



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

January  
2015



Photo contributed

The largest group ever – 98 people – enjoyed a Christmas tour in Charleston in December 2014. A trip to Washington DC is being planned for May 2015.

#### Exercise Classes offered at Pender Adult Services

**Body Pump:** This is a barbell class providing toning and conditioning class. It's perfect for both males and females who want to add strength training into their aerobic workout. (FF)

**Cardio Blast:** A fast paced cardio class using aerobic moves. Agility skills are mastered in a form of exercises drills. This class really gets your heart rate up. (FF)

**Fit Over Fifty:** This low impact class includes basic aerobic moves. Weights are used for resistance training and basic agility skills are performed. (FF)

**Geri-Fit:** Strength training for older adults. Geri-Fit uses a set of 2 or 4 pound dumbbells for strengthening the body. It incorporates strength exercises, flexibility, balance exercises and endurance training. IT IS FREE! (HP & TSC)

**Kardio Kickboxing:** This class incorporates basic punches and kicks. The primary focus of this class is cardiovascular fitness, muscular strength and endurance. This class will also include toning exercises. (FF)

**Pilates:** This class is designed to improve the body's balance, coordination and alignment while strengthening the core muscles without the pain normally associated with traditional exercises. Open to all levels of fitness; this is a low-impact class. (TSC & FF)

**Tai Chi:** Tai Chi is a gentle exercise that originated in China. It has been proven via scientific study to increase flexibility, muscular strength, and fitness. It promotes good body posture, integrating body and mind, and improves energy which is essential to health and vitality. Tai Chi exercises the entire body and it is suitable for everyone. (TSC & HP)

**Yoga:** Connect your mind and body by focusing on breath control and slow static stretching while participating in balance and core strengthening exercises designed to calm the mind, relax the body and ease the soul. (TSC & FF)

**Zumba:** A Latin-inspired dance fitness class that incorporates latin and international music and dance movements which creates a dynamic, exciting and effective fitness class. (FF)

## Get fit in 2015!



Body Pump is one of many classes offered  
at Fitness Fusion. Join us to get fit in 2015.



The modified pilates class meets on Monday and Friday at the topsail Senior Center. Other exercise classes include: Geri-fit, Yoga, Tai Chi and line dance. Please see the schedule for dates and times.

Photo contributed

## Join The Challenge

Men – Women

At Fitness Fusion, Burgaw

Greatest percentage of body weight lost wins

Prize – three-month membership

Must weigh in Jan. 9 Weigh out June 12



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**FREE DELIVERY**





Photo contributed

**Pender Adult Services recognized Merla Hansley, Jessie Ennis, Betty Brown, and Peggy Corbett for 25 years of services with the agency's In Home Care program.**



Photo contributed

**Lunchtime at the Senior Center is a great chance to socialize and meet new people.**

# Topsail And Heritage Place enjoyed CFCC OTA students this fall.

Megan and Kendra served at Topsail and assisted with Feel Good Fun Days. They applied their OTA experience by assisting seniors with organized crafts and activities. They also went with the group to Woodbury Wellness and delivered handmade Christmas ornaments to some of the residents. Brooke served at Heritage Place and assisted with Tuesday's Geri-fit class. She applied her OTA experience by teaching ergonomic exercises to aid seniors with handwork that they enjoy. She also assisted the group at the State Fair.

We enjoy having these students at our facility. We provide a geriatric fieldwork placement for them and they are a valuable asset to our facilities.

"Kendra and Megan were most helpful and very enthusiastic with our seniors and the projects we created together; said Kay Stanley. "They both blended so easily in our center, with a very caring disposition and were willing to do much more than was expected of them."

"I always knew growing up that I wanted to be in a profession where I could help people whether young or old, as well as one where I could be active. Through research I discovered the field of occupational therapy which I was immediately drawn to. Helping others to achieve or improve independence in the daily activities of their lives is such a rewarding experience to be a part of. Through fieldwork experiences, I learned that I loved working with the young and old alike, with one of those experiences being at the Topsail Senior Center. They gave me numerous learning opportunities throughout my time there from observing and helping with the activities class to providing collaboration and feedback throughout my Community Service Learning Project (CSLP). My project consisted of a set of 10 song books which include hymns, carols, patriotic songs and other uplifting songs.

It was created with the participants of the activities class in mind but can be utilized for fellowship by all members of the center. Throughout the time I spent at Topsail Senior Center, I met many amazing people and gained knowledge that I will carry with me not only into my professional career as an occupational therapy assistant, but into my personal life as well."

