



Helpful information to enhance senior living provided by Pender Adult Services

Pass it on.

The Pender-Topsail
POST
& Voice

June
2014



Photo contributed

The Retired Senior Volunteer Program participants tutor reading in the Pender County middle schools. These volunteers work one-on-one with readers in hope to better their comprehension, grammar and end-of-year test scores. In December volunteers participated in the World Book Night competition and recently were awarded 340 books which we presented to students at Cape Fear Middle School, Burgaw Middle School, Topsail Middle School, West Pender Middle and to the Pender Early College in Burgaw. To some students these books are the only new books they have received, which are theirs to start their own library. RSVP thanks the Pender County Library for their support and help in selecting book titles appropriate to students we are working with. Also thanks to teachers and principals for helping to plan a recognition to present these awards to special students. World Book Night is a program designed to promote reading and books are donated by authors and publishers around the country.

RSVP honors volunteers

By Barbara Mullins
RSVP Coordinator

The Retired Seniors Volunteer Program (RSVP) recognized 138 Pender County volunteers with an appreciation dinner May 8.

We were honored by a visit from Burgaw Mayor Eugene Mulligan and appreciated his talking with our volunteers and hearing their heart warming stories.

Special guests of honor were Van Reid (97 years-old) and Bryant Huffman (93 years-old). Both these RSVP volunteers are Veterans of WWII and are active RSVP volunteers - Bryant in our Hampstead Respite Care program and Van in our Burgaw Meals on Wheels Program. They are fine examples that volunteering keeps you young and healthy.

In addition RSVP honored special volunteers with the Presidential Volunteer Award. These 38 volunteers, gave more than 100 hours in a one year period, and received the Bronze Award.

RSVP celebrated five Silver

Award volunteers who gave more than 250 hours in the course of a year. RSVP mostly is proud of the dedication, longevity and support from the entire team of volunteers in Pender County.

A total of 9,640 hours were graciously given to help seniors remain living at home independently this year delivering Meals-on-Wheels, tutoring in reading in middle schools, and mentoring our developmentally challenged young adults.

Without volunteers and these programs so many people would have many more challenges. In three years our RSVP program has grown and we are able to help more and more residents in Pender County. We need more volunteers so we can give even more. There is an opportunity just waiting for you. Please call for more details about how two free hours a week of your time can mean the world of difference to someone else.

Contact Barbara at 910-259-9119 (ext 329) or bmullins@penderpas.com.

Tips for caregivers

By Rebecca Boggs, RN
Pender Adult Services

"Caregiving is universal. There are only four kinds of people in the world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers." Rosalyn Carter

With an aging population, medical advances to manage chronic conditions, shorter hospital stays and rising medical costs, more and more caregiving is being provided in the home setting by people who are not health care professionals. As Rosalyn Carter so wisely stated, all of us will most likely participate in the caregiving process at some point.

Throughout time, providing care for a loved one has been an act of loyalty and love. Being with your loved one when they are at their most vulnerable can be a very rewarding experience. Unfortunately, it can also take its toll on even the most resilient people over time.

Whether you are providing direct care or coordinating care from far away, caregiving can trigger difficult emotions - anxiety or worry, anger, resentment, guilt, grief, and feelings of helplessness are just a few. While these feelings are normal, most of us are not prepared for the stress that comes with caregiving. Here are a few tips to help you be a better caregiver without sacrificing yourself in the process.

•Take care of yourself. The most important thing you will ever do for your loved one is take care of yourself. Only

when your needs are met can you effectively tend to the needs of someone else.

Make it your priority to eat healthy, exercise regularly, get enough sleep, tend to your own health care needs, and make time regularly to do the things you enjoy. This is not being selfish, it is being smart.

•Learn as much as you can. Ask questions about your loved one's condition and how to best provide care. Knowledge reduces anxiety and will help you be more confident in your new role as a caregiver.

•Know your limits. It is important to be realistic about how much you can give of your time. Identify your obligations, communicate clearly with everyone involved and set clear boundaries.

•Encourage independence. Caregiving does not mean you have to do everything. Assess your loved one's abilities and allow them to be as independent as safely possible.

