



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

July  
2021

PENDER ADULT SERVICES, INC.

## Questions about Medicare?

Are you new to Medicare? Have questions about Medicare?

People with Medicare can get their coverage through Original Medicare or choose a Medicare Advantage Plan. These are also known as Medicare private health plan or Part C.

•Original Medicare is the traditional program offered directly through the federal government. It includes Part A – inpatient, hospital coverage and Part B – outpatient and medical coverage. Most doctors accept Medicare. Medicare limits how much an individual can be charged. Beneficiary receives a red, white, and blue card.

•Medicare Advantage is a private plan that contracts with the federal gov-

ernment. It must provide the same benefits as Original Medicare but may have different costs and restrictions. Medicare Advantage may also offer benefits that Original Medicare does not cover. Their plans may be HMO's or PPO's plans and have a network of doctors that you choose from.

Keep in mind that different areas have different Medicare Advantage Plans.

There are specific time periods that you can review your plans and an Open Enrollment Period Annual for Drug coverage.

You may call NCSHIP at 1-855-408-1212 or call Pender Adult Services at 910-259-9119. The Department of Insurance maintains a wonderful website for Medicare at [www.NCSHIP.com](http://www.NCSHIP.com)

## Topsail Center News

Greetings from Topsail Senior Center. We are glad to be open, catching up with old friends and making new friends.

On Tuesdays at 10 a.m., we have coffee and fellowship together or work on a craft. We have congregated lunch each day; call us for more information and for reservations.

Bingo is back, every Thursday at 10:30 a.m. and we are celebrating Gorgeous Grandma Day July 22. It will be a fun day of Bingo and a bit of dress up – choose classy, sassy or

a jazzy hat! Bring a baby photo if you would like for a fun game!

If you are an avid reader, we have plenty of books to choose from and always a puzzle going as well. We would like to thank the Hampstead Women's Club for the colorful Sail Shade over our back deck, we are so grateful for their continued generosity!

Our lucky raffle winner was chosen July 1 and we appreciate everyone who purchased tickets, it was a huge success.

## Make a difference, have fun with RSVP

Our AmeriCorps Seniors RSVP volunteers in Pender County are age 55+. They are focused and caring people who use their life experiences, talents, and interests in meaningful volunteer opportunities to help others and make a difference.

Even so, everyone needs to have some fun and our AmeriCorps Seniors volunteers know how to do that, too.

Our volunteers recently gathered in the Burgaw Heritage and Topsail Senior Centers for some great paint and sip events that were generously sponsored by The Laurels of Pender, a skilled nursing and rehabilitation center in Burgaw. Tara Everett, marketing director for

The Laurels, worked tirelessly to develop these highly successful events. Cheryl Hardie, an artist from the Studio at Burgaw Antiques, also joined us and made everyone feel like Van Gough. We really

appreciated all of this great community support.

As you can see in these photos, our volunteers worked very hard as they painted their lovely pictures. They also smiled and had a lot of fun with each other.

By the way, we noticed that one of our volunteers, Don Powell, seemed to be having a little trouble as he included the word 'help' with his painting. Don, are you ok? Do you need additional artistic support? Or, maybe you are just having a little fun?

If you would like to know more about AmeriCorps Seniors RSVP in Pender County, please visit our Facebook page, @PenderCountyRSVP, or email us at [directorrsvp@penderpas.com](mailto:directorrsvp@penderpas.com). We are always looking for more great volunteers.

**Painters at the Paint and Sip events display their work – Heritage Place (top right), and Topsail Center (bottom right).**



A retirement party was held in June at Heritage Place for RSVP director Barbara Mullins. It was very well attended and many volunteers came to wish Barbara congratulations and gratitude for all the good work she has done. Pictured above (left to right) PAS Director Wes Davis, Barbara and Jim Mullins.

## Heritage Place Happenings

By Jennifer Mathews  
Pender Adult Services

It has been a busy month as more folks are feeling safer and getting out. We held our annual World Elder Abuse awareness day. Many people wore purple and we had a brief presentation on the different types of abuse and how to report it!

