



Helpful information to enhance senior living  
provided by Pender Adult Services

# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

June  
2016



The 2016 Pender County North Carolina Commission on Volunteerism and Community Service Governor's Volunteer Service award winners.

## Pender County 2016 Governor's Volunteer Service Award winners

The North Carolina Commission on Volunteerism and Community Service presented the 2016 Governor's Volunteer Service Award to nine recipients from Pender County at the Retired Seniors Volunteer Program appreciation dinner May 24.

All of the recipients this year volunteer in the RSVP program and have made valuable contributions to the people they assist.

**Beatrice and Edward Acorn (Bea and Ed)** deliver Meals on Wheels in Hampstead, work in kitchen when needed, fill in when drivers are out, and deliver food from food bank and nutritional supplements to clients. They volunteered 283 hours.

**Inis Kendall** has been volunteering in the respite/companion care program since March 2011 and gives four-eight hours of her time weekly. She has two clients that she works with and is a strong advocate for both, making sure they are happy and well taken care of. She

takes them to appointments, offering friendship and support, and encourages their independence.

**Linda Benjamin** has volunteered in the respite/companion care program from June 2014 to Dec. 2015 a total of 318 hours. Linda has worked with two clients during this period and brought structure and needed expertise to both clients through her medical and military background. She keeps a good balance, is structured, and is a wealth of knowledge to her clients.

**Pam Saphara** volunteers in the respite companion care and tutoring in middle school students volunteering six-eight hours each week. Since 2012 she has volunteered 675 hours. She works with two clients who are legally blind, tutors in the middle school and in December started reading buddy's in elementary school. During the director's illness last summer she also came by office weekly to offer assistance.

**Carolyn Cummins** has volunteered with RSVP since July 2012 a total of 414 hours. She volunteers in the respite/companion care program. The three clients served have been special and the bond formed between Carolyn and her 102-year-old client became much more. She was introduced at her funeral as her "adopted daughter."

**Barbara Parker** has volunteered a total of 364 hours from Sept 2012 to Dec. 2015 in the respite/companion care program. Barbara is currently assisting two clients who live independently. She helps one with organization and connecting socially and the second client with support to help her remain at home.

**Joyce Owens** has volunteered in the respite/companion care program a total of five years and 779 hours. She has worked with several clients and is a focused and supportive advocate for her clients. She also serves on the RSVP board and assisted

Barbara last year while she was out.

The final recipient this year is a very special young lady, **Tara Walker**, in the developmentally challenged volunteer program. Tara has volunteered since September 2011 to present and works side by side with a RSVP volunteer at Pender Christian Services. The growth seen has been remarkable and her comfort zone stretched.

She is outgoing, more independent, more confident, and more verbal. Tara is also volunteering with Pender Adult Services on Thursdays and is a joy to be with. She is eager to take on new tasks and is a great asset to the RSVP program.

The Governor's Volunteer service Award honors people who have shown concern and compassion for their neighbors by making a significant contribution to their community through volunteer service. The award was created in the Office of the Governor in 1979.

## RSVP award winners

The Retired Senior Volunteer Program held its annual volunteer recognition May 24 and is proud to announce that 158 volunteers served 11,757 hours of service in Pender County from April 2015-April 2016.

This year RSVP is proud of the 43 volunteers recognized for their "endless gift of time." with 33 awarded the Bronze Award (100-249 hours) and 10 awarded the Silver Award (250-499 hours.)

### Silver Awards

Volunteers served in Pender County Schools as Reading Buddys, delivered Meals-on-Wheels, provided companion and respite care, mentored developmentally challenged young adults.

America has a long and proud tradition of volunteer service. Now more than ever, volunteers are renewing their commitment to helping others and making new connections that bring us closer together as families, as neighbors, as communities, and as a nation.

The President's Volunteer Service Award program is a great way to thank and honor those who, by their demonstrated commitment and example, inspire others to engage in volunteer service. Presidential Awards honor those giving an abundant amount of service in a one year period.

