



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

March
2015



Photo contributed

Art classes meet at both senior centers. Please check the schedule and call for more information.

Topsail Senior Center news

By Kay Stanley
Topsail Center Director

Our annual Silent Auction will be held April 23 at 6 p.m. This event is a fundraiser for Meals on Wheels. Tickets are on sale at the Topsail Senior Center for the \$20.

The event includes auction items, a wonderful meal as well as entertainment. Area businesses donate items and provide sponsorships to help us keep the program running.

The Art Class (Guild) that is meeting on Mondays seems to be enjoying their various art skills and welcomes newcomers. They meet on Mondays at 9:30 a.m. and will be glad to assist you with your art project.

Cribbage players have moved to Thursday mornings at 9 a.m. and welcome newcomers as well. Our Wednesday Canasta group has grown to eight members. Contact us if you are interested in joining the group.

Line dancing is on hold until we get a teacher and working on that area. It was catching on so nicely – the big group enjoyed the dancing fun. We are so thankful for our volunteers. We have new volunteers who have joined us as receptionists and kitchen helpers. With vacations, sickness, etc, we are so thankful for all to pitch in and help us get through each day. We are one big family for sure.

We welcome Tom Haley back after a vacation, then unfortunate accident, but he is back on board and never complains,

no matter how much he is called upon. We continue to remember Jim and Marilyn Smith as they are in our prayers and we miss them, but we do keep in constant contact.

Donna Jaeckel's class from Topsail School has honored our seniors once again at Valentine's with beautiful and warm cards. They are so appreciated. Bryan Slater and a small group from his church help us do some singing together on the first Tuesdays of the month, and he has started playing his guitar with us.

We love them sharing with us. If you have interests that we do not address, please let us know of your desires and we will form an interest list and try to honor that. We welcome any suggestions that would help us serve you better.

Tax assistance offered for seniors

Service offered at Topsail Presbyterian Church

AARP Tax-Aide is a free nationwide service that provides high quality income tax assistance and free federal and state income tax preparation and including electronic filing.

Tax-Aide counselors receive hard copy training materials supplemented by comprehensive free classroom type training by local

instructors.

This Tax Aide service is offered on a first come, first serve basis through April 15. It is offered on Mondays and Wednesdays from 1:30-5 p.m. at the Topsail Presbyterian Church, 16249 Hwy. 17, Hampstead.

This service is available to low and moderate income taxpayers of all ages, including

seniors. No appointments necessary, be prepared to wait. It is not required that taxpayers be members of AARP or even that they be retired to receive this assistance.

This service, including electronic filing, is free. Counselors will answer questions concerning income that should be reported, deductions that can be taken,

credits to which individual taxpayers are entitled, as well as other tax related matters.

Electronic filing of the tax return results in receipt of refunds within 8 to 14 days if the refund is direct deposited to the taxpayer's bank account, and about a week later if IRS issues a check for the refund.

Changing sleep habits can make for a more restful night

Daylight saving time is a great time to reset your sleep habits, as well as your clock. If you have trouble sleeping, try the following sleep tips:

- Go to sleep and wake at the same time every day, and

avoid spending more time in bed than needed.

- Use bright light to help manage your "body clock." Avoid bright light in the evening and expose yourself to sunlight in the morning.

- Use your bedroom only for

sleep to strengthen the association between your bed and sleep. It may help to remove work materials, computers and televisions from your bedroom.

- Select a relaxing bedtime ritual, like a warm bath or

listening to calming music.

- Create a sleep environment that is quiet, dark and cool with a comfortable mattress and pillows.

- Save your worries for the daytime. If concerns come to mind, write them in a "worry

book" so you can address those issues the next day.

- If you can't sleep, go into another room and do something relaxing until you feel tired.

- Exercise regularly – at any time of the day that feels

right for you. If you are experiencing excessive daytime sleepiness, snoring, or "stop breathing" episodes in your sleep, contact your health care professional for a sleep apnea screening.

RSVP happenings

By Barbara Mullins
RSVP Coordinator

Retired Senior Volunteer Program (RSVP) sponsored a community event in early February to encourage Advanced Care Planning. The program was held at Pender Adult Services in Burgaw and a second program was at Topsail Senior Center in Hampstead.

Michael Harris, RSVP Board member did the presentation and explained the importance of Healthcare Power of Attorney, Living Wills, and the newer MOST forms. Harris took the time to answer all questions and gave scenarios as to why these advance directives are so important.

This important paperwork takes the burden off your family, your doctors, and allows you to make your own

decisions, in case there is an emergency and you cannot speak for yourself.

After each presentation Jane Johnson (PAS Aging Case Manager) and Barbara Mullins (RSVP Director) remained to assist those wanting to complete their forms. A total of 80 people attended and 30 people went home with forms completed, notarized, copied, and ready when needed.

RSVP successfully served another need in Pender County by providing a service to those in Pender County.

Watch for upcoming events and as always, RSVP is offering opportunities to volunteer locally in our community. Only two hours a week can impact the life of someone else so positively.

Call 910-259-9119 (ext 329) for more information.