Our Geri-fit classes have become very popular. We are offering a new chair class on Fridays at 10:30 a.m. if you would like to join us.

We completed our second monthly craft class and had great participation. We did a beautiful faux stained glass. They turned out very pretty. We are doing a different craft monthly on the third Friday. Join us this month for Homemade Foot Soak craft July 16 at 10:30 a.m. Please sign up one week ahead.



World Elder Abuse Day was held June 15. The seniors wore purple and has a presentation on the five types of Abuse. Evelyn, Delane, Carolyn, Judy and Connie pose with signs for World Elder Abuse Awareness Month.

We regularly have a group of 7-8 playing Rummikub on Tuesday and Thursday afternoon. We would love to get a few men playing Bid Whist or Cribbage or another Card game. Bill Jackson has been here since we reopened, and he would love to have some men join him! Please call Jennifer or DeLane if you can join him on Wednesday afternoons!

Some have learned to play Mexican train and we would love to start another table if you want to beat the heat and get your brain going! Our bridge group has not started back yet, and we would love to get a canasta

group going too.

If you have ideas about an activity, please do not hesitate to contact Jennifer Mathews, our Senior Center Coordinator about a time to gather! (910)259-9119 extension 303. Please see our July events schedule and join us for healthy fun!

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

**DRIVERS NEEDED**

PAS-TRAN is now hiring Drivers.

Applications available at

901 S Walker Street

Weekdays only

Call 910-259-9119 press 1

for more information



# Six things I should be asking my pharmacist

(StatePoint) An estimated 4.5 billion prescriptions will be filled this year in the United States, with about half of consumers taking at least one prescription

medication over the past 30 days. In fact, a JD Power study shows that only 10 percent of people talk to a pharmacist when ordering or receiving their medications. Express Scripts pharmacists were asked what are the top six questions patients should be asking their pharmacists, but don't. • Could this medication interact with my vitamins and supplements? Non-prescription medications and

supplements can interfere with your prescription or cause unnecessary side effects. Talk to a pharmacist about all the medications you take, especially when you are prescribed any new medication. • I'm taking multiple meds. What do I need to know? If you are on multiple medications for one or more chronic conditions you should speak with a pharmacist any time there is a change to your medica-

tion regimen to check for potential drug-drug interactions, medication overlap or gaps in care. • What should I do if I forget to take my medication? Always consult with your prescriber on what to do if this happens. Having access to your pharmacist 24/7 is particularly important when you forget to take a dosage at the scheduled time. He or she can help you get back on track so that you get the full benefits of your medication. Having access

to your pharmacist from the privacy of your home is another great reason to look for this 24/7 convenience. • Could this prescription make me unsteady on my feet? Some medications can make you dizzy or drowsy, and there are other hazards in the home that can cause a fall, especially as one ages and needs to get up frequently during the night. A pharmacist can provide home safety tips to avoid an accident. • I sometimes forget to

take my meds. What's a reminder that works? Taking medications regularly can help avoid complications. When having trouble remembering to take your medications, turn to pharmacists, who can suggest tech solutions that will work for you, such as reminder apps. They can also help you manage side effects you may be having and identify alternatives that you can discuss with your prescriber, when needed. • Is there a more affordable option for my prescription? If you are having trouble affording your medication, your pharmacists can help with more affordable options and recommendations, such as generics or less expensive formulary options.



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- 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

## LICENSED CNA POSITIONS AVAILABLE

Pender Adult Services is hiring CNA's. All areas including Burgaw, Rocky Point, Currie, Maple Hill & Hampstead Must have reliable transportation. Contact Anna or Cathy at (910)259-9119 X 2



## CAN WE HELP??

**Do you need assistance scheduling a COVID-19 Vaccine**  
Call us (910)259-9119 (x 301) or (910)270-0708

**Do you need aging information or MOW assistance?**  
Call Jane Johnson (X 309)

**Do you need help with Medicare or Senior Programming info?**  
Call Jennifer Mathews (X 307)

**Do you need Transportation? Call PASTRAN (X 1)**

**WOULD YOU LIKE TO VOLUNTEER? Call Barbara (X 329)**

# Homemade Foot Soak

You Make it,  
You Take it Class.

