



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

June
2015



Photo contributed

RSVP President's Volunteer Service Award Recipients (above top left to right) are Odell Henry, Linda Benjamin, Bird Bost, Joyce Owens, Raymond Becker, Charlotte Kelly, Ruby Ballard, Callie Hagans, Kathy Griffin and Shirley Corbett. The President's Volunteer Services Award Recipients are (above bottom left to right) Pam Saphara, Ethel Johnson, Claire Houser, Phyllis Stiles, Suzette Dudley, Leonie Henry, Earl Williams, Judith Outlaw-Walker.

Heritage Place Happenings

By Jennifer Mathews
Special to Pass It On

Living Health with Chronic Disease is a wonderful class that we offered in the past. We will be offering it three Thursdays in June and three in July. Whatever health issue you're facing, it's time to take charge and enjoy a better quality of life! Nothing beats a chronic health condition like self-management.

Living Healthy is a fun, six-week long, interactive workshop sponsored by the Pender County Health Department in

cooperation with Pender Adult Services to help you manage pain and fatigue, lessen depression and frustration, increase fitness and self-confidence.

Discover that you can control your health and your life! Register for a free Living Healthy workshop to be held at Pender Adult Service 901 South Walker Street, Burgaw for six Thursday's - June 4-11, 25, July 9-16, and 23, from 9:30 a.m. until noon.

Call Pender Adult Services 259-9119 extension 0 or Pender County Health Department 259-1371 for more information

and to sign up

Our Elder Abuse Advocacy Day will take place June 18 at 11 a.m. at Heritage Place. The program is sponsored by the Elder Abuse Prevention Network. Members of the Pender County DSS Adult Services Unit will be present along with seniors from other agency.

The program will include a presentation on how you can take action to prevent and report elder abuse.

Elder abuse is a broad term used to identify mistreatment of elder and disabled adults. Victims often live in silent

desperation and are unwilling to seek assistance to protect themselves because they fear the consequences of their actions. Many remain silent to protect abusive caregivers or family members, while others may be too embarrassed or fear that no one will believe them.

Elder abuse can take on many forms - physical abuse, emotional abuse, sexual abuse, neglect by a caregiver, self neglect, exploitation, financial exploitation including frauds and scams. To report a case of elder abuse for Pender County call 259-1240.

Topsail Senior Center News

By Kay Stanley
Topsail Senior Center

At Topsail Senior Center we have many seniors that come for a season and return to another home. I want to tell you about a friendly face that returns each summer. She is representative of others that we have come to call snow birds.

Wilma Heckart of Kansas City is 88 years young and she drives herself from Kansas City, Missouri and makes her regular stops with friends. She has a son Kevin that is a local lawyer. She comes to visit his family and her grandchildren each summer. Ms. Wilma traced her roots to the Mayflower through her great grandmother. Her pilgrim father, Thomas Rogers, was one of the 48 that died that first winter.

"I learned to drive in 1930 in a Model A

Ford. All we had at the farm was mud roads. My son spent 16 years in the Marine Corps - mostly in North Carolina so I got used to driving here and like to eat lunch week days with seniors near Hampstead," Wilma said.

It takes her 3-1/2 days to drive each way. She stays with friends along the way, making stops in Kentucky; Tennessee, and Durham, North Carolina. Then on to Holly Ridge.

Ms. Wilma such a nice lady. We always feel like she's coming home.

We hope you will join us this summer for activities. We are excited to offer line dancing on Fridays. Please check out the schedule as our instructor will not be full time until September.

Again I want to thank our volunteers and our auction committee for all their efforts in preparing for our most successful auction ever.



Wilma Heckart



Matt Morgan works with the Wounded Warrior Project which focuses on veterans improving their outlook to the community at large - not being part of the problem but a viable answer to the many things going wrong in today's society. "It is what I like to call 'civic apathy,'" Morgan said. "I chose the Topsail Senior Center because that is where I think I can have the most impact; I feel that I need you as much as you may need me. I thoroughly enjoy working at the center. It is extremely therapeutic for me and I do know you are appreciative of my efforts. I cannot wait to have the place in pristine shape both in appearance and function. Once again thank you for allowing me to be part of your family."



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DRUG STORE INC.

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Jimmy Wilson, Pharm. D
Randy Spainhour, Rph.
Krista Strickland, Pharm. D

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

VISIT OUR
Old-Fashioned
SODA
FOUNTAIN

Open Monday - Friday
9 a.m. - 6 p.m.
Saturday 9 a.m. - 1 p.m.

