

The Possum Creek Band provided entertainment at the Topsail Senior Center Silent Auction

Topsail Center Silent Auction a success

By Kay Stanley Topsail Center Coordinator

The Topsail Senior Center and Pender Adult Services would like to thank our kind and generous sponsors as well as the community for their support of our Topsail Silent

The evening was very relaxed and entertainment by the Possum Creek Bluegrass Band was enjoyed by everyone.

More than 300 items were donated for the auction and many volunteers gave many

hours to collect and display

This year we had a multitude of gift cards, certificates and admission tickets to attractions not only in our area but in Myrtle Beach and Tennessee. They went amazingly well. The variety of items appealed to our participants at the auction.

We had a committee of 10 on the auction committee who worked diligently for our success. I must thank the committee for their invaluable efforts. They went way beyond what was expected in visiting local businesses and individuals with great results. In addition, participants at

the center, not designated on the committee, also brought in very nice gift items. Everyone wanted to be a part of the success of the center. We want to strive to be the best we can be.

Our 2015 platinum sponsors were Hampstead Village Pharmacy, Hampstead Women's Club & Woodmen of the World. Our silver sponsor was Marine Corps League. Our bronze Coastal Pender Rotary Club, Hampstead Auto Center, Mr & Mrs Robert Kilroy, Treasure Realty, Urology Associates & Woodbury Wellness Center,

sponsors were Canady & Sons,

Again, we want to thank our seniors and the community for your wonderful spirit of giving. You all have helped to not only maintain this center, but have helped with the care and wellbeing of those seniors who are unable, either physically or financially to take care of

What is Options Counseling?

Options Counseling is a person-centered, interactive and decision-support process. The main purpose is to help individuals identify and un-Counseling includes:

listening to the individual express his/her preferences, values, service needs, and

circumstances •engaging in conversation for a joint exchange of information and possible options that are tailored around the

providing support that leads the individual to make informed choices about long-

stated needs and preferences

term services and supports connecting the individual, when it is his/her choice, to public/private services and/

or informal supports ·following-up with the individual with the ultimate

to live in his/her community of choice

Options Counseling involves building relationships derstand their needs. Options with individuals and helping them to identify their goals and preferences and weigh the pros and cons of their options. This occurs through in-person meetings, possible conversations with family members, and followup. Options counselors help individuals consider a range of possibilities when making a decision about long-term services and supports and encourage planning for future needs. Options Counseling can also help younger individuals plan ahead for their future long-term service and support

Examples of situations when Options Counseling

goal to support the individual might be offered include when an individual:

> •has an unmet need for which there is more than one service alternative

•has had recent change in tions Counseling include: is/her life situation

•has long-term services and supports needs but is unsure about how to access them

•requests transition assistance from one living setting to another

is admitted to the hospital ·lacks awareness of existing community resources and

supports •has multiple needs, behavioral health needs or an ongoing illness or the person acting on his or her behalf, requests or indicates an interest in receiving information or advice concerning long-term services

and supports options •is referred to the CRC by a hospital, nursing home, assisted living home, community-based service provider, or other agency,

Desired outcomes of Op-

 individuals and families choices that fit well with their with Carolina Geriatrics in ter soon. needs, goals and •preferences - even as these change over

•individuals achieve or maintain a high degree of independence and control in their daily lives

individuals and families are able to get the services and supports they need and are better able to make good use of their own resources over time.

If you are in need of Options Counseling – Please call Jane Johnson at PAS -(910) 259-9119 extension 309.

RSVP Happenings

By Barbara Mullins RSVP Director

April was National Volunteer Appreciation month and there is no doubt that volunteers are a unique group of people who volunteer with their heart and soul.

The Retired Senior Volunteer Program and Pender Adult Services held a great team building event for our RSVP volunteers on April 5 and 6. Wine & Design of Wilmington came and helped us create beautiful artwork. Many volunteers had to step-out-of-their-comfort zone to experience this activity.

Pictures always create memories and it was the RSVP director's hope that each volunteer have a memory of the fun times shared with RSVP.

There was laughter and a flurry of activity April 7 as volunteers were instructed how to create gorgeous sunsets over the Cape Fear River.

A special treat was a visit by Mayor Eugene Mulligan, of Burgaw, who read a proclamation praising our RSVP volunteers in Pender County.

On April 8, Wine & Design, Katherine & Judi were the artists instructing, helped us create fabulous beach scenes of the Surf City beach. Again the room was filled with laughter, diligent painters, and creativity. Mayor Zander Guy of Surf City stopped in to read a proclamation thanking RSVP volunteers for their endless devotion to seniors and students in our community. It was a special honor for RSVP to receive these Mayors and to know their support is always there for our program.

