



Pass it on.

Helpful information to enhance senior living
provided by Pender Adult Services

The Pender-Topsail
POST
& Voice

July
2014



RSVP helps schools with EOG testing

By Barbara Mullins
RSVP Coordinator

How many proctors does it take to support EOG testing in Pender County?

We all know how boring this task is, and we all know how many long hours some of these days became. There are never enough volunteers (as many proctors ran between classrooms every few minutes).

Thank you RSVP volunteers for the exceptional support you gave this year. Please know that every school praised RSVP volunteers for their smiles and support. Every proctor coordinator told me that RSVP volunteers were the most dependable, timely, and never cancelled a commitment.

Principals thanked us for our support during the year, but especially during this shortage of proctors. As a RSVP Director, these are wonderful things to hear. I just tallied up the amount of time Pender County RSVP volunteers gave proctoring and I can honestly tell you that I was amazed just how giving we were.

We volunteered at West Pender, Topsail, Burgaw, and Cape Fear Middle School as well as rallied to the stress call from Pender Early College. We gave 212.5 relentless hours. Translated into dollars that equals \$4,675.00 that was saved should school budgets have to include such an expense.

The law is no teacher can be in classroom without a proctor during test time. As you can see proctoring is such

a valuable contribution to our community and once again RSVP impacts our schools

The blessings continue

Once again we need to thank Maple Hill Presbyterian Church for their generous donation which allows us to purchase Ensure and Glucerna for so many of our clients. Bringing these products to our clients is so rewarding because we know many of them do not eat enough, suffer through cancer treatments, need additional nutrients which provide them a healthier way of living.

Most of our clients cannot afford to purchase these supplements and are so very appreciative. The RSVP staff (just us two girls) got our exercise when the truck arrived with 123 cases weighing 1,968 lbs. Who needed body pump that day? We got our work out getting all these into our office and then re-organizing them so we would have a little room to navigate our small quarters.

Then a few days later we load two cars to transport to the other side of Pender County to supply the need there. We both agree that RSVP brings us diversity, challenges, excitement and lots of laughter and fun times. Never time to get bored or lazy in our RSVP world.

We would love to have new volunteers to join us so we can keep providing support to those less fortunate. It is called *Pay It Forward* and what a reward comes with it. Call 910-259-9119 (ext 329) for more info on how you can make a difference in the life of a Pender county resident.



Ella and Elise talk on the porch at Heritage Place in Burgaw during the elder abuse event

Photo contributed

Elder abuse event held June 11

Pender Adult Services hosted an elder abuse advocacy event June 11. The purpose of the event was to raise awareness of the issue and teach seniors ways to respond to abuse.

Seniors were given examples through skits that would help them identify the abuse and provided detailed information about contacting the proper people to report the abuse.

"On behalf of the seniors of Pender Adult Services, I want to thank the Department of Social Services (DSS), Adult Services Unit, Area Agency on Aging and the Cape Fear Area Elder Abuse Prevention Network team for their efforts in planning and participating in the Elder abuse Advocacy Event at Heritage Place, Burgaw. The event was well attended and well received," said Jennifer

Mathews, senior center coordinator.

Elder abuse is a broad term used to identify mistreatment of elder and disabled adults. Victims often live in silent desperation and are unwilling to seek assistance to protect themselves because they fear the consequences of their actions.

Many remain silent to protect abusive caregivers or family members, while others

may be too embarrassed or fear that no one will believe them.

Elder abuse can take on many forms – physical abuse, emotional abuse, sexual abuse, neglect by a caregiver, self-neglect, exploitation, and financial exploitation including frauds and scams

To report a case of elder abuse for Pender County please call DSS Adult Services Unit at 259-1240.

Elderly heat stress is a summer concern

By Rebecca Boggs, RN
Special to Pass It On

Elderly people aged 65 years and older are more prone to heat stress than younger people for several reasons. Elderly people do not adjust as well as young people to sudden changes in temperature;

They are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.

Heat stroke

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature – the body's temperature rises rapidly, the body loses its ability to sweat, and it is unable to cool down.

Body temperatures rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs and symptoms of heat stroke

Warning signs vary but

may include the following: An extremely high body temperature (above 103°F); red, hot, and dry skin (no sweating); rapid, strong pulse, throbbing headache; dizziness; nausea.

Heat exhaustion

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids.

Warning signs vary but may include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting. The victim's skin may be cool and moist, pulse rate fast and weak, and breathing: fast and shallow.

