

PASS IT ON

June
2011

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

RSVP making a difference

By **Barbara Mullins**
Director, RSVP
Pender County

I'd like to tell you a story about a young boy who was walking along the beach and picking up starfish and throwing them back into the ocean. A man was watching this young boy and asked him why he was doing this? The boy answered "The sun is up and the tide is going out. If I do not throw them into the ocean they will die." The man grunted that the beach went on for miles and miles and there were millions of starfish. He contended the boy's efforts could not make a difference. The boy bent down, picked up another starfish and threw it in the ocean. Smiling he said to the man, "I made a difference to

that one!"

So is the story of RSVP – we are making a difference one-by-one. We now have 50 volunteers in Pender County and despite the upcoming budget cuts for 2012, we will keep making a difference in the lives of people in our community. Our tutoring volunteers have made a difference in the lives of our middle school children and continue to share their enthusiasm to read. Twenty-one volunteers helped proctor EOG exams and made an impact on teachers and principals in three middle schools. Summer school programs will also use RSVP volunteers to help with their reading programs.

We now have ten clients matched with volunteers to help our shut-ins continue to live independently in



The diabetes support group at Heritage Place poses for a photo. Support groups meet monthly at Pender Adult Services. The next meeting will be in July due to the Living Healthy Workshop. Call Jennifer Matthews at 259-9119 for information.

their homes. RSVP made an impact on those seniors throughout Pender County. Lastly, we entertain 23 students that are mentally impaired monthly at Heritage Place in Burgaw. RSVP is making a difference in the lives of all these students by providing them opportu-

nities outside their comfort zone.

Six of these students will start their volunteer program in June and this will help build their confidence and give them pride in their volunteer work.

Statistics show that 25 percent of older adults (65

and older) volunteered in 2010. That percentage translates to 9.1 million older adults dedicating 6.1 billion hours of service to communities across the country. It also is a fact that volunteers have an increased feeling of

Continued on page 2

DEES^{Rx}
Drug Store
Proudly Serving Pender County
~ Since 1916 ~

Open 9-6
Monday-Friday
9-1 Saturday

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116

This store gladly accepts PCS, PAID, TDI,
Medicaid, Medicare, Blue Cross/Blue Shield,
State Teachers Plan and
most other third party prescription plans.

VISIT OUR
SODA FOUNTAIN!

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





Yard Sale

Topsail Senior Center

June 11, 2011

8:00 – 2:00 pm

Located right beside Pender Pines on 17N of Hampstead.

90959 Hwy 17 N, Hampstead (910) 270-0708

Spaces are available, Donations are being accepted.

Elder abuse Awareness Day June 15

Elder Abuse Awareness day is planned for June 15 at Heritage Place. The event is planned in cooperation with the Pender County Department of Social Services.

The day will include a walk, information, skits, and a hotdog lunch sponsored by Paul's Place. The day begins at 10:45 a.m. in the dining room. Please come join us for this important event.

RSVP

Continued from page 1

self-worth and that service has also helped to keep the volunteer both physically and mentally active.

Speaking of healthy and alert, our volunteer, Bryant Huffman, who is turning 90 in August, just got married on May 14.

RSVP Pender County is in need of more volunteers in order to meet the community needs and to fulfill the grant we received in October 2010. Please schedule a presentation for your church missionary group, Bible study, ladies club, non-profit or civic organization.

Call 259-9119 for more information or stop by 901 S. Walker St. for an interview and we will help match you to volunteer with our program.

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Pender Adult Services, Inc.
now offers assistance in the home for
individuals and their families in
Pender and Duplin Counties
Services include CAP In-Home aide,
Personal Care & Private Pay.

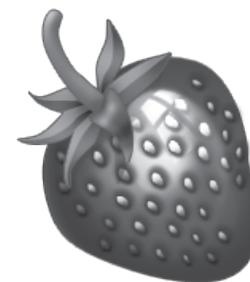
CALL NOW FOR MORE INFORMATION!

Sitter, Light house keeping,
Personal Care, Respite

Phone: 910-259-9119
Fax: 910-259-9144
Contact: Connie Bell, RN
or Rebecca Boggs, RN

THANK YOU

Holy Trinity Episcopal Church



The strawberries were
delicious!!



Sit and Be Fit (above) features chair exercise that helps keep seniors flexible, more balanced, and stronger. The class enjoys the good leg exercise with resistance bands. Seniors can beat the heat by enjoying a friendly game at one of the senior centers. Rummique is the game of choice (below). Please see the schedule for times for bridge, mahjong, Mexican train, and other games.



Pender Adult Services Calendar of Events

Square Dance Lessons at Topsail

September 9, 7:30 – 9:30 pm

Living Healthy Workshop(HP)

Thursday, June 2 at 10 a.m. (6 weeks)

Contact Rebecca Boggs at 259-9119

Healthy America – Health Checks

Wed. June 8 at Fitness Fusion 9:30 - 11 a.m.

Mon. June 13 at Fitness Fusion 4:30 - 6 p.m.

Yard Sale at Topsail

Saturday, June 11

8 a.m. until 2 p.m.

Tree Top Quilters (TSC)

Mon. June 13 at 1 p.m.

Contact Kay Stanley at 270-0708

Elder Abuse Awareness Day

Wed. June 15 at 10:45 a.m.

Contact Jennifer Mathews at 259-9119

Blind Support Group (HP)(Second Tues.)

No meeting in June

Contact Patricia Miller at 259-1464

Diabetes Support (HP) (Fourth Tues)

No meeting in June (next date Wed July 27)

Contact Rebecca Boggs at 259-9119

Alzheimer's Support Group (HP)

Thur. June 16 at 11:30 am

Topic: Medication Management

Contact Kay Warner at 259-9119 if you plan to attend.

Keeping up at Topsail

Meals on Wheels driver needed for one route and a few summer fill ins are requested.

Please call Kay Stanley at 270-0708 to volunteer.

*New Digital Photography Class

Mondays 4 – 5 p.m.

Call 270-0708 if interested

New ZUMBA Class

Thursdays 5:30 – 6:30 p.m.

Starts May 26 \$5 per class

Community Yard Sale at Topsail

Saturday, June 11

8 a.m. to 2 p.m.

Space Available/donations are being accepted

Call 270-0708 for more information

GET OUT OF THE HEAT AND GET INTO SHAPE

PILATES

NO JOINING FEE!

YOGA

LOW RATES!

FOR MEMBERSHIP RATES

CALL 259-0422

BODYPUMP

Fitness Fusion
903 South Walker Street
Burgaw, NC 28425
910 259-0422

ZUMBA

www.fitnessfusiononline.com

Pender Adult Services

Presents a

Tour of Lancaster, PA 4 day/3 night package

November 30-December 3, 2011

Cost \$479 pp—Double Occupancy

Reservations Open @ 1 pm
on June 8th

\$150 deposit due

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

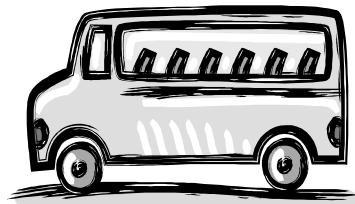
Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 10:30 Rummique 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class 6:00 Line Dance	9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving	7:00 Burgaw Rotary 10:00 Living Healthy 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 8:30 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 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:00 Wii Bowling 4:00 Digital Class	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 One Stroke Painting 3:30 Line Dance	9:00 Quilting Class 10:00 Knitting Group 10:00 Jewelry Making 12:00 Meals	10:00 Vinyasi Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting Class 1:00 Card Playing 1:00 Mahjong 5:30 Zumba *NEW*	9:00 Wood Carving 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 ZUMBA	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	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:00 KARDIO KICKBOX 6:05 ZUMBA	8:30 BODYPUMP 9:40 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA



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