



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

June
2017



RSVP News

By Barbara Mullins
RSVP Coordinator

RSVP is finishing its involvement with Pender County Schools for this school year. Beginning in the 2016-2017 school year RSVP volunteers served as Reading Buddies in most of the Elementary Schools in Pender County. Strong bonds have formed between volunteers and students.

Volunteers enter classrooms and receive huge smiles, joyful little bounces as students move to their reading spot with the volunteer. Students show pride in their accomplishments and growth in comprehension and vocabulary. RSVP assisted in book fairs and are proctoring EOG exams May 31, June 1 and June 2.

In May, RSVP held a book drive for Burgaw Elementary School and 198 books were donated to the school's summer reading program. Each child at Burgaw Elementary receives a gift of two books on the last day of school. Some children never received a book of their own to keep, so they are very excited.

RSVP volunteers are dependable adults that have a positive influence in the life of a child. It is the RSVP privilege to serve the younger generation so in future years they will be strong adults and hopefully will understand the importance of volunteering with the next generation.

If you are interested in joining this volunteer organization, please contact Barbara Mullins at 910-259-9119, extension 329.



The RSVP program collects books to give to elementary school children in Pender County for summer reading.

Heritage Happenings

By Jennifer Mathews
Pender Adult Services

It's been a busy month at Heritage Place. We began the month with our RSVP Volunteer recognition dinner. It was a wonderful night with many great volunteers. If you have some extra time we can find placement for you 2-4 hours a week serving the community in a variety of ways.

The next week we had senior center certification. A team from the state came and reviewed our programs and activities, as well as our planning, surveys and staff training and found that Heritage Place will remain certified as a senior center of excellence for the next five years.

"This can be an overwhelming task when you begin pulling documentation together over a five-year period," Wes Davis said. "Jennifer has done an excellent job compiling

everything. We appreciate all her efforts."

Later in the month we had a group of about 40 people to attend a 50s dance. DJ Jody Patram played tunes from the 40s and 50s and took requests. The group enjoyed light refreshments and a great night of dancing.

"I've never had a root beer float before, and that topped the night off," one guest said.

A lunchtime celebration was planned featuring the Harmony Belles of Wilmington, a group of 12 ladies that sing four-part harmony. Everyone sang along to their program of 50s music and played a little Name that Tune.

We also want to thank Andrew Olsen for providing an elder law presentation at Topsail and Heritage Place. If you're interested in other topics please contact Jennifer Mathews at 910-259-9119 extension 303 with your suggestions.



Seniors greeted Kay Warner (left) at a retirement party at Heritage Place. Kay worked coordinated the Seniors Health Insurance Program and served in other capacities for 15 years.



Seniors enjoyed the Harmony Belles at a Older Americans Celebration at Heritage Place in May.

World Elder Abuse Day is June 15

Join us Thursday, June 15 by wearing purple in support of World Elder Abuse Awareness Day. We will walk around Heritage Place at 11:45 a.m and have a brief program during lunch.

Every year, approximately five million, or one in ten older Americans are victims of elder abuse, neglect, or exploitation. Additionally, experts believe that for every reported case of elder abuse or neglect, as many as 23 cases go unreported.

Elder abuse is a huge national problem and will only become more prevalent as the population of older adults continues to grow – unless we do something to stop it.

Stopping elder abuse is only possible after you first

learn to recognize the signs. Discover how you can help prevent abuse to the elderly. Elder abuse can include physical or sexual abuse, financial exploitation, emotional or psychological abuse (including verbal abuse and threats) or abandonment.

Significantly, it can also include the idea of neglect. According to most data, simple neglect and the powerful negative effect of that neglect is the most common type of abuse to the elderly. It's a sobering thought, the idea that the absence of any action can be so harmful to someone.

Try a few of these ideas to prevent abuse to the elderly.

- Call or visit an elderly loved one or family friend who lives alone and ask how he or

she is doing.

- Think about ways an older acquaintance, family member or neighbor can share their talents by teaching you or your children a new skill, such as knitting, gardening, cooking and so on.

- Whether it's for a family member serving as a caregiver or for a professional, make sure the individual caring for someone gets a break.

- Contact your local Adult Protective Services or Long-Term Care Ombudsman to learn how to support their work helping at-risk elders and adults with disabilities.

- Ask community or religious leaders to give a talk about elder exploitation at an event or to put a message about elder abuse on their

website, in a bulletin on in a newsletter.

- Volunteer to be a visitor to a nursing home resident or to a homebound senior in your neighborhood. Many animal shelters will loan dogs or cats for pet therapy excursions since studies show that interacting with pets can improve physical and emotional health. You could also volunteer at a local chapter of Meals on Wheels, which is also a good way for volunteers to observe if a senior is managing well at home, or if he or she may need other assistance.

For more information on elder abuse prevention, please visit the National Center on Elder Abuse, Ageless Alliance or Center of Excellence on Elder Abuse and Neglect.