How to protect yourself

You can follow these prevention tips to protect yourself from heat-related stress:

- Drink cool, nonalcoholic beverages. (If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink when the weather is hot. Also, avoid extremely cold liquids because they can

cause cramps);

- Rest; Take a cool shower, bath, or sponge bath; If possible, seek an air-conditioned environment. (If you don't have air conditioning, consider visiting an air-conditioned shopping mall or public library to cool off.);

- Wear lightweight clothing; If possible, remain indoors in the heat of the day; Do not engage in strenuous activities.

How to protect elderly relatives and neighbors

If you have elderly relatives or neighbors, you can help them protect themselves from heat-related stress. Visit older adults at risk at least twice a day and watch them for signs of heat exhaustion or heat stroke. Encourage them to increase their fluid intake by drinking cool, non-alcoholic beverages regardless of their activity level.

If their doctor generally limits the amount of fluid they drink or they are on water pills, they will need to ask their doctor how much they should drink while the weather is hot. Take them to air-conditioned locations if they have transportation problems.

If you see any signs of se-

vere heat stress, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the affected person. Get the person to a shady area. Cool the person rapidly, using whatever methods you can. For example, immerse the person in a tub of cool water; place the person in a cool shower. Spray the person with cool water from a garden hose or sponge the person with cool water.

If the humidity is low, wrap the person in a cool, wet sheet and fan him or her vigorously and monitor body temperature and continue cooling efforts until the body temperature drops to 101-102 degrees.

If emergency medical personnel are delayed, call the hospital emergency room for further instructions. Do not give the person alcohol to drink and get medical assistance as soon as possible.

Topsail Senior Center news

By Kay Stanley
Topsail Senior Center

Blood Pressure checks continue on the third Thursday from 11 a.m. until 1 p.m. These are offered by the Pender County Health Department.

We had a great response from the community to our annual retinal screening. This was offered by Prevent Blindness of N.C.

Geri fit continues to be a popular class at Topsail. Everyone loves Wes Davis, who instructs with enthusiasm and experience. This class is offered on Tuesday and Thursday from 9:15-10 a.m.

If you have a few hours and like to visit and answer the phone, receptionist are needed to fill in for summer vacationers. Call Kay Stanley at 270-0708.

Caregiving and grieving

Two events are planned in cooperation with Lower Cape Fear Hospice for July. The first will be a six week Living with Grief Support group that will be held at the Topsail Senior Center.

This group will begin July 18 and meet Fridays from noon until 2 p.m.

Register with Greg Yeager at LCF Hospice and more

information will be available soon.

The second event is Developing your Caregiving Skills led by Melanie Bunn, RN, MS, GNP. Melanie is a wonderful speaker and will teach you in an enjoyable manner.

This caregiving session will be held July 21, from 1-3 p.m. at Heritage Place, Dining Room.



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Social Wellness Month

There are so many different aspects to health. We hear daily about eating right and exercising, but health also involves our social connections and interactions.

With more people living alone or separate from extended family and friends, it is critical that we are as diligent about our social well being as we are about our physical well being.


July is Social Wellness Month and is a reminder that we need to reach out to others and build stronger social ties with family and friends. Social Wellness encourages development of better communications with others including the ability to share feelings and needs. It involves respecting yourself and others and developing a solid social support system.

Social Wellness takes planning and effort to carve out time for those activities as they may not happen naturally in today's hectic world. Research shows that socially isolated people are more susceptible to illness and have a death rate two to three times higher than those who are not socially isolated.

However people who maintain their social network and support systems do better under stress and are physically and mentally healthier. They even achieve higher grade point averages.

One of the reasons that on-line social networking has taken off is the need to be connected. It is easy to admire the number of friends listed on a Facebook page, but true social wellness also means carrying out full conversations and not just reading status updates or posting the occasional like.

These on-lines connections are like appetizers that prepare the way for full and meaningful relationships. They should make it easier to pick up the phone or invite friends to dinner.



Pender Adult Services

July 2014 Calendar

JULY 4th – CLOSED FOR INDEPENDENCE DAY

Pender County Operation Fan ongoing!

