

PASS IT ON

January
2011

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

Pender volunteers win Governor's Award

Three volunteers from Pender County are recipients of the Governor's Award for Volunteer Service 2010, formerly known as the North Carolina Awards for Outstanding Volunteer Service. Daniel James (D.J.), Justin Newell, and Ethel Wise, were recognized at a reception held at the Topsail Senior Center in early December. Topsail Senior Center Volunteers were also recognized for their volunteer commitment to the senior center.

Daniel James (D.J.) Kinney, a senior at Topsail High School, was also recognized in an elite category as one of 20 volunteers in the state to receive the Governor's Medallion Award for Volunteer Service 2010. He received this award in a special presentation at the State Capitol in Raleigh on Nov. 16. The Medallion Award was created in 2006 and is presented annually to the top 20 volunteers in

the state. The special award is part of the Governor's Volunteer Service Awards which started in 1979. This year marks the 32nd year the program has been in service.

D.J. was inspired by his love for surfing and his desire to do something meaningful in memory of his grandfather. He created "Surfers for the Cure" to raise money and participate in Pender County's Relay for Life. He organized the team, developed recruitment brochures for members and sponsors, developed an internet presence through "Surfers for the Cure" Facebook page and got his friends and classmates at Topsail High School involved. They raised \$2,500 and were awarded Relay Rookie Team of 2010.

Justin Newell, won his award in the category of perseverance in volunteerism. He has volunteered with Pender Adult Services for



Pender Adult Services volunteers D.J. Kinney, Ethel Wise, and Justin Newell, each won a Governor's Award for Volunteer Service.

approximately 16 months at the time of his nomination, and has enriched all of the seniors he comes in contact with. He has cerebral palsy and limited verbal communication skills, however he understands everything that is

said and finds his own unique way of expressing himself and getting the people with whom he is working to understand him. This is Justin's first major volunteer project and he takes it very seriously. The clients adore him and the

staff have taken him under their wings and been blessed by his positive attitude and willingness to do anything asked of him. Justin started his volunteer work with the

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





Santa made a special visit (left) to the Topsail and Heritage Place Senior Centers with special gifts for everyone. Thanks to all that donated to the Toys for Tots drive (above). Four boxes of toys were collected for the program.

*Modern Western
Square Dancing
Topsail Senior Center
Friday, Feb. 4
7:30-9:30 p.m.*

No partner required
For more information,
Call 270-0708

RSVP to host school supply, book drive

The Retired Senior Volunteer Program (RSVP) is hosting a school supply and fun (age appropriate) book drive for middle school aged youth. This drive will run Jan. 9-21, in celebration of Martin Luther King's life and strong belief in higher education.

A list of fun reading has been suggested by The Pender County Library and will be included in a flyer and at collection stations.

The books will be used by

RSVP volunteers when tutoring middle school children. When a student finishes his book, he will be asked to return it so that other youth may benefit. This will allow RSVP to build a library which will grow over the years. The school supplies are necessary at the half-way point in the school year. Many students find their supplies are low.

Please support this project by donating a book or

school supplies. Cash donations are also welcome and will be used to purchase books suggested.

Collection sites will be at Fitness Fusion, Heritage Place in Burgaw, Topsail Senior Center, both Pender County Library locations and various places throughout Pender County.

To make arrangements for a donation, please call Barbara Mullins, RSVP Coordinator at 259-9119, ext. 25.

*Memorial and Honorary Giving Program
Of Pender Adult Services*

**IN MEMORY OF
SUDIE MAE HORRELL**

By
Ann Mizerak
Elizabeth Covil
Brenda Beverage
Lucille Lanier

CONTRIBUTORS:

Emma Anderson Memorial Chapel
PPD
St Joseph's Church
Topsail Moose Lodge
Willarlea Ruritan

*Special thanks to
Hampstead Women's Club
for their sizeable donation to Meals On Wheels*

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.

Thank you!

Pender County Master Gardeners
for the beautiful evergreen arrangements
donated to all Meals on Wheels clients.

Sue Kay & Hampstead Women's Club
For all the Christmas goodies for seniors at Topsail

Heide Trask JROTC
for their volunteer service at
Heritage Place & Fitness Fusion

**Charity Middle School Inspirational Choir
Total Child Care Pre K**
For the beautiful Christmas Music,
Cards & Well wishes

Boning up on Osteoporosis



- 10:45 Registration
- 11:00 Healthy Bones, Build them 4 life
- 11:20 Ask the Doctor
- 11:40 BP, Glucose, Body Fat Checks
- 12:00 Lunch (fee or by donation)
- 1:00 Pharmacist—the Role of Medications and Foods
- 1:20 Safe Movement & Bone Healthy Exercises
- 1:40 Weight Bearing Machines at Fitness Fusion

Wednesday, January 12, 2011

10:45—2:00 pm

Heritage Place, Burgaw

Call Jennifer Mathews at 259-9119 for more information



PAS Travel Club -Spring Trip St Augustine, Florida

April 6-9, 2011

Cost: \$379.00 (pp double occ)

Flyers avail able at centers

Deposit:\$200

On but not before February 2, 2011

(final balance due Mar 4)

Christmas food boxes delivered by RSVP volunteers

The Christmas season is filled with the spirit of giving. The Retired Senior Volunteer Program (RSVP) purchased food and six volunteers made 40 food baskets that were delivered by eight volunteers.