•Take advantage of community resources. Nearly every community offers some assistance to caregivers. Pender Adult Services, Inc. offers a variety of services that assist caregivers, including in-home aides, meals on wheels, transportation, and on site activities. For a full list of services or for more information visit our website at

www.penderpas.com or call 910-259-9119

Being there for your loved ones when they need you is important. Let Pender Adult Services help you make it a rewarding and positive experience.

Topsail silent auction a success

By Kay Stanley
Topsail Senior Center Coordinator

The Topsail Senior Center silent auction proved to be a huge success this year. The event has enjoyed greater support each year. It was a combined effort of many individuals to make this event a success.

The Topsail Senior Center formed a committee of 10 members to reach out into the Hampstead /Topsail area businesses and individuals to request support. The response was heart-warming from committee members as well as center volunteers, participants at the center and Pender Adult Services staff.

Many center volunteers donated additional hours of service to help make this event possible. Earlier this year, a young man from Topsail Middle School, Blake Culig, along with his mother Melanie Culig stopped by the center to offer support for the center's activities and

programs offered. This young man offered to take on our annual silent auction as a special project. Blake and his mother distributed literature and flyers about the event including information on the Meals on Wheels Program and agency services. The two raised \$615 through their efforts on our behalf.

We are very proud Blake chose to support the center and make a difference in the lives of older adults in Pender County. In addition, young girls from the Lighthouse Church volunteered to serve appetizers and assist in the dining area.

Committee members and volunteers contacted businesses and individuals to provide items and sponsorships for the silent auction. The center appreciates the many gift certificates donated and beautiful gift items for the auction. More than 200 displays and auction items were donated for this event.

A friend of Kay Stanley, Sandy Strickland, whose forte is decorating

and displaying made us shine with her talent. Agency staff helped the evening of the event by preparing and serving food as well as with the clean-up. The entertainment was provided by Craig Thomas, Wilmington DJ and the meal was superb.

"Sincere appreciation is extended to the staff of Pender Adult Services including the exceptional efforts of Kay Stanley, Topsail Senior Center Coordinator for going above and beyond the call to support the Annual Silent Auction at the Topsail Senior Center," said Wes Davis, Executive Director. "Most importantly, appreciation is extended to the community, local businesses, individuals and volunteers in supporting this great event as we extend our mission to support the needs of older adults throughout Pender County."

Total proceeds have exceeded \$7,400 which will support the Meals on Wheels Program and improvements to the Topsail Senior Center.

Transportation fair held at Heritage Place

By Valeria N. Sutton
PAS Transportation Coordinator

The Pass it On In Person Fair had 54 to register the day of the event. The program started with a welcoming performance of the Happy Dance, Zumba style by Zumba Instructors, Marcela Mendoza Batista, Marsie Martinez-Mendoza and M. Lupe Lopez.

Pender Transportation Coordinator, Valeria N. Sutton, Wave Transit Planning Director, Megan Matheny and Duplin Public Transportation Assistant Director, Rosemarie Smith, discussed their pro-

posed new service expansion. Pender Transportation applied for the Section 5310-Elderly Individuals and Individuals with Disabilities Grant. Based on approval and grant funding, the service is projected to start July 17, 2014.

One route would travel from Pender Heritage Place in Burgaw to the Wallace Airport and transfer to Duplin Public Transit on Thursdays. Riders could travel to the stockyard, other areas and beyond.

On Fridays, the second route would travel from Heritage Place to Cape Fear Community College North Campus in Castle Hayne to transfer to

Wave Transit. Riders could travel to doctor's appointments, the mall, etc. They will need to call in advance to schedule their trips and plan their destinations to and from accordingly.

Tony Pigford, III with Revive Physical Therapy discussed his therapy services and told participants they could also visit their Wallace location by transit service.

Wesley B. Davis, Executive Director for Pender Adult Services, spoke about citizens being able to reach additional choice destinations. He was acknowledged for having the idea for the transportation

service.

After the program the various booths were open, and names were drawn from those who registered for promotional items from the vendors, custom made note cards, a spring reef and a festive wall/door hanger.

Vendors included the N.C. Division of Vocational Rehabilitation Services, Community Alternative Program (CAP), Medication Access and Review Program (MARP), Nurse Aide Program, SHIP, Support Group Services/ Volunteering, Travel Club/ Weekly Activities, Retired Senior Volunteer Program (RSVP).