Free retinal vision screening June 20

Prevent Blindness North Carolina will be offering free adult retinal camera vision screening June 20 from 9 a.m. until noon at Topsail Center in Hampstead and from 1-4 p.m. at Heritage Place in Burgaw.

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 or



Burgaw 259-9119 to schedule an appointment. For more information on PBNC visit our website at www.pbnc.org.

Riverwalk visit and lunch June 12

Did you know you can ride PAS-TRAN to downtown Wilmington? Try it Monday June 12 from 8 a.m. until 1 p.m. The cost is \$6, not including lunch).

PAS-TRAN will transport riders to a Wave Transit bus stop in Wilmington where the group will meet with a Wave Transit Travel Trainer and catch a Wave bus to downtown Wilmington.

Once downtown, riders can enjoy free time on their own, or join the group for a Riverwalk stroll and lunch. We'll meet to catch the Wave bus back to the PAS-TRAN van, then travel home.

Reservations should be made 48 hours in advance and space is limited. If interested please call PAS-TRAN at 910-259-9119, press 1 for more information.



Dorothy and Frances enjoy working together on a crochet project at Heritage Place.



Heritage Place sponsored a 1950s dance with D.J. Jody Patram. The group enjoyed a great night of dancing and fun.



Topsail seniors enjoyed creating outdoor signs at a recent class at Topsail Senior Center



INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 extension 309 if you need information, referral or assistance with any of the following services:

- | | |
|---------------------------|---|
| Health Screenings | Fitness & Health Promotion |
| Insurance Counseling | Tax Preparation/Counseling |
| Legal Services | Transportation Medical/General |
| Caregivers Classes | Family 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 | SHIIP (Senior Health Insurance) |
| Telephone Reassurance | Congregate Meals/Home Delivered Meals |
| Energy Assistance | Food Distribution |

The Geri-fit class is very popular and is a good place to get started exercising in a group setting. This class is offered at both centers.

Monday Morning Art Class
Heritage Place Burgaw

Oil, acrylic and water color paints
Beginners to Advanced
Mondays, 9am -11:30am
6 sessions - \$50.00

Reserve a spot in the class, and a get a supply list by calling
Instructor: Maureen McKenna
at 631-312-6102
email: tmmlmck@gmail.com

Memorial and Honorary
Giving Program

In Honor of Kay Warner
By Dorothy Mills

Other contributions
Wardell & Ruby McDuffie
Wesleyan Chapel

Thank you for your contributions

Have you considered a gift to Pender Adult Services, Inc.? We appreciate your support for services that we offer!! Your donations to PAS are tax deductible. Consider an end of year donation to our agency. An acknowledge will be sent whether donation is an Honor or in Memory of individual or group.

For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119

NEED HELP CARING
FOR YOUR LOVED ONE AT HOME?

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

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 Art Class	9:00 Crocheting	9:00 Basket Class	11:00 Geri-fit	
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	11:30 Caregivers Support (4th)	11:00 Bingo
1:00 Bid Whist	11:00 Geri-fit	12:00 Meals	11:30 Health Checks (4th)	12:00 Meals
1:00 Canasta	12:00 Meals	1:00 Bid Whist	12:00 Meals	
3:00 Lamplighters Chorus	12:30 Pinochle	1:00 Bridge	1:00 Rummikub	Saturday—closed
	1:00 Quilting Group	1:00 Blind Support (2nd)	3:00 Craft Club	Facility Available For Rentals
6:00 Line Dance	1:00 Jewelry			
	1:00 Knitting Group			

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)	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit & Cribbage	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 RSVP Perks (1st)	10:00 YOGA	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	9:30 Knitting Group	10:00 Bingo	Caregivers Support **
1:00 AARP Tax Aide	12:00 Meals	12:00 Meals	11:15 Beg. Tai Chi	**Call for info
1:00 Tree Top Quilters(2nd)	2:00 Gentle YOGA	1:00 Canasta	12:00 Meals (BP Checks-3rd)	Saturday –closed
3:00 Hospice Trg (2nd)	3:15 Advanced Tai Chi		1:00 Quilting Class	Facility Available For rentals
			1:00 Bridge & Mahjong	

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

June 2017

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	5:30 RPM Cycling	7:00 RPM Cycling	5:30 RPM Cycling	8:30 BODYPUMP
8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	9:40 YOGA	9:50 PILATES
9:40 YOGA	9:40 YOGA	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
10:45 FIT OVER 50	10:45 FIT OVER 50			Saturday Open 8:00—2:30
4:30 RPM Cycling	5:30 BODY ATTACK	5:30 BODY PUMP	5:30 RPM Cycling	8:30 RPM Cycling
5:30 BODYPUMP	5:30 RPM Cycling	Massage by Appointment	6:30 RPM Cycling	8:30 Body Attack
	6:30 ZUMBA		6:30 DANCE 2 FIT	9:30 DANCE 2 FIT