

PASS IT ON

March
2012

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

RSVP happenings

By Barbara Mullins
RSVP Coordinator

Valentine's Day is over and still my heart is warm with all the love that surrounds RSVP (Retired Senior Volunteer Program) here in Pender County. How fortunate we are to have such devoted volunteers that want to serve their community. Let me share some of the heart-throbs we have experienced the past few weeks.

Tutoring

Two of our tutors received One Hundred Grand candy bars from students at Topsail Middle with the message "we know volunteers do not get paid, but you are worth \$100,000 to us."

Another student gave our volunteer a hug and said "I really like being with you cause my Grandma does not remember me anymore." This is sad, but heartwarming that we can cover a portion of that loss. A Burgaw student suddenly had the wonderful experience of

associating a word to a story they had read earlier in the year. Another student finally realized how to find the clues to the questions related to the story. We hope this will have an effect on EOG scores.

A Rocky Point student told a volunteer that he sets his bookmark timer (which he earned from RSVP challenge in January) to read 30 minutes every day because he wants to learn one million words by next year and be very smart.

Lastly, our office started a list for people willing to serve as Proctors this May and we have 12 names on the list already. RSVP has some volunteers that only want to serve in Special Events, and proctoring is considered a special event.

Companion/Respite Care

Two weeks ago our client called his RSVP volunteer with a cry for help. The volunteer went and found him in

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Heritage Place seniors cut fleece material in a community project with students from Heide Trask High School. Darlene Lewis' students in the Project Unify/Bridge Club received a Bright Ideas Grant from Four County Electric entitled "Hands to Heart." The students made 50 blankets, to be donated to Pender Memorial Hospital and to the Sheriff's Department. PAS Seniors cut the material and the students tied the strips off.

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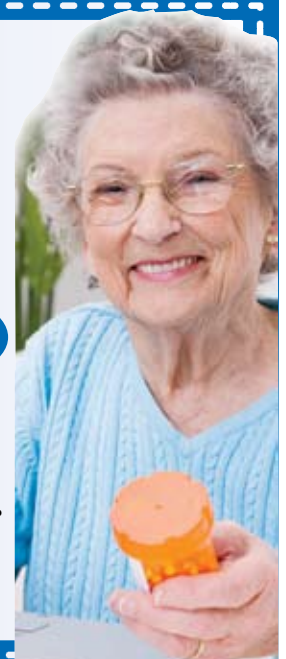
Open 9-6
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9-1 Saturday

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116

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

VISIT OUR
SODA FOUNTAIN!

Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.





The jewelry class meets weekly at Heritage Place on Tuesday afternoon. The Topsail Beading Group meets on Monday morning. Please come and join us at either location.

2012 TAX ASSISTANCE



AARP Tax-Aide
Heritage Place
Thurs, Mar 1
Call 259-9119
for an appt

Wed from 1 – 5 at Topsail Senior Center
Mon from 1-5 at Hampstead Library

AARP Tax-Aide continues to provide high quality income tax assistance and free federal and state income tax preparation and including electronic filing. **This service is available to low and moderate income taxpayers of all ages, including seniors.** It is not required that taxpayers be members of AARP or even that they be retired to receive this assistance.

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Sitter, Light house keeping,
Personal Care, Respite

Pender Adult Services, Inc.
now 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: Connie Bell, RN
or Rebecca Boggs, RN

Begin the Conversation Free Workshop *For Clergy and Faith Leaders*

March 6, 1-4 p.m. Topsail Senior Center
Agenda includes: Begin the Conversation, It's a Gift, Hospice and End-Of-Life Care, Past and Present, You still matter, Meeting the needs of the Dying and Grieving
Contact Tracy at 796-7981 to register

Tarheel Senior Day at Heritage Place

The N.C. Senior Tar Heel Legislature was created by the North Carolina General Assembly with the passage of Senate Bill 479 in July of 1993.

The Senior Tar Heel Legislature was created to:

- Provide information to senior citizens on the legislative process and matters being considered by the General Assembly.
- Promote citizen involvement and advocacy

concerning aging issues before the General Assembly.

•Assess the legislative needs of older citizens by convening a forum modeled after the North Carolina General Assembly.