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FREE DELIVERY

Blindness screening in June, southern Maine trip planned in September

Reservations are still being accepted for our southern Maine trip scheduled for Sept. 28 through Oct. 3.

Prices are \$759 per person double occupancy and \$999 for single occupancy. A deposit of \$200 is due now with registration payable to PAS.

Travel protection is encouraged and costs \$79 for double occupancy (more for single occupancy) payable to PML Tours.

This wonderful sixday, five-night package includes five nights hotel accommodations with five breakfast and four dinners, including one down east lobster bake with entertainment.

There will be a visit Kennebunkport, a tour Portland, and lobster harvesting Outlet shopping will include L.L. Bean in Freeport. Also, enjoy wine tasting at a local winery, beautiful fall gardens, and so much more. Checks may be mailed to PAS Senior Travel, P O Box 1251, Burgaw, NC 28425 attn: Jennifer Mathews or dropped off at the Topsail Senior Center or Heritage Place.

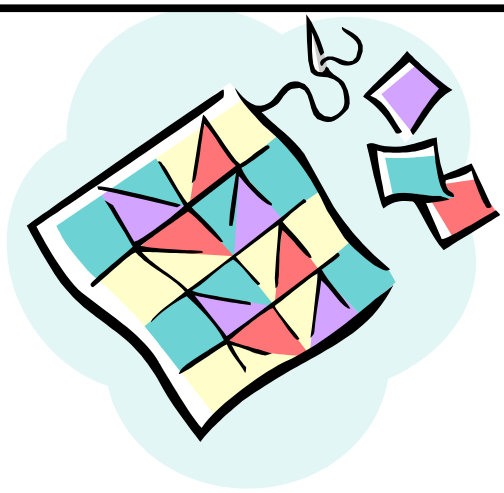
A Christmas trip to Charleston is planned for December 2014. Look for more information in the July and August *Pass It On*.

Free retinal camera vision screening at Topsail
Prevent Blindness North Carolina will be offering free

adult retinal camera vision screening at Topsail Center in Hampstead June 24 from 9:30 a.m. until 12:30 p.m.

Retinal image screening assists in the detection of eye diseases such as cataracts, diabetic retinopathy, glaucoma, and macular degeneration. Information of the vascular system, such as diabetes, hypertension, and arteriosclerosis is also obtained from the imaging.

The screening is free, uses non-contact photography, and takes only 10 minutes. Walk-ins will be welcomed. Adults interested should contact Topsail 270-0708 to schedule an appointment.



Thank you for the beautiful QUILTS!

Donated by

Betty Van Sickle - Topsail Quilt for Raffle
Hazel Hudgins & Gray Moore - Heritage Place Quilt Raffle

Quilts are on display at the Senior Centers
Tickets are \$1 each or 11 for \$10
Support your center by purchasing a ticket!!

Mark the Calendar

Elder Abuse Walk & Program for Advocacy

Wednesday, June 11

10:30 a.m. Heritage Place

Prevent Blindness Screening at Topsail

Tuesday, June 3, 2014

8:30 a.m. until 12:30 p.m. Topsail Senior Center

Call for appt or walk in and wait

Operation Fan

See a reception volunteer at either center for application

Wellness Checks - Provided by PAS

Fitness Fusion - First Monday 4:30 p.m.

Fitness Fusion - First Wednesday 9:30 a.m.

Blood Pressure Screenings - Provided by PC Health Dept

Topsail Senior Center - Third Thursday 11 a.m. until 1 p.m.

Heritage Place - Fourth Thursday 11 a.m. until 1 p.m.

PC Blind Group

Heritage Place - Second Wednesday 1 p.m.

Caregivers Support

Topsail - First & Third Mondays 8:30 - 10:30 a.m.

Heritage Place - Fourth Thursday 11:30 a.m. until 1 p.m.

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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 Train	Saturday—closed
1:00 Canasta	12:30 Pinochle	1:00 Bridge	3:00 Quilting/Sewing Club	Facility Available
2:00 Senior Chorus	1:00 Quilting Group	1:00 Blind Support Group(2nd)		
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			

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday	Tuesday	Wednesday	Thursday	Friday
Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	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	Saturday Open 8:00—2:30
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.