These baskets were distributed in Hampstead, Rocky Point, Currie, Maple Hill, Atkinson, Ivanhoe, Willard and Burgaw.

"I cannot explain to you the joy and appreciation on the faces of the recipients. The only thing better than

their smiling faces, is the feeling you get when you do something wonderful for someone else," said Barbara Mullins, RSVP Coordinator. "Your heart just flips and does cartwheels. We all take for granted our blessings and seeing someone else's situation makes us appreciate our own good health and everyday occurrences."

RSVP now has 25 volunteers anxious to start in January. What a great way to pay it forward and volunteer for

RSVP.

RSVP is now in process of screening our volunteers and the training session are being set for mid-January. The final step is to connect each volunteer with a client. There is room for more volunteers. Consider joining the volunteer program in 2011. Just two to four hours a week can make such a difference in someone's life.

Contact Barbara Mullins for details and see how easy it is to be part of RSVP.

Pender Adult Services-Calendar of Events

Healthy America – Health Checks

January 5, 2011 from 9:30 to 11:00am

January 6, 2011 from 4:30 – 6:00

Contact Judy at 259-0422 at FitnessFusion

Tree Top Quilters (TSC)

January 10, 2011 at 1:00 pm

Contact Kay Stanley at 270-0708

Blind Support Group (HP)(2nd Tues)

January 11, 2011 at 11:00 am

Contact Patricia Miller at 259-1464

Boning Up on Osteoporosis (HP)

January 12, 2011 from 11:00 – 2:00

Contact Jennifer Mathews at 259-9119

Healthy America at Topsail

January 13, 2011 from 11:30 – 1:00

BP, Body Fat, Height, Weight

Holiday Closing

January 17, 2011 Martin Luther King, Jr Day

Diabetes Support (HP) (4th Tues)

January 27, 2011 at 11:00 am

Contact Rebecca Boggs at 259-9119

Alzheimer's Support Group (HP)

January 27, 2011 at 11:30 am

Contact Kay Warner at 259-9119

Volunteers

Continued from page 1

agency taking food trays after the clients had finished their meals, volunteering and hour and a half one day a week, and that quickly increased to two hours. Justin quickly recognized many seniors needed help with carrying the trays to the table. Within a few weeks, Justin was in the kitchen loading the dishwasher, washing the dishes, unloading and putting away the dishware. He wanted more to do. In January, 2010. Justin began volunteering four hours a day, two days a week. He started helping on the serving line, and now comes in full chef dress, chef's hat included, to the delight of the seniors. Justin makes people smile.

Ethel Wise was recognized in the senior volunteer category. Ethel is a fantastic volunteer that

will do and has done everything Pender Adult Services needs her to do. She is dependable, faithful, supportive, encouraging and sensitive to other seniors that she meets at the senior center and in her life. She is an advocate for seniors in need. Ethel commits 15-20 hours a week helping with activities and programs offered at the center. She is organized, compassionate, determined, full of enthusiasm, and a great recruiter. She serves as the Pender Senior Games Ambassador and has helped the program grow, assists the activities director in planning and organizing of special events, handling correspondence, and making contacts. Ethel is the volunteer that very person dreams of having on their team. She is the best.

Congratulations D.J. Kinney, Justin Newell, and Ethel Wise for making a difference in Pender County.

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

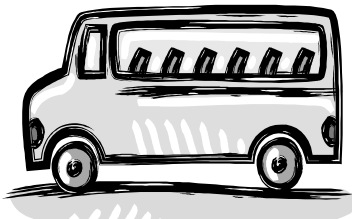
Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
<p>9:00 Oil Painting 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class 6:00 Line Dance</p>	<p>9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting 5:30 Weight Watchers</p>	<p>9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving</p>	<p>7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club</p>	<p>11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals</p>

Topsail Senior Center Opportunities

Monday 9:00 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—3:00 pm
<p>10:00 Modified Pilates 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:30 Bowl@Ten Pin (2nd & 4)</p>	<p>9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 One Stroke Painting</p>	<p>9:00 Quilting Class 10:00 Knitting Group 10:00 Jewelry Making 12:00 Meals</p>	<p>9:00 Current Events Coffee 10:00 Vinyasi Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting Class 1:00 Card Playing 1:00 Mahjong</p>	<p>9:00 WoodCarving Group (Jan—NEW) 12:00 Meals 1:00 Vitality in Action Saturday—closed Facility Available For Rentals</p>

Fitness Fusion Group Fitness Classes

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
<p>8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP 6:40 ZUMBA</p>	<p>8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 12:15 WAIST DOWN 5:30 ZUMBA 6:40 ZUMBA</p>	<p>8:30 BODYPUMP 9:40 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA</p>	<p>8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:00 KARDIO KICKBOX 6:05 ZUMBA</p>	<p>8:30 BODYPUMP 9:40 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA</p>



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.