FREE DELIVERY


Topsail Line Dancing is back!
Come learn some new steps,
have fun and get some exercise!
Summer Session is 4 weeks.
Please note schedule below.
Cost: \$5 (60 & up) \$8 (59 & under)
Or \$2 per session
Fridays at 11:00 am
June 12, 26, July 10 & 17
August – no class
September – Every Friday



**RPM Indoor Cycling
Kick off Day June 1**
5:30 a.m.
7 a.m.
10 a.m.
12:30 p.m.
4:30 p.m.
6:30 p.m.
7:30 p.m.
Please see Fitness Fusion
Schedule for 8 Regularly
scheduled RPM Cycling
Classes

Memorial and Honorary Giving Program
*Your Gifts to
Pender Adult Services, Inc
are acknowledged with grateful appreciation*
Community Contributors
Emma B Anderson
Hampstead Women’s Club
Henry Lee Washington
Knights of Columbus - Hampstead
Rocky Point Methodist Church
Wesleyan Chapel United Methodist Women
Women of the Moose – Topsail Chapter
Willarlea Ruritan Club
Thank you for your support!
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

Operation Fan Heat Relief



Corporate contributions from Dominion Resources, Duke Energy, Duke Energy Progress and Valassis Giving Committee make Operation Fan Heat Relief possible. Operation Fan is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses. Applications will continue to be processed and reviewed for approval.

Applicant Eligibility Criteria:

Must reside in county
Must be an adult; 60 years of age or older or with a disability
Must have a home situation where a threat to health and well-being exists (heat related illness)

“We would like to thank these contributors for helping us to continue this effort” said Jane Johnson, Aging Case Manager. “They will help promote comfort and safety.”

Pender Adult Services
June 2015 Calendar

June 1 - Wellness Checks - 4:30 (FF)
No RSVP Perks this month

June 1 - RAD Class begins (Call RSVP for more information)

June 3 - Wellness Checks - 9:30 (FF)
No Blind Support Group (HP) this month (Camp Dogwood)

June 4 - Living Healthy with Chronic Disease Class begins 9:30
(see article)

June 8 - Vermont Payment due

June 18 - Elder Abuse Advocacy Day 10:30 (HP)

No Cancer Support Group (HP) -Join us for Elder Abuse Program

June 18 - Caregivers Support Group (HP) 11:30 am

Wellness Checks -Provided by PAS
Fitness Fusion - 1st Wednesday 9:30 am
Fitness Fusion - 1st Monday 4:30 pm

Blood Pressure Screenings -Provided by PC Health Dept
Topsail Senior Center - 3rd Thurs 11 - 1
Heritage Place - 4th Thursday 11 - 1

Caregivers Support
Topsail -Contact Kay Stanley @ 270-0708
Heritage Place - contact Kay Warner @259-9119 X 32

Pender Adult Services Class Schedule
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 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 11:00 Geri-fit or TAI CHI 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	7:00 Burgaw Rotary 11:00 Geri-fit 11:30 Caregivers Support (4th) 12:00 Cancer Support (3rd) 12:00 Meals 12:30 Mexican Train/Rummyque 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals

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
9:00 Art Class (group) 10:00 Modified PILATES 12:00 Meals 12:30 Tree Top Quilters(2nd) 3:30 Hospice Trg (3rd) Taxes offered at Topsail Presbyterian, Hampstead	9:00 Baskets 9:00 Geri-Fit 10:30 Feel Good Fun 12:00 Meals 2:00 Gentle YOGA 3:00 Tai Chi	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:00 Woodcarving 9:30 Knitting Group 12:00 Meals 1:00 Canasta	9:00 Geri-fit 10:00 YOGA & Cribbage 10:00 Bingo Health Checks (3rd) 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge	11:00 Line Dance ** 12:00 Meals ** June 12 & 26 Saturday –closed Facility Available For rentals

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
5:30 RPM Cycling	5:30 RPM Cycling	6:30 RPM Cycling	5:30 RPM Cycling	5:30 RPM Cycling
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)				Saturday Open 8:00—2:30
5:30 BODYPUMP	5:30 RPM Cycling	5:30 BODY PUMP	5:30 RPM Cycling	8:30 RPM Cycling
6:40 ZUMBA	6:30 ZUMBA		6:30 ZUMBA	9:30 ZUMBA

2015
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.