



Pass it on...

The Pender-Topsail
POST
& Voice

June
2021



Heritage Place Happenings

By Jennifer Mathews
Pender Adult Services

It was an exciting month because we were able to re-open our centers at a reduced capacity. We welcomed seniors back inside for exercise, meals, games and craft activities.

Our quilters took off quickly because they had been meeting in various homes. They have done beautiful work throughout the pandemic. They have created many donation quilts and lap blankets along with other helpful fidget blankets and walker bags.

Our crochet group is meeting weekly. They had continued meeting outside when the weather permitted. We have a few new to our group and also have a few knitters joining us. We have several groups playing games after lunch. If you'd like to join a group or start a group please contact Jennifer at 910-259-9119 extension 303. Geri-fit and line dancing is going strong.

We have almost 25 regularly at Geri-fit on Tuesday and Thursday at 10:30 a.m. Line dancers are meeting on Monday night at 6 p.m. We started a Chair Exercise class on Fridays at 10:30 a.m. We are using stretch bands and doing a lot of stretches. This is a smaller class and great for folks wanting to get started back.

We also have a zoom Pilates class and a zoom Zumba class if you are interested. Contact Jennifer for details.

We celebrated Older Americans Month with the Unresolved String Band. This year's theme is "Communities in Strength." Our older adults have built strength through their successes, failures, joys and difficulties. We wore red, white and blue and remembered our veterans with the Memorial Day holiday coming.

We were happy when the CDC lifted the mask mandate for fully vaccinated people. We are still encouraging those who have not been vaccinated to get a vaccine for your protection and others.

If you need assistance getting an appointment, please call us and we can provide that information. June has several fun event days and also is World Elder Abuse Prevention Month. We will wear purple the week of June 15 to raise awareness.



Seniors celebrated Older Americans Month and Memorial Day on May 27 at Heritage Place. Lunch entertainment was by the Unresolved String Band.

Pender AmeriCorps RSVP volunteers celebrate a year well done

By Barbara Mullins
RSVP Director

This past year has been a challenge for everyone including our AmeriCorps Seniors RSVP volunteers and their clients across Pender County.

Our recent annual volunteer recognition events were very special as we shared our deep appreciation for the dedication and work of our volunteers during these highly unusual times. Some restrictions for group meetings have been relaxed and we were able to hold these events in the Burgaw Heritage Place and Topsail Senior Centers.

Many of our volunteers have continued to work with us over the past year, albeit in modified ways due to COVID, to meet the ongoing needs of our Pender County friends and neighbors. Because of our volunteers' dedication and



Volunteers with RSVP - AmeriCorps were recognized at Topsail & Heritage Place in May.

hard work, we have been able to continue providing important life-enriching services.

This year we joyfully celebrated our many successes both large and small. We were thrilled to present the Lifetime Presidential Service Award administered by Points of Light to Ruby Ballard for her unwavering volunteer service with Pender AmeriCorps Seniors RSVP. She has dedi-

cated over 4,600 hours of service since joining us in 2011.

We also proudly recognized 42 volunteers who each shared 100-plus hours of their time over the past year with the prestigious Presidential Service Award that celebrates the impact we make in our local communities. Please visit the Pender AmeriCorps Seniors RSVP Facebook page (@PenderCountyRSVP) for

a listing of award winners. AmeriCorps Seniors RSVP volunteers shared more than 18,000 hours of volunteer service throughout Pender County this past year.

All of our volunteers deserve a standing ovation for

their ongoing work as they have delivered Meals-on-Wheels nutrition; worked in local food pantries; made modified in-home visits to senior clients; checked in with seniors through the call care program; helped clients with cancer through rides to their doctor and medical procedures; helped clients with grocery shopping; tutored students in safe off-campus situations to support their learning process; and, much more.

We continue to seek additional volunteers. If you are age 55+ and interested or want additional information, please email: directorrsvp@penderpas.com and visit the Pender AmeriCorps Seniors RSVP Facebook page: @PenderCountyRSVP.

Topsail Center News

By Donna Murphrey
Pender Adult Services

Summer is here and so is the heat. We are thankful that we can exercise in air conditioning at Topsail Senior Center and not outside as last summer! Come and join us, we have Geri-fit on Tuesdays and Thursdays at 9 a.m., Beginner's Tai Chi on Tuesdays at 2 p.m. and Advanced Tai Chi on Tuesdays at 3 p.m., Modified Pilates on Mondays at 10:30 a.m. and Line Dancing on Wednesdays at 11AM all inside.

We are following the CDC guidelines; fully vaccinated Seniors do not have to wear a mask and those not yet fully vaccinated please wear a mask for your protection. Bingo has resumed on Thursdays at 10:30 a.m.,

join us and stay for lunch! We have lunch available at 11:30 a.m. Monday through Thursday; please call the day before for a reservation. We are still offering two zoom classes: Pilates and Zumba. Please call for details.

Raffle tickets are on sale in support of Meals on Wheels for the following prize: six-foot beach umbrella, folding armchair, Yeti bucket and lid, Surf City T-shirt, beach towel, beach bag with sunscreen, sand sifter and freezer gel bottle. Tickets are \$1 each or six for \$5, drawing to be held on July 1.

We would like to express our appreciation to Herring's Outdoor Sports, Beach Furniture Outfitters and Judy Pritchard who donated these items.

Can I have a hug?

Hug Holiday Day encourages us to give hugs to those who need them. This year on June 29th (if you have been vaccinated) please ask and give hugs to our elderly. We all need a good hug because it has been a long time of loneliness. Now as some of the COVID-19 numbers are decreasing and vaccinations are up we can finally hug! But ask first!

It is obvious to most of us that a hug can make us feel happy but did you know that hugs can change negative moods? The hug is like an injection of feel good hormones! They reduce anxiety and feelings of loneliness, they help lower our blood pressure and elevate our mood.

Here are a few HUG facts from an article I found at www.medicinenet.com:

- A 10-second hug helps the body fight infections, eases depression, and lessens tiredness.

- A 20-second hug reduces the harmful effects of stress, relieves blood pressure, and ensures a healthy heart.



**Sending
a million
hugs
your way**

- Increasing the hug ratio results in reduced blood pressure, decreased cortisol, improved healing, reduced cravings, and better immunity.

Research shows that a proper deep hug may give an individual the following benefits:

- It builds trust and a sense of safety. This helps with open and honest communication.

Because hugs can instantly boost oxytocin levels, it helps in healing some negative feelings such as loneliness, isolation, and anger.

Hugs strengthen the immune system. Gentle pressure on the sternum and

emotional charge stimulate the thymus gland, which regulates and balances the body's production of white blood cells, which keep an individual healthy and disease-free.

Hugging boosts self-esteem. The physical contact during a hug not only makes us safe and loved but also boosts self-esteem. All the hugs we received from our parents, lover, and friends make us more self-confident and happier. They connect us to our ability to self-love. Hugs can take away pain and aches by increasing circulation into the soft tissues. For a link to the entire article visit our Facebook page: PenderAdultServices

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Subscribe Today!
910.259.9111

CAN WE HELP??

Do you need assistance scheduling a COVID-19 Vaccine
Call us (910)259-9119 (x 301) or (910)270-0708

Do you need aging information or MOW assistance?
Call Jane Johnson (X 309)

Do you need help with Medicare or Senior Programming info?
Call Jennifer Mathews (X 307)

Do you need Transportation? Call PASTRAN (X 1)

WOULD YOU LIKE TO VOLUNTEER? Call Barbara (X 329)

You are invited to a Retirement Party for

BARBARA MULLINS,
RSVP Director

Thank you for 10 years of service &
Building a strong RSVP program

June 2, 2021

Floating from 1:00—3:00 pm

Heavy hors d'oeuvres

Pender Adult Services, Pavilion

901 S Walker Street, Burgaw



June Events 2021

- May 31 – Memorial Day – Remember, Honor, Celebrate
- June 1 – Say Something Nice Day
- June 2 – Birthday Bingo(HP) at 10:30am
- June 2 – Retirement Party for Barbara Mullins at 1pm
- June 4 – National Donut Day
- June 8 - RSVP PERKS at 9 am (HP)
- June 9 - RSVP Perks at 9 am (Hampstead)
- June 14 – Flag Day
- June 15 – World Elder Abuse Day – Wear Purple, (Program at 11:30 am)
- June 19 – Juneteenth Day
- June 20 – Father’s Day, First Day of Summer
- June 23 – Let it Go Day
- June 29 – Hug Holiday

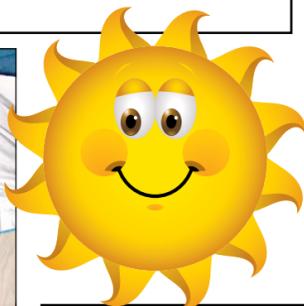
Congrats



Elder Abuse



Items for Topsail MOW Raffle. \$1 per ticket. Contact Topsail for tickets.



PENDER ADULT SERVICES, INC. PROJECT DIRECTOR JOB ADVERTISEMENT
JOB TITLE: Ameri-Corp (RSVP) Program Director
 Ameri-Corp (RSVP) Director position sponsored by Pender Adult Services, Inc. to manage Pender RSVP program. Director works cooperatively with sponsor staff, Community Advisory Group, volunteers, Ameri-Corp Senior Program to plan and implement RSVP project. Project director responsible for public relations and administration of program including compliance with grant/federal regulations. Bachelor's Degree and experience working with over 55 population. Strong volunteer and general management experience required. Computer literacy and car required. Subject to background check. Equal Opportunity Employer
 Send Resume to: Wesley B. Davis, Executive Director, wbdavis@penderpas.com. Or Pender Adult Services, Inc. P. O. Box 1251 Burgaw, NC 28425



THE GRANDPARENT SCAM

WHAT YOU NEED TO KNOW

WHAT IS IT?

The "Grandparent Scam" is a scam that targets the elderly in an attempt to steal large sums of money through a wire transfer.

Financial losses from this scam are usually several thousand dollars per victim.

HOW DOES IT HAPPEN?

A grandparent receives a phone call or email from someone who claims to be their grandchild.* The person states that he/she is traveling in a foreign country, has gotten into a bad situation, and needs money wired ASAP.

*Criminal may claim to be a police officer, lawyer, doctor, or other person.

WHAT CAN I DO?

RESIST the pressure to act quickly.

CONTACT your grandchild or another family member to determine whether the call is legitimate.

NEVER wire money based on a request made over the phone or in an email, especially overseas.

IF YOU HAVE BEEN SCAMMED

- Contact your local law enforcement or state consumer protection agency.
- File a complaint with Internet Crime Complaint Center (IC3): <http://www.ic3.gov/default.aspx>



ADDITIONAL RESOURCES

- http://www.fbi.gov/news/stories/2012/april/grandparent_040212
- <http://www.aarp.org/money/scams-fraud/info-07-2012/scams-target-grandparents.html>

Created by:

The National Center on Elder Abuse
www.ncea.aoa.gov



Pender Adult Services June 2021

Heritage Place—Burgaw

Monday	Tuesday	Wednesday	Thursday	Friday
Classes may be added As there is interest	9:30 Crochet/Knit Group			Heritage Place 259-9119
	10:30 Geri-fit 10:30 Quilting	10:30 Bingo	10:30 Geri-fit	10:30 Chair Exercise Monthly craft
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch
6:00 Line Dancing	12:30 Rummikub	12:30 Card groups	12:30 Mexican Train 12:30 Rummikub	

Topsail—Hampstead

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group	9:00 Gerifit	9:00 Quilting	9:00 Gerifit	Topsail Senior Ctr 270-0708
10:00 Modified Pilates		11:00 Line Dance	10:30 Bingo	10:30 Zoom Pilates
11:30 Lunch	11:30 Lunch	11:30 Lunch	11:30 Lunch	
	2:00 Beg. Tai Chi 3:00 Adv Tai Chi	1:00 Canasta 2:00 Rummikub	12:30 Quilting Mahjong/ Bridge	Call for information on Zoom "zoomba"

DRIVERS NEEDED

PAS-TRAN is now hiring Drivers.

Applications available at
 901 S Walker Street

Weekdays only

Call 910-259-9119, press 1 for more information

PENDER ADULT SERVICES MENU - JUNE 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cheeseburger Mac Casserole Green Beans Strawberry Applesauce Biscuit/Margarine 2 % Milk	2 Mango Glazed Chicken Brown Rice Stir Fry Vegetables Pineapple Tidbits Egg Roll 2 % Milk	3 Lasagna Tossed Salad/Dressing Pears Breadstick/Margarine 2 % Milk	4 Tuna Salad Potato Salad V-8 Juice Fresh Orange Crackers 2% Milk
7 Parmesan Baked Chicken Rice Pilaf Broccoli with Cheese Sauce Tropical Fruit Mix Wheat Roll/Margarine 2% Mik	8 Pork Tenderloin Cubed Stk Mashed Potatoes/Gravy Collard Greens Mixed Fruit Corn Muffin/Margarine 2 % Milk	9 Oven Baked Fish Redskin Potato Wedge California Blend Veg. Whipped Fruit Salad Hushpuppies 2 % Milk	10 Hot Dog Baked Beans Coleslaw Fruit Cup Bun (Hot Dog) 2 % Milk	11 Chicken Salad Sandwich Tomato/Lettuce Slice Banana Nutrigrain Bar Bun (for sandwich) 2% Milk
14 Taco Casserole Tossed Salad/Dressing Pineapple Tidbits Breadstick/Margarine 2 % Milk	15 Fish Sandwich/Tartar Sauce Sweet Potato Tots Coleslaw Fruit Cobbler 2 % Milk	16 Citrus Glazed Roast Turkey Mashed Potatoes/Gravy Tuscan Blend Vegetables Seasonal Fruit Wheat Roll 2 % Milk	17 Chicken and Dumplings Baby Carrots Fresh Orange Biscuit/Margarine 2 % Milk	18 Grilled Chicken with Tossed Salad/Dressing Pasta Salad Peach Cup Crackers 2 % Milk
21 Cheeseburger on Bun Steak Fries Coleslaw Seasonal Fruit Cookie 2% Milk	22 Smoked Sausage Macaroni & Cheese California Blend Vegetables Pears Wheat Roll/Margarine 2% Milk	23 Spaghetti with Meat Sauce Tossed Salad/Dressing Fruit of Choice Breadstick/Margarine 2% Milk	24 Mango Chicken Au Gratin Potatoes Stir Fry Vegetables Tropical Fruit Mix Egg Roll 2% Milk	25 Pimento Cheese Sandwich Cucumber / Tomato Salad Banana Pudding Cup 2% Milk
28 Chicken Tenders/Ranch Cup Potato Tots Green Beans Peaches Wheat Roll/Margarine 2% Milk	29 Stew Beef/Gravy Butter Noodles Tuscan Blend Vegetables Tropical Fruit Biscuit/Margarine 2 % Milk	30 BBQ Pork Potato Salad Coleslaw Fruit Cup Cornbread Muffin 2% Milk	Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Season with marg or veg oil Bread - 1 each	Approved by: <i>Wesley B. Davis, 7/1/2021</i> **Due to food sourcing issues and other factors related to the Covid pandemic, menu changes may be made.