The winners are Barbara Parker, Bryant Huffman, Pam Saphara, Callie Hagans, Charlotte Kelly, Daddie Harkey, Kathy Griffin, Leonie Henry, Suzette Dudley, and Judith Outlaw-Walker

### Bronze Awards

The winners are Bea Acorn, Ed Acorn, Joyce Dail, Carolyn Cummins, Claire Houser, Cleo Gribble,

Connie Pietrafesa, Denice Fuhrman, Derek Topham, Earl Williams, Ed Acorn, Elmer Hodges, Essie Grover, Eva Briggs, Vivian Morrell, Evelyn Brown, Exie Carr, Inis Kendall, Janice Morton, Jim Mullins, Dolores Myers-Huffman, Joyce Owens, Kay Warner, Leslie LaRocque, Linda Benjamin, Linda Brett, Linda Wicks, Nancy Upham, Odell Henry, Pete Kendall, Richard Meeker, Sharon Meeker and Tom Haley.

## Elder abuse program

Heritage Place will be hosting the Elder Abuse Program at 10:30 a.m. on World Elder Abuse Day, June 15. The program is planned in cooperation with Pender County DSS, Area Agency on Aging, and Pender Adult Services. The program will be held at Heritage Place, 901 S Walker St, Burgaw.

The purpose of World Elder Abuse Day is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

Stephanie Bias will be our speaker. Stephanie is the NC-

SMP Volunteer Coordinator/Program Specialist. Stephanie will provide valuable information for seniors on fraud and abuse. The specialist also responds to calls of Medicare/Medicaid billing errors, fraud and abuse through the NCSMP toll free line. She may be reached at 855-408-1212(toll free)

NCSMP is a preventive educational program whose goal is to reduce Medicare error, fraud and abuse through statewide coordinated efforts of educational and promotional activities and to encourage reporting of discrepancies by Medicare beneficiaries and caregivers to the NCSMP Program.

## Transportation from Pender Adult Services

PAS-TRAN is the same Pender Transportation Public service provided through out Pender County.

PAS-TRAN transit service is for use by the general public and may be provided from your house directly to the scheduled destination for any person as well as persons with disabilities during regular service hours.

Call PAS-TRAN for more information at 910-259-9119 press one.

The next Transportation Advisory Board Meeting is scheduled for June 8 at 11 a.m. in the boardroom at Heritage Place, 901 S. Walker St., Burgaw.



Tai chi for arthritis and balance will be held on Thursday's at the Topsail Senior Center located at 20959 US Highway 17 N. The class will begin June 2 and end Aug. 25 from 1115 to 12 noon. The class will be taught by Kathy Yacamovich. For more information and to register for the class, call 270-0708.



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# Sunshine and Vitamin D; important for good health

Here comes the sun – and most likely a very important vitamin you’re not getting enough of: Vitamin D. When exposed to the sun, your body makes vitamin D. In fact, most of the vitamin D you get comes from the sun. Unfortunately, most of us are not getting enough vitamin D for one simple reason: lack of exposure to the sun. While using sunscreen is an important

defense against skin cancer, it may also be blocking our body’s ability to make vitamin D. So why is vitamin D so important? Vitamin D has an impact on the health and function of every cell and gene in the body! Following are some of the benefits of vitamin D:

- Maintains healthy bones and teeth
- Supports a healthy im-

mune, brain, and nervous system

- Supports Diabetes management
- Aids in lung function
- Supports cardiovascular health
- Has mood boosting effects
- Facilitates weight loss

Some studies have linked vitamin D with prevention of several cancers, autoimmune diseases, Diabetes 1, and Mul-

tle Sclerosis. A deficiency in vitamin D is thought to play a role in almost every major disease. It is estimated that over half the population is deficient in Vitamin D, putting them at risk for many chronic health problems and possibly severe illness. The solution may be as simple as sitting in the sun a little every day without sunscreen.