-Kendra Sholar, From Pin Hook, NC

"My youngest brother was diagnosed with Autism and he is the reason I have found such a love for occupational therapy and helping people. He is the sweetest, caring and most compassionate person I have the pleasure knowing but I see others not getting to know that side of him because he is different. I believe that my brother has helped make me a better person every day and I thank him for being who he is and leading me to this wonderful career path. I am very eager to graduate and start helping others the way my brother has helped me."

- Megan Fouty, from Hampstead, NC

"I wanted to take this time to thank you for allowing me to complete my last level 1 fieldwork rotation at Pender Adult Services-Heritage Place. You have a wonderful facility, I was very impressed by the variety of activities that you offer to seniors. During my time at Heritage Place I was able to observe many conditions related to the geriatric population. These observations are very valuable to my learning and growth as an OTA student. I hope I was able to make a small impact on the importance of ergonomics during activities and I hope the ergonomic posters will be beneficial! Everyone was very friendly and welcoming; this truly made me feel like part of the group."

- Brooke Howard, from Goldsboro



**Alzheimer's Support Group meets monthly at Heritage Place. The group supports caregivers in their efforts to care for a friend or loved one that has dementia. The group is facilitated by Kay Warner and offers educational presentations as well as emotional support.**

Photo submitted by Arnold Moore.

## In-Home Care

Pender Adult Services is licensed by the Division of Facility Services.

All in-home aide services are provided by certified nursing assistants who are supervised by a registered nurse. All CNAs are tested annually for competencies and receive 12 hours of in-services training per year to ensure that their knowledge and skills of in-home care are kept current.

Case management services are also provided under each program.

To learn more about our in-home aide services, call 910-259-9119 8 a.m. until 5 p.m. and speak with a case manager. Fees for services are available upon request.

## NEED TRANSPORTATION?

Medicare card holders may be eligible to use our transportation services. Call us at 910-259-9119, press 1. Seniors aged 65 and older, persons with disabilities (ADA)- Call to schedule your ride then travel through-out Pender County And/or to Wallace or Wilmington commuter connection \$3 each way We will be closed Jan. 19. Some service restrictions may apply. General Public Transportation is also available. The next Transportation Advisory Board (TAB) Meeting will be Jan. 21 at 11a.m. in the board room of Heritage Place

## New Art Class offered at Topsail Senior Center Mondays 9-11:30 a.m Beginning Jan. 5

Free informal art class offered in cooperation with the Hampstead Art League. Come learn to paint or work in any art medium. Supplies for classes are not provided. Open to all persons interested.

## Memorial and Honorary Giving Program

Your Gifts to  
Pender Adult Services, Inc  
are acknowledged with grateful appreciation  
In Honor of James "Jimmy" Basden  
By Kenneth & Susan Cowan  
Community Contributors

Port City Basket Makers, Southport  
Emma B Anderson  
Westview UMC  
Willarlea Ruritan Club

Thank you for your continued support!  
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

## Pender Adult Services January 2015 Calendar

January 5 - 9 Geri-fit and other exercise classes start back, Meals resume- Dining rooms open, most activities resume

January 12 - 16 Basket & Quilting classes resume

January 14 - Blind Support Group (HP) 1 pm

January 14 - Veteran's Support Group (TSC)- 2 - 4 pm

January 15 - Cancer Support Group (HP) - 12 noon

January 19 - CLOSED FOR M L KING DAY

January 22 - Caregivers Support Group (HP) 11:30 am

Wellness Checks -Provided by PAS

Fitness Fusion - 1<sup>st</sup> Wednesday 9:30 am

Blood Pressure Screenings -Provided by PC Health Dept

Topsail Senior Center - 3<sup>rd</sup> Thursday 11 - 1

Heritage Place - 4<sup>th</sup> Thursday 11 - 1

Support Groups

P C Blind Group

Heritage Place - 2<sup>nd</sup> Wednesday 1 pm

Contact Patricia Miller, services for the blind

Cancer Support Group

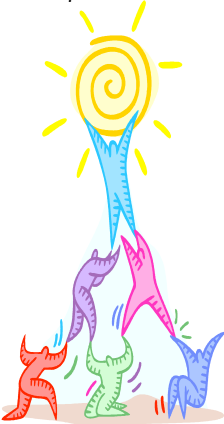
Thursday, 3<sup>rd</sup> Thurs at 12:00 pm Heritage Place

Caregivers Support

Topsail -Contact Kay Stanley @ 270-0708

Heritage Place - 4<sup>th</sup> Thurs 11:30 - 1:00

Contact Kay Warner @ 259-9119



## Line Dancing at Topsail

Come enjoy the music and learn some dance moves.Its great exercise for your mind and body!