See a reception volunteer at either center for application or contact Jane Johnson at 910-259-9119 ex 309

Wellness Checks -Provided by PAS

Fitness Fusion – 1st Monday 4:30 pm (7/7)

Fitness Fusion - 1st Wednesday 9:30 am

Blood Pressure Screenings -Provided by PC Health Dept

Topsail Senior Center – 3rd Thursday 11 – 1 (7/17)

Heritage Place – 4th Thursday 11 – 1 (7/24)

Support Groups

P C Blind Group

Heritage Place – 2nd Wednesday 1 pm (7/9)

Contact Patricia Miller, services for the blind

Caregivers Support

Topsail – 1st & 3rd Mondays 9:30 -10:30 am

Contact Kay Stanley @ 270-0708

Heritage Place – 4th Thursday 11:30 – 1:00 (See below for special event this month – July 21st)

Contact Kay Warner @ 259-9119

SAVE THE DATE -Developing your Caregiving Skills

July 21, 2014 from 1:00 – 3:00pm at Heritage Place, Dining Room


Presented by Melanie Bunn, RN, MS, GNP


SAVE THE DATES -Living with Grief

Fridays from 12 – 2 pm for 6 weeks

Beginning July 18th

Offered at Topsail Senior Center





Exercise Class

Offered at Heritage Place, 901 S Walker St

11:00 – 11:50
Tuesday, Thursday
Class room

June 24, 26, July 1, 3, 8, 10
July 29, 31



Transit News

Transportation is not just for seniors. Any Pender County resident 18 years of age or older may ride the Public Transit System. www.penderpas.com

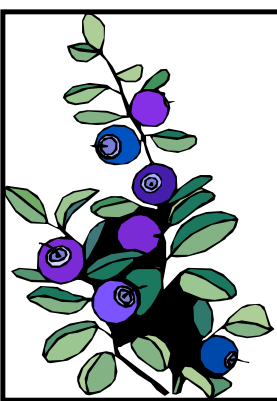
ATTENTION: .

Seniors age 65 and up and any Person with a disability* (ADA), Schedule your ride to Wallace, or Wilmington, starting July 17, 2014.
* A Doctor's signed Medical letter must be provided if under 65; Valid Id for proof of age.

Free gift** on:
Thursday, July 17 at Wallace Airport (250 Henderson Field) from 8:30am to 9:00am
Friday, July 18 at Pender Adult Services, Inc. from 2:15 pm 50 2:45 pm.
** While supplies last.



Call 910-259-9119, press 1 for more information.



Thank you

Emma Anderson Memorial Chapel
Hampstead Women's Club
Willarlea Ruritan Club

In-Kind Thanks

Holy Trinity Episcopal Church for the blueberries
Grace EPC for music programs at Topsail

Pender Adult Services, Inc

Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting	9:00 Crocheting	9:00 Basket Class	7:00 Burgaw Rotary	
Tai chi	9:00 RSVP Perks (1st)	11:00 Bingo	11:00 Geri-fit	11:00 Bingo
12:00 Meals	11:00 Geri-fit	12:00 Meals	12:00 Meals	12:00 Meals
1:00 Bid Whist	12:00 Meals	1:00 Bid Whist	12:45 Rummique/Mexican	Saturday—closed
1:00 Canasta	12:30 Pinochle	1:00 Bridge	Train	Facility Available
2:00 Senior Chorus	1:00 Quilting Group	1:00 Blind Support Group(2nd)	3:00 Quilting/Sewing Club	
6:00 Line Dance	1:00 Jewelry			

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:30 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—2:30 pm
10:00 Modified PILATES	9:00 Baskets	9:00 Quilting Bee	9:15 Geri-fit	9:00 Wood Carving
12:00 Meals	9:15 Geri-fit	9:00 RSVP Perks (1st)	10:00 Vinyasi YOGA	10:00 Cribbage
12:30 Tree Top Quilters(2nd)	Health Checks—(3rd)	10:00 Knitting Group	10:00 Bingo (earlier time)	12:00 Meals
	10:30 Feel Good Fun	12:00 Meals	11:15 Tai Chi	12:00 Vitality in Action
	12:00 Meals	12:30 Caregiver class	12:00 Meals	1:00 Sign Language Class
	2:00 Gentle YOGA	1:00 Woodcarving	1:00 Quilting Class	Saturday –closed
	3:00 Adv. Tai Chi			

Fitnness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday Open 5:30—9:00	Tuesday Open 5:30—9:00	Wednesday Open 5:30—9:00	Thursday Open 5:30—9:00	Friday Open 5:30—9:00
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
9:40 YOGA	9:40 YOGA	9:30 Health Checks (1st)	9:40 YOGA	9:50 PILATES
10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
4:00 Health Checks (1st)				
5:30 BODYPUMP	6:30 ZUMBA	5:30 BODY PUMP	6:30 ZUMBA	
6:40 ZUMBA				

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.