru Friday Certain restrictions apply for trips and

Medical appointments. Services may be interrupted if funding is not available.

formational letter for local churches in the area to inform them of available programs and activities, and updated the Information and Resource Book at the updated the participant and center to make it more user Donna Murnhrev

Pelly and Jennifer Mathews all enjoyed hosting these interns. They have each left clients with positive memories and with resources to enhance their life.

Each made a positive contribution to seniors in Pender County

## Pender Adult Services Class Schedule **Heritage Place Opportunities**

Monday 8:00-7:00

9:30 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 6:00 Line Dance

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8:00-5:00 **9:00** Crocheting 9:00 RSVP Perks (1st) 10:30 Group Walk 11:00 Geri-fit 12:00 Meals 12:30 Pinochle/ 1:00 Rummikub 1:00 Quilting Group 1:00 Knitting Group

Tuesday

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 (2nd) Thursday 8:00-5:00

9:30 RSVP Card Class (2nd) 10:00 Jewelry 10:30 Group Walk 11:00 Geri-fit 11:30 Caregivers Group(4th) 11:30 Health Checks (4th) **12:00 Meals** 1:00 Rummikub/ MEX TRAIN 3:00 Craft Club

Phone: 910-259-9119

Friday 8:00-3:00

11:00 Bingo 12:00 Meals

> Saturday—closed Facility Available For Rentals

> Phone: 910-270-0708

Monday 8:30 am-5:00 pm 9:00 Art Group **10:00 Modified PILATES** 12:00 Meals 2:00 Zumba Gold 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)

Tuesday 8:30 am-5:00 pm 9:00 Baskets & Cribbage 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi 6:00 Line Dancing

Wednesday 8:30 am-5:00 pm 9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:30 Beginning Tai Chi 9:30 Knitting Group 12:00 Meals 1:00 Canasta & Bridge 2:00 Rummikub

**Topsail Senior Center Opportunities** 

Thursday 8:30 am—5:00 pm 9:00 Geri-fit & Cribbage 10:00 YOGA 10:00 Bingo 11:15 Beg. Tai Chi 12:00 Meals (BP Checks-3rd) 1:00 Quilting/Mahjong/ **BRIDGE/Dominos** 

Friday 8:30 am—2:30 pm 11:00 Line Dance 12:00 Meals

**Caregivers Support \*\* \*\*Call for info** 

**Saturday** – Facility Available for rentals

Phone: 910-259-0422

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.

#### **Fitness Fusion Group Fitness Classes**

Monday Open 5:00-8:00 5:30 RPM Cycling **8:30 BODYPUMP** 9:40 YOGA 10:45 FIT OVER 50

5:30 BODYPUMP

Tuesday Open 5:00-8:00 5:30 RPM Cycling 8:30 Cardio Fit\* NEW 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 6:30 RPM Cycling

Wednesday Open 5:00-8:00 7:00 RPM Cycling **8:30 BODYPUMP** 9:50 PILATES

> Massage by Appointment

Thursday Open 5:00-8:00 5:30 RPM Cycling 8:30 Gentle Yoga 10:45 FIT OVER 50

5:30 RPM Cycling

Friday Open 5:00—9:00 **8:30 BODYPUMP** 9:50 PILATES 5:30 BODY PUMP

> Saturday Closed **CALL FOR** UPDATES