Just remember – a little goes a long way. Just 15 to 30 minutes of unprotected exposure a few times a week may be enough. Be careful not to fall asleep in the sun without protection. Avoid sunburn. Repeated sunburns increase your risk for skin cancer. If you are planning to stay in the sun longer than 30 minutes, protect yourself! Wear a hat and

apply sunscreen to exposed skin. Remember, once sunscreen is applied, your body will no longer make Vitamin D. To further optimize your vitamin D levels talk to your doctor about supplements. It is impossible to get enough vitamin D from food alone. Have your vitamin D levels checked regularly and if necessary, supplement with D3.



Thank you to Beth Richey Lewis of Pender County Cooperative Extension for offering Better Choice. Nutrition Program for older adults at the Topsail Senior Center this spring. Seniors (above) do chair exercises during the Better Choices Class at Topsail.

***Memorial and Honorary Giving Program***  
*Your Gifts to Pender Adult Services, Inc are acknowledged with grateful appreciation*  
***Community Contributors***  
***Willarlea Ruritan Club***  
***Women of the Moose - Topsail***  
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

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



Personal Care, Sitter, Light house keeping, Respite

**Pender Adult Services, Inc.**  
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: Rebecca Boggs, RN

**Caregivers Needed...we are hiring!!**  
**Call today to start you new career!**  
**Ask for Anna at 259-9119 x 318**

## Pender Adult Services Calendar

Perks – no Perks this month – please consider proctoring

- June 14 Walgreens Brown Bag Event – 12 – 1 (bring your medicines)
- June 14 - Art Class with Mitchell – 10 am
- June 15 – Elder Abuse Program – 10:30 am – HP
- June 23 - Caregivers Support Group – 11:30 am HP
- June 23 – Blood Pressure Checks – HP
- July 4– Closed Independence Day
- Blind Support Group – CAMP Dogwood this month
- Call Topsail for Caregivers Support date – one Friday each month, dates vary.
- Cancer Support Luncheon – Noon – HP canceled this month

## 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 (on hold) 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Lamplighters Chorus 6:00 Line Dance	9:00 Crocheting 9:00 <i>RSVP Perks (1st)</i> 11:00 Geri-fit 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 <i>Blind Support (2nd )</i>	11:00 Geri-fit 11:30 Caregivers Support (4th) 11:30 Health Checks (4th) 12:00 Widow’s Support (2nd) 12:00 Cancer support lunch (3rd) 12:00 Meals 1:00 Rummyque 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals  <b>Saturday—closed</b> 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 Group 10:00 Modified PILATES 12:00 Meals 1:00 <i>Tree Top Quilters(2nd)</i> 3:00 <i>Hospice Trg (2nd)</i>	9:00 Baskets 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Tai Chi	9:00 Quilting Bee 9:00 <i>RSVP Perks (1st)</i> 10:00 Knitting Group 12:00 Meals 1:00 Canasta	9:00 Geri-fit 10:00 YOGA & Cribbage 10:00 Bingo 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info  Saturday –closed Facility Available For rentals

Phone: 910-259-0422

## Fitness Fusion Group Fitness Classes

**2016**

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.

Monday Open 5:00—9:00	Tuesday Open 5:00—9:00	Wednesday Open 5:00—9:00	Thursday Open 5:00—9:00	Friday Open 5:00—9:00
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:30 <i>Health Checks (1st)</i> 4:30 RPM Cycling 5:30 BODYPUMP 6:40 ZUMBA	5:30 RPM Cycling 8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 5:30 RPM Cycling 6:30 ZUMBA 6:30 RPM	7:00 RPM Cycling 8:30 BODYPUMP 9:30 <i>Health Checks (1st)</i> 9:50 PILATES 12:15 RPM Express 5:30 BODY PUMP 6:45 RIPPED	5:30 RPM Cycling 8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:30 TURBO KICK 5:30 RPM Cycling 6:30 ZUMBA	5:30 RPM Cycling 8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—2:30 8:30 RPM Cycling 9:30 ZUMBA