

PASS IT ON

Helpful information to
enhance senior living provided
by Pender Adult Services

June
2010



The Pender
POST

Elder Abuse Awareness Day June 15 at Heritage Place in Burgaw

Cautious Seniors Investigate will be held at Heritage Place on June 15 from 9:30 a.m. until 1 p.m. The fraud/scam prevention event is being planned by the Elder Abuse Prevention Network.

Speakers for the event include Dennis Streets, N.C. Division of Aging and Adult Services; Caroline Farmer, N.C. Attorney General's Office; Stephanie Bias, N.C. Seniors' Health Insurance Information Program; Cory Mathes, N.C. State Employees Credit Union.

Topics will include identity theft, Medicare fraud, scams and elder abuse.

To learn more about these topics and more, please register and attend. Share this information with any interested party, agencies, churches or groups.

The Elder Abuse Awareness Day event is free, and includes lunch, door prizes and more. Registration for the event is required to attend. Register by calling (910) 395-4553 or 1-800-218-6575.



Doris Buscher celebrates at a party for her very special 88th birthday at Topsail Senior Center in Hampstead with her friends in the Knitting Circle. The group enjoyed a special homemade birthday butter pound cake with chocolate icing and colorful party sprinkles, peach champagne and soda along with birthday presents. Doris has been a member of the group since the beginning 5 years ago. She has knitted numerous preemie baby hats which have been given to the neonatal centers.

Caregivers Day Out celebration held May 19 at Heritage Place

Participants at the third annual Caregiver's Day-Out Celebration on May 19 were treated to a day of relaxation with either hand or neck massages, stress relief techniques and benefits of exercise and movement, education, local vendor resources, good food, door prizes, and a super motivational speaker, May Craven, who kept everyone laughing.

The event was co-sponsored by the Care Fear

Area Agency on Aging and Pender Adult Services.

Dianne Phillips with Therapeutic Alternatives presented a program on Agitated and Aggressive Behavior; Darlene Leysath with the Cornerstone CDC talked about the importance of getting physical exercise and laughing; Dr. Kavita Persaud spoke on the Importance of Primary Care for Yourself and your Loved Ones. May Craven really had everyone ener-

gized with her program on Living, Loving, and Life.

Vendors for the event were: At Ease Massage Therapy, Carolina Geriatrics, HealthMate Home Care, Holistic Healing, Liberty Home Care and Hospice, Lower Cape Fear Hospice and Life Care Center; The Cornerstone CDC, Therapeutic Alternatives, Inc., Cape Fear Area Agency on Aging, and Pender Adult Services.

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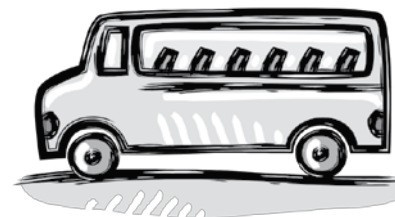
Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.



Cruise to *Bermuda*

41 seniors and companions (right) recently enjoyed a cruise to Bermuda, sponsored by Pender Adult Services.

Glenda, Peggy and Jennie (below) take a break for a photo during a stroll around the Enchantment of the Seas cruise ship during the Bermuda trip.



Public Transportation
is available to person 18 years
and older throughout Pender County.
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.



Sit and Be Fit!

The Sit and Be Fit group
received medals during the
Pender County Senior Games
for chair volleyball.



M. J. and Virginia show off their completion certificates from the recent Matter of Balance class that was offered at Heritage Place. Plans are underway to offer the class at Topsail in the fall.

Memorial and Honorary Giving Program Of Pender Adult Services

**A gift was given by Robert & Peggy Casey
In Memory of Jan Harrell
In Honor of Mr & Mrs Bill Marshburn
In Honor of Rev & Mrs Ray Mendenhall**

CONTRIBUTORS:

*Emma Anderson Memorial Chapel
Hampstead Women's Club
Holy Trinity Episcopal Church
St Joseph's Church
Topsail Moose Lodge
Willarlea Ruritan*

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.

Calendar of Events

Blind Support Group (HP)

June 8, 2010 at 1:00 pm

Contact Patricia Miller at 259-1464

Healthy America – Health Check (FF)

June 9, 2010 9:30 – 11:30 am

Contact Judy at 259-0422

Tree Top Quilters (TSC)

June 14, 2010 at 12:30

Contact Cindy Williams at 270-0708

CSI – Cautious Seniors Investigate (HP)

June 15, 2010 at 9:30 am

Contact 910 395-4553 to register

Alzheimer's Support Group (HP)

June 17, 2010 at 11:30 am

Contact Kay Warner at 259-9119

Diabetes Support (HP)

June 29, 2010 at 11:00 am

Contact Maureen Drake at 604-1483

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

Topsail Senior Center Opportunities

Monday 8:00 am—5:00 pm	Tuesday 8:00 am—5:00 pm	Wednesday 8:00 am—5:00 pm	Thursday 9:00 am—5:00 pm	Friday 9:00 am—2:00 pm
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)	9:00 Baskets (Sept) 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 One Stroke Painting 3:30 Line Dancing	9:00 Quilting Class (Sept) 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals	9:00 Current Events Coffee 10:00 Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting Class (Sept) 1:00 Card Playing 1:00 Mahjong	10:00 Quilting/Sewing 12:00 Meals 1:00 Vitality in Action Saturday –closed Facility Available For Rentals

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

Due to Space Limitations in Pass It On,
DAILY MENUS ARE AVAILABLE AT THE CENTERS.