RSVP is a way to connect with others in Pender County and to give them help, hope, encouragement.

If you can give two hours a week of your time, we sure could use your help. Currently we are in need of Meals on Wheels backup drivers in Burgaw as well as Hampstead. We need proctors to help the first week of June with EOG testing at the four middle schools we tutor at.

There is also a need for Companion Care volunteers in the Rocky Point and Currie

Please think seriously on giving just a little of your time and call 910-259-9119 (et 329) for more information.

Caregiver's Education **Celebration May 28**

The 7th annual Caregiver's Education Celebration will be held May 28, from 9:30 a.m. until 1 p.m. at Mission Baptist Church, 607 S. Walker Street, Burgaw. Sponsoring agencies include Pender Adult Services and Cape Fear Council of Governments Area Agency on Aging.

Speakers for the program will be Suzanne Black, AARP-NC Associate State Direcmake service and support tor, and Dr. Kavita Persaud 324. Space is limited so regis-

Wilmington.

The program is free and provides caregivers an opportunity to get out for a morning, enjoy some special treats, gain knowledge, have a nice lunch, and share with others. Registration is required to attend.

Call Pender Adult Services, 910 259-9119 ext. 0 to register. For more information, contact Kay Warner, 910 259-9119 ext.

"Get Into The Act" **Older Americans Month 2015**

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May.

The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible.

These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and

much more. By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act."

Throughout the month, Pender Adult Services will be conducting activities and providing tips on how to access programs, resources & opportunities designed to assist seniors in maintaining their independence and a healthy sense of self-esteem.

A special program is planned for May 26 at 11 a.m. at Heritage Place.

Osteoporosis Awareness Month

Osteoporosis and the broken bones it can cause are not part of normal aging. There is a lot you can do to protect your bones throughout your life. You're never too young or too old to improve the health of your bones.

Osteoporosis prevention should begin in childhood. But it shouldn't stop there. Whatever your age, the habits you adopt now can affect your bone health for the rest of your life. Now is the time to take

•Get enough calcium and vitamin D and

eat a well balanced diet. •Engage in regular exercise.

•Eat foods that are good for bone health,

such as fruits and vegetables. ·Avoid smoking and limit alcohol to 2-3

drinks per day. Are You at Risk?

There are a variety of factors - both controllable and uncontrollable - that put you

at risk for developing osteoporosis. It is important to talk with your healthcare provider about your risk factors for osteoporosis and together you can develop a plan to protect your bones.

A woman's risk of breaking a hip due to osteoporosis is equal to her risk of breast, ovarian and uterine cancer combined. And a man age 50 or older is more likely

Continued on back



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



Open Monday - Friday 9 a.m. - 6 p.m. Saturday 9 a.m. - 1 p.m.

FREE DELIVERY



Kay Stanley thanks sponsors and volunteers at the **Topsail Senior Center Silent** Auction April 23. Pictured with Stanley are Wes Davis (left) and Matt Morgan.

Fitness Fusion will offer RPM Indoor Cycling Beginning the middle of May Call Fitness **Fusion** for more information.

Osteoporosis

Continued

to break a bone due to osteoporosis than he is to get prostate cancer.

- Uncontrollable risk factors
- Being over age 50.
- ·Being female.
- ·Menopause. ·Family history of osteopo-
- Low body weight/being small and thin.
- Broken bones or height
- Controllable risk factors
- ·Not getting enough calcium and vitamin D.
- Not eating enough fruits and vegetables.
- •Getting too much protein, sodium and caffeine.
- ·Having an inactive life-
- Smoking.
- ·Drinking too much alcohol. Losing weight.
- There are also medications and diseases that can cause bone loss and increase

your risk of osteoporosis.

Your Gifts to

Pender Adult Services, Inc. are acknowledged with grateful appreciation In Memory of Renee Duff By

Memorial and Honorary Giving Program

Mary Frances Hobbs 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 Senior Center

We would like to acknowledge and thank our sponsors along with people and businesses that donated 300 items for our silent auction

PLATINUM SPONSORS

Hampstead Village Pharmacy Hampstead Women's Club Woodmen of the World

SILVER SPONSOR

Marine Corps League

BRONZE SPONSORS

Canady & Sons Coastal Pender Rotary Club Hampstead Auto Center Mr. & Mrs. Robert Kilroy Treasure Realty **Urology Associates** Woodbury Wellness Ctr, Inc.

