

# PASS IT ON

June  
2012

Helpful information to  
enhance senior living provided  
by Pender Adult Services



The Pender  
**POST**

## Senior Center volunteers receive Governor's award

A volunteer recognition luncheon was held at Pender Adult Services on May 2, 2012. Senior Center volunteers were recognized along with five Pender County volunteers who received the 2012 Governor's Award for Volunteer Service. The Pender County Governor's Award recipients are: Ruby Ballard, Shirley Batts, Sandra Harris, Elmer Hodges, and Larry Morris.

The Cape Fear Chordsmen entertained the volunteers and seniors as the center celebrated Older Americans Month. Mayor Pete Cowan read a proclamation in honor of Older Americans Month and also assisted with the presentations of the 2012 awards. Rev. Dr. Ray Mendenhall gave the invocation.

Thank you 2012 Governors Volunteer Award winners for all that you do to help the agencies you serve and making Pender County



Five Pender County senior center volunteers were recognized with a Governor's Award for Volunteer Service. The award winners are (pictured above in no order) Ruby Ballard, Shirley Batts, Sandra Harris, Elmer Hodges, and Larry Morris.

a better to live.

A special thank you to

all Senior Center Volunteers who make a huge dif-

ference in the lives that our agency impacts throughout

the year. "We could not continue without you."

**DEES<sup>Rx</sup>**  
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~ Since 1916 ~

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Monday-Friday  
9-1 Saturday

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SODA FOUNTAIN!

Jimmy Wilson, Pharm. D.  
Brendan Dearie, Pharm. D. Randy Spainhour, RPh.

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Pender Adult Services recently honored volunteers at the Topsail and Heritage Place Senior Centers. Pictured above are the volunteers from the Topsail Senior Center. Below are the volunteers from Heritage Place.



# RSVP events in June

By Barbara Mullins  
RSVP Coordinator

On May 3, RSVP honored 70 wonderful volunteers with a recognition dinner, catered by Middle of the Island. Guest speaker Arlene Chemers motivated RSVP volunteers on their Retirement years and the great service they are giving to others through their volunteer efforts.

Pender County is truly appreciative of the many hours these volunteers have given to students, clients and those living independently at home.

We still have big shoes to fill and need more volunteers to meet the needs in Pender County. Please think about giving two-four hours a week and follow this little comparison:

“Life is like a box of chocolates” and so is volunteering with Retired Senior Volunteer Program.

- Chocolate stimulates the brain – volunteering with RSVP helps you remember and keep your mind.

- Chocolate is sweet and tastes good – volunteering brings sweet rewards.

- Little extras like raisins, nuts, caramel add to the flavor – volunteers provide extra help where needed

- Chocolate always leaves you wanting more.

RSVP needs more people just like you. Please Call 910-259-9119, ext. 25 for more information.

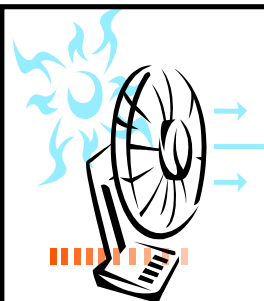
## NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Sitter, Light house keeping,  
Personal Care, Respite

**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!**

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



# Beat the heat

Operation fan has begun. We have a limited number of fans to distribute to clients over 60. Anyone who has received a fan from us before will not be eligible unless approved.

# Heritage Place receives state certification

Heritage Place took top honors being recertified as a "Center of Excellence" by a site review team from the N.C. Division of Aging and Adult Services, UNC Chapel Hill - CARES (Center for Aging Research and Educational Services), Cape Fear Council - Area Agency on Aging, Senior Tarheel Legislature delegate and center directors from three counties.

The five year, in-depth,

recertification process was led by Heritage Place Senior Center Coordinator, Jennifer Mathews

Certification is a voluntary process that senior centers can use to be recognized in their communities and across the state. Its purpose is to strengthen the capacity of senior centers by providing a set of measurable indicators of best practices and improve the quality of senior centers,

recognize excellence that exists, and provide a guide for developing activities and services that respond to consumer needs.

This was the fourth Center of Excellence certification received by Heritage Place since 2000. The next review will be May 2017. Topsail Senior Center is also a Center of Excellence and will apply for recertification in September 2013.