**Fridays 11 a.m. until noon**

Jan. 9,23, Feb. 6, 20

And March 6, 20

Instructor: Sheryl Pacelli

Cost: \$8 for all six classes or \$3 per class

For more information, call 270-0708

## 2015 Tai Chi Classes

**Mon, January 5 (HP)  
Tues, January 6 (TSC)  
Thurs, January 8 (TSC)**

**Fee is due at registration**

**Kathy Yakimovich, certified instructor  
Arthritis Foundation**

**We must have 8 people to offer each of these classes.**

Tai Chi is a gentle exercise that originated in China. It has been proven via scientific study to increase flexibility, muscular strength, and fitness. It promotes good body posture, integrating body and mind, and improves energy which is essential to health and vitality. Tai Chi exercises the entire body and it is suitable for everyone. This program is safe and beneficial for persons with arthritis. Positive outcomes may include reduced pain, stiffness and fatigue and improved muscular strength, flexibility, mobility and balance. Participants need to wear a comfortable soft soled shoe and loose clothing.

**AT TOPSAIL CLASS (call 270-0708 for more information)**

Tai Chi for Health-Beginner's 8 week class meets on Thursdays from 11:15-11:55am.

**Advanced Tai Chi – 8 week class starts Tuesday.** The class meets from 3:15-3:55pm. Tai Chi for Energy form

**AT HERITAGE PLACE (Call 259-9119 for more information)**

Tai Chi for Health – 7-week class will be offered at Heritage Place. The class starts on Monday, and meets from 8:30-9:15a.m. (holiday – January 19)

**Class registration is first come, first serve**

**Fee is due at registration**

Fees will be \$12. (for Jan -Feb class)

\$5 for Fitness Fusion Members

## Pender Adult Services Class Schedule

### Heritage Place Opportunities

Phone: 910-259-9119

**Monday**  
8:00—7:00

8:30 Tai Chi  
9:00 Oil Painting  
12:00 Meals  
1:00 Bid Whist  
1:00 Canasta  
3:00 Senior Chorus  
6:00 Line Dance

**Tuesday**  
8:00—5:00

9:00 Crocheting  
9:00 RSV/P Perks (1st)  
11:00 Sit & Be Fit  
12:00 Meals  
12:30 Pinochle  
1:00 Quilting Group  
1:00 Jewelry  
1:00 Knitting Group

**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

7:00 Burgaw Rotary  
11:00 Sit & Be Fit  
11:30 Caregivers Support (4th)  
12:00 Cancer Support (3rd)  
12:00 Meals  
3:00 Quilting/Sewing Club

**Friday**  
8:00—3:00

11:00 Bingo  
12:00 Meals  
**Saturday—closed**  
Facility Available  
For Rentals

Phone: 910-270-0708

### Topsail Senior Center Opportunities

**Monday**  
8:30 am—5:00 pm

9:00 Art Class\*NEW  
10:00 Modified PILATES  
12:00 Meals  
12:30 Tree Top Quilters(2nd)  
3:30 Hospice Trg (3rd)  
Taxes offered at Topsail Presbyterian, Hampstead

**Tuesday**  
8:30 am—5:00 pm

9:00 Baskets  
Health Checks—3rd Tues  
9:00 Geri-Fit  
10:30 Feel Good Fun  
12:00 Meals  
2:00 Gentle YOGA  
3:00 Tai Chi

**Wednesday**  
8:30 am—5:00 pm

9:00 Quilting Bee  
9:00 RSV/P Perks (1st)  
10:00 Knitting Group  
12:00 Meals  
1:00 Canasta  
5:30 Guitar Group

**Thursday**  
8:30 am—5:00 pm

9:00 Geri-fit  
10:00 Vinyasi YOGA  
10:00 Bingo  
11:15 Tai Chi  
12:00 Meals  
1:00 Quilting Class  
1:00 Mahjong 1:30 Bridge

**Friday**  
8:30 am—2:30 pm

10:00 Cribbage  
11:00 Line Dancing\*  
12:00 Meals  
\* every other week  
**Saturday—closed**  
Facility Available

### Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

**Monday**  
Open 5:30—9:00

8:30 BODYPUMP  
9:40 YOGA  
10:45 FIT OVER 50  
4:00 Health Checks (1st)

**Tuesday**  
Open 5:30—9:00

8:30 CARDIO BLAST  
9:40 YOGA  
10:45 FIT OVER 50  
6:30 ZUMBA

**Wednesday**  
Open 5:30—9:00

8:30 BODYPUMP  
9:30 Health Checks (1st)  
9:50 PILATES  
5:30 BODY PUMP

**Thursday**  
Open 5:30—9:00

8:30 ZUMBA  
9:40 YOGA  
10:45 FIT OVER 50  
6:30 ZUMBA

**Friday**  
Open 5:30—9:00

8:30 BODYPUMP  
9:50 PILATES  
5:30 BODY PUMP  
**Saturday**  
Open 8:00—2:30