Heritage Place

Friday, July 16

10:30 a.m.

Sign up by Friday, July 9 Cost \$2



## INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 (or call 910-270-0708 for Topsail) if you need information, referral or assistance with any of the following services:

- |                           |   |
|---------------------------|---|
| Health Screenings         | Fitness & Health Promotion                      |
| Insurance Counseling      | Tax Preparation/Counseling                      |
| Legal Services            | Transportation Medical/General                  |
| Caregivers Classes        | Family Support Groups                           |
| Housing                   | Reverse Mortgage Counseling                     |
| Home Repair/Modification  | Home Health Services                            |
| In-home Aide Services     | Medicaid Benefits/Medicare Benefits             |
| Social Security Benefits  | Job Training/Placement                          |
| Adult Day Care/Day Health | Community Mental Health                         |
| Disaster Services         | Durable Medical Equipment/Assistive Devices     |
| Hospice Care              | Long-term Care Facilities                       |
| Rehabilitation Services   | Report Suspected Abuse, Neglect or Exploitation |
| Respite                   | SHIIP (Senior Health Insurance)                 |
| Telephone Reassurance     | Congregate Meals/Home Delivered Meals           |
| Energy Assistance         | Food Distribution                               |

## Healthy Vision Month & UV Safety Awareness Month



## July Events 2021

July 1 – International Joke Day

July 2 – National “I Forgot” Day

July 4 – Independence Day

July 5 – Centers Closed in observance of Independence Day

July 7 – Birthday Bingo(HP) at 10:30am – World Chocolate Day

July 8 – **Liberty Bell Day** – Wear Red, White & Blue

July 16 – HP Craft Day– Homemade Foot Soak 10:30 am

(Sign up by 7/9)

July 21 - RSVP Meet and Greet at 10 am (Wednesday @ HP)

July 22 - RSVP Meet and Greet at 10 am(Thursday @ TSC)

July 22 – **Gorgeous Glatma Day** at Topsail - 10:30 – 12

July 23 – **Gorgeous Glatma Day** at Heritage Place – 10:30 – 12

July 27 – Hurricane Preparedness Day – 11:30 am

July 30 – International Day of Friendship



**Gorgeous Glatma Day**  
Dress Sassy, Classy or wear a Jazzy Hat  
Bring a baby picture of you for a fun game!!

Annual Auction & Celebration  
Thursday, November 4<sup>th</sup>  
Heritage Place



# Pender Adult Services July 2021

## Heritage Place—Burgaw 910-259-9119

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Classes may be added As there is interest</i>	9:30 Crochet Group	Call for info On zoom “ZOOMBA”	9:30 Knit Group	10:00 Sing-a long
<i>9:45 Fit Over Fifty 10:00 Zoom Pilates</i>	10:30 Geri-fit 10:30 Quilting	10:30 Bingo	10:30 Geri-fit	10:30 Chair Exercise 11:00 Monthly craft
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
6:00 Line Dancing	12:30 Jenga 12:30 Rummikub	12:30 Brain Games 12:30 Bid Whist	12:30 Mexican Train 12:30 Rummikub	12:30—Sequence

## Topsail—Hampstead 910-270-0708



Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group	9:00 Gerifit	9:00 Quilting	9:00 Gerifit	
10:00 Modified Pilates	10:00 Fellowship or	11:00 Line Dance	10:30 Bingo	<i>10:30 Zoom Pilates</i>
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
	2:00 Beg. Tai Chi 3:00 Adv Tai Chi	1:00 Canasta 2:00 Rummikub	12:30 Quilting Mahjong/ Bridge	Call for information on Zoom “zoomba”