Your Senior Tarheel Legislator is Bill Marshburn. He will be at Heritage Place on Wednesday, March 7 from 11 a.m. until 12:30 p.m. Plan to come by and share concerns with him.

RSVP

Continued from page 1

very bad shape. It was necessary for him to be hospitalized and have surgery. He suffered a stroke after surgery. The client is still failing but the volunteer has stayed with this man thru each phase and is his "rock." The client is so appreciative that he calls him "his brother," hugs him and his wife.

He counts on his calls and visits. The volunteer even went back and cleaned the house so it would not be a mess when, or if, the client and his wife returned home. It is a friendship and a bond that no one can break.

Another volunteer looks forward to her weekly visit. They sing together, read poetry (which helps her remember her younger days) and watch the birds in the bird feeders. This lady is in her 90's and volunteer is a friend to client and her caregiver.

Another volunteer shares time with a man he calls his friend. The days our volunteer visits, the client is ready to go out to lunch, stop at grocery store, and run an errand. The days home, the client happy to stay in bed or chair, too tired to go to kitchen to eat, keeps room darkened.

One volunteer says her "lady" tells her how special she is and thanks her for everything she does for her.

Yet another client was fortunate enough to have nine volunteers build a ramp for him. Without it, he would have had great difficulty getting home from the nursing home. Another client looks forward to visits from her volunteer. She confides in volunteer and both feel a

strong friendship has developed. The volunteer brings her to doctor's appointments, therapy, shopping and helps her with laundry. She helps with house cleaning, and tries to assist her with things she needs.

Another volunteer gives respite care and finds joy in watching her client smile and understand that his wife is enjoying some company and laughing in conversations with our volunteer.

Mentally Challenged

It is wonderful when these special students tell a parent or friend "I went to work today" because they too are volunteering in the community with the help of our RSVP volunteers. It is very special when 19 students create Valentine bags filled with goodies for our shut-ins or Christmas cards for our Meal-on-Wheels clients.

It is special is it when they paint 50 tuna fish cans to give the Hampstead Garden Club for their Nursing Home therapy projects. It is fun to hear these students cheerful laughter as they mingle with our seniors at Pender Adult Services for exercise and lunch once a month.

The Pender County's population is 52,217, with annual growth rate projected at 2.7 percent. Of the population, 13,040 are 60 years-old and above.

RSVP is a special group of people. The only requirement are to be 55 years or older, have 2-4 hours a week to serve locally in your community, and a desire to help someone less fortunate.

Contact Barbara at the RSVP Program at 259-9119 for more information. As the needs in the community increases, more volunteers needed.



Put Life Back in Your Life

I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. **Living Healthy** workshops put me back in charge.

Now I have the energy to do the things that matter. I've put life back in my life.

LIVING HEALTHY

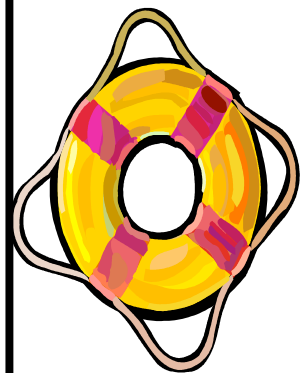
Living Healthy will be Offered at Topsail Center beginning March 1, 2012 From 10—12 noon

Please reserved your spot for this 6 week class by calling Jennifer or Rebecca at 259-9119

**Offered at Topsail Center (right beside Pender Pines)
20959 Hwy 17
Hampstead, NC
270-0708**



Crochet Class meets on Tuesday morning at Heritage Place. The ladies are learning at different levels and working on different projects.



Boating Safety Course
Offered at the Topsail Senior Center

About Boating Safety (ABS)
Registration: Tues, March 6th, 7 – 8 pm
Class: Sat, March 10th, 8 am to 5 pm

Offered by Greater Topsail Area Flotilla 10-09
US Coast Guard Auxiliary
Fees Apply
Call 270-0708 for more information

GPS For Mariners
Registration/Classroom Session: Tues March 27 from 6 – 8 pm
Field Practice: Sat, March 31 from 9 – 12 pm