Photo contributed

Michael Harris stands with Charlotte and Esther following the RSVP Advanced Care Planning program.

Turning 65?

Medicare education workshop

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplements and other plans available?

Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare works in general?

If you answered yes to any

of the questions above, call the Heritage Place receptionist at 259-9119 ext. 0, and sign up for a Medicare education workshop Mar. 19 from 5:30-7:30 p.m. at Pender Adult Services, 901 S. Walker Street.

Kay Warner, Seniors Health Insurance Information Program coordinator will lead the program. The class is free, but registration is required.

Questions about
Medicare?
We Can Help!!



EST. 1916
DEES
DRUG STORE INC.

111 S. Wright Street, Burgaw, NC 28425 • 910.259.2116

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

Pender Adult Services offers

2015 Tai Chi Classes



Tuesdays 11:00
Heritage Place
259-9119
Tuesdays 3:00 pm
Topsail Senior Center
270-0708
Kathy Yakimovich, certified instructor
Arthritis Foundation
Class registration is first come, first serve
Fee is due at registration

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

Pender Adult Services March 2015 Calendar

March 3 & 4 - RSVP Perks 9 a.m.
March 9 - Vermont Trip Registration open
March 11 - Blind Support Group (HP) 1 p.m.
March 19 - Cancer Support Group (HP) - 12 noon
March 26 - Caregivers Support Group (HP) 11:30 a.m.

Wellness Checks -Provided by PAS
Fitness Fusion - 1st Wednesday 9:30 a.m. (March 4)
Fitness Fusion - 1st Monday 4:30 p.m. (March 2)
Blood Pressure Screenings -Provided by PC Health Dept
Topsail Center - 3rd Thurs. 11 a.m. until 1 p.m.
(March 19th)
Heritage Place - 4th Thursday 11 a.m. - 1 p.m.
(March 26th)
Caregivers Support
Topsail -Contact Kay Stanley @ 270-0708



Memorial and Honorary Giving Program

*Your Gifts to Pender Adult Services, Inc
are acknowledged with grateful appreciation
In Memory of Veralene Anderson*

By
Cedriko Bannerman
Shelia Bunch
Terry Claiborne
Terry Congleton
Creft & Emma Haggins
Connell Herndon
Orea Jones-Wells
Avery McAllister
Joyce Mitchell

Douglas & Delores Tyson
In Memory of Jim Dante
By Topsail Greens Community Association, Inc
In Memory of Betty Futrelle

By Jeanette Futrelle
Community Contributors

Emma B Anderson
Hampstead Women's Club
Westview UMC
Willarlea Ruritan Club

Thank you for your continued 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

Topsail Silent Auction

Thursday, April 23, 2015

6:00 pm – Topsail Senior Center

Tickets: \$20 per person

Sponsorships
Available



*Donated Items
are being
accepted*

Pender Adult Services Class Schedule

Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
12:00 Meals
1:00 Bid Whist
1:00 Canasta
3:00 Senior Chorus
6:00 Line Dance

Tuesday
8:00—5:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Geri-Fit & TAI CHI
12:00 Meals
12:30 Pinochle
1:00 Quilting Group
1:00 Jewelry

Wednesday
8:00—5:00

9:00 Basket Class
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge
1:00 Blind Support (2nd)

Thursday
8:00—5:00

7:00 Burgaw Rotary
11:00 Geri-Fit
11:00 BP Checks, PCHD (4th)
11:30 Caregivers Support (4th)
12:00 Cancer Support (3rd)
12:00 Meals
3:00 Quilting/Sewing Club

Friday
8:00—3:00

11:00 Bingo
12:00 Meals
Saturday—closed
Facility Available

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday
8:30 am—5:00 pm

9:00 Group Art Class
10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters(2nd)
3:30 Hospice Trg (3rd)
*Taxes offered at Topsail Pres-
byterian, Hampstead*

Tuesday
8:30 am—5:00 pm

9:00 Baskets
Health Checks—3rd Tues
9:00 Geri-Fit
10:30 Feel Good Fun
12:00 Meals
2:00 Gentle YOGA

Wednesday
8:30 am—5:00 pm

9:00 Quilting Bee
9:00 RSVP Perks (1st)
10:00 Knitting Group
12:00 Meals
1:00 Canasta
5:30 Guitar Group

Thursday
8:30 am—5:00 pm

9:00 Geri-fit/Cribbage
10:00 Vinyasi YOGA
10:00 Bingo
11:00 BP checks, PCHD(3rd)
12:00 Meals
1:00 Quilting Class

Friday
8:30 am—2:30 pm

12:00 Meals
Saturday —closed
Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday
Open 5:30—9:00

8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:00 Health Checks (1st)

Tuesday
Open 5:30—9:00

8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50

Wednesday
Open 5:30—9:00

8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES

Thursday
Open 5:30—9:00

8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50

Friday
Open 5:30—9:00

8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP

Saturday
Open 8:00—2:30

2015

*Pender Adult Services is
committed to providing our
community a safe, stable,
environment in which indi-
viduals can maintain their
independence, good health
practices, and a healthy
sense of self-esteem.*