## Benefit for Meals On Wheels Program & Topsail Senior Center

### TOPSAIL SENIOR CENTER 2012 SILENT AUCTION

#### Platinum Sponsor

Hampstead Women's Club

#### Gold Sponsors

Barlow Vista Baptist Church

David Kingman, CPA

Dr. Michael Rallis

Hampstead Family Medicine

Village Pharmacy

Women of the Moose of Topsail

Woodmen of the World, Hampstead

#### Silver Sponsors

Canady & Sons

First Bank

Hampstead Mini Storage

Hilltop Grocery

Pender Memorial Hospital

Emma Anderson Chapel

Knights of Columbus

#### Bronze Sponsors

Evelyn Bradshaw

C. Rite Carrier

Dr. Naseem Nasrallah

Elmer & Betsy Hodges

Hampstead Auto Center

J L Morris

Topsail Island Moose Lodge

Woodbury Wellness

Atlantic Tool & Die

*Pender Adult Services, Inc. Provides Meals on Wheels to 100 homebound older adults annually in need of proper nutrition. Topsail Senior Center serves approximately 20 of these homebound adults.*

*On behalf of the Board of Directors and staff of Pender Adult Services, Inc. sincere appreciation is expressed to all of the generous sponsors and donors of items for supporting this event.*

#### Special Thanks:

Sandy Strickland

#### Jazz Trio

Pedro Esparza and Friends

Topsail Volunteer Auction Committee

*A nice selection of 200 items were donated for the  
2<sup>nd</sup> Annual Topsail Silent Auction.  
Thank you to all who donated items.*

## Calendar of Events

### June 2012

#### Square Dance at Topsail

No Dance this month - see you in July

#### RSVP Perks

Tuesday June 12 at Heritage Place

Wednesday June 13 at Topsail

#### Healthy America - Health Checks

Monday June 4 at Fitness Fusion 4 - 6 p.m.

Wednesday June 6 at Fitness Fusion 9:30 - 11 a.m.

Thursday June 14 at Topsail Senior Center 11:30 a.m. - 1 p.m.

#### Blind Support Group (HP) (Second Tuesday)

No meeting this month, see you in July

Contact Patricia Miller at 259-1464

#### Tree Top Quilters (TSC)

Monday June 11 at 1 p.m.

Contact Kay Stanley at 270-0708

#### Diabetes Support Group (HP) (Third Thurs)

Thursday June 21 at 11 a.m.

Contact Rebecca Boggs at 259-9119

#### Alzheimer's Support Group (HP) (Fourth Thursday)

Thursday June 28 at 11:30 a.m.

Topic: Personal Hygiene Issues

Contact Kay Warner at 259-9119

#### Holiday Closing (HP & TSC)

Wednesday, July 4th

## Information Please

**Please call the Senior Center 259-9119  
if you need information**

**with any of the  
following services:**

Health Screenings

Fitness & Health Promotion

Senior Games

Tax Preparation/Counseling

Legal Services

Transportation Medical/General

Caregivers Classes

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

Insurance Counseling / SHIIP

Telephone Reassurance

Congregate Meals/Home Delivered Meals



# Pender Adult Services, Inc June 2012

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.

## Heritage Place Opportunities

Phone: 910-259-9119

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 nd) 1:00 Bid Whist 1:00 Canasta 2:00 Senior Chorus 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 Class 5:30 Weight Watchers	9:00 Basket Class (Fall) 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 1:00 Woodcarving** (call Jennifer if inter- ested) 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals 12:30 RummiQue  Saturday—closed Facility Available For Rentals

## Topsail Senior Center Opportunities

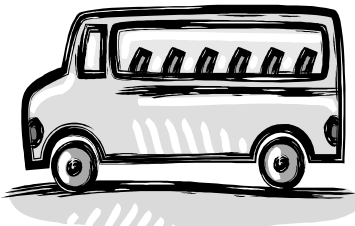
Phone: 910-270-0708

Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 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)	9:00 Baskets (Fall) 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Class 10:00 Knitting Group 12:00 Meals 1:00 Woodcarving	10:00 Vinyasi YOGA 10:30 Chair Aerobics 11:15 Tai Chi 12:00 Meals 1:00 Quilting Class 1:00 Bridge 1:00 Mahjong	9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action 7:30 Square Dance (1st Friday)  Saturday—closed Facility Available

## Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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  4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50  6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES  5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50  6:00 ZUMBA	8:30 BODYPUMP 9:50 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