**Pender Adult Service-
Calendar of Events**

Living Healthy -Chronic Disease Self-Management Program
Begins at Topsail Senior Center
March 1 10 a.m.
AARP Tax Assistance (HP)
Thurs, March 1, 9:30 a.m. - 4 p.m. by appointment
Please call 259-9119 to schedule a time
AARP Tax Assistance (TSC)
Wednesdays continue through April (TSC) 1-5 p.m.
Square Dance
Friday, March 2, (TSC) 7:30 – 9:30 p.m.
RSVP Perks
Tuesday, March 6, (HP) 9 a.m. - 10 a.m.
Wednesday, March 7, (TSC) 9 – 10 a.m.
Senior Tar Heel Day (HP)
Wednesday, March 7 11a.m - 12:30 p.m.
Healthy America – Health Checks
Wednesday, March 7, at Fitness Fusion 9:30 a.m. - 11 a.m.
Monday, March 5, at Fitness Fusion 4:30 – 6 p.m.
Thursday March 8, at Topsail Senior Center 11:30 a.m. – 1 p.m.
Tree Top Quilters (TSC)
Monday Mar 12, at 1p.m
Contact Kay Stanley at 270-0708
Blind Support Group (HP)(2nd Tues)
Tuesday March 13, at 1 p.m.
Contact Patricia Miller at 259-1464
Alzheimer's Support Group (HP)
Thursday March 22, at 11:30 a.m.
Contact Kay Warner at 259-9119
Diabetes Support Group (HP)
Thursday March 22, at 11 a.m.
Contact Rebecca Boggs at 259-9119



**Modern Western
Square Dancing**

**Feb 3 & Mar 2, 2012
(First Friday Night)
7:30—9:30 pm
Topsail Senior Center
(beside Pender Pines)
No partner required
Donations accepted
Please RSVP @ 270-0708**

NO TRAINING REQUIRED. Caller will have you dancing within 5 minutes. Singles welcomed. Donations will be accepted towards expenses of caller. Call 270-0708 for more information.

Pender Adult Services, Inc

Heritage Place
901 South Walker Street
Burgaw, NC 28425
(910) 259-9119

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.

Topsail Senior Center
20959 Highway 17
Hampstead, NC 28443
(910) 270-0708

Heritage Place Opportunities

Phone: 259-9119

Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 10:30 Rummique 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class (TBA) 6:00 Line Dance	9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Class 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving(moved to Topsail)	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals 12:30 Knitters Club Saturday—closed Facility Available For Rentals

Topsail Senior Center Opportunities

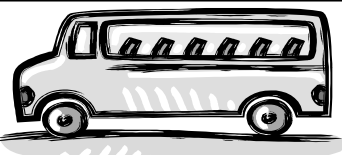
Phone: 270-0708

Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
10:00 Modified PILATES 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 4:30 ZUMBA GOLD	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Class 9:00 RSVP Perks -1st Wed 10:00 Knitting Group 12:00 Meals 1:00 AARP Tax Assist (Feb—Apr) 1:00 Woodcarving	10:00 Vinyasi YOGA 10:30 Chair Aerobics 12:00 Meals 1:00 Quilting Class 1:00 Bridge 1:00 Mahjong	9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action 7:30 Square Dance (1st Friday) Saturday—closed Facility Available

Fitness Fusion Group Fitness Classes

Phone: 259-0422

Monday Open 6:00—9:00	Tuesday Open 6:00—9:00	Wednesday Open 6:00—9:00	Thursday Open 6:00—9:00	Friday Open 6:00—9:00
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA



Public Transportation is available to person 18 years and older throughout Pender Co. The cost per ride is \$3 each way. A 48 hour notice is necessary to arrange transportation. Please call (910) 259-9119 or (910) 259-8434 to make arrangements

ASHE GARDENS

Memory Care



Ashe Gardens Memory Care offers enhanced services and caring staff trained to meet the needs of residents with Alzheimer's and forms of dementia.

Discover What Sets Us Apart!

- Quality living at affordable rates; no entrance fee or long-term commitment required.
- Welcoming, home-like environment
- Dedicated, caring staff
- Full range of amenities and services
- Long- or short-term stays
- Medicaid accepted

Now accepting applications.



Call today for information or to schedule a tour!



A DePaul Senior Living Community
300 West Ashe Street
Burgaw, NC 28425
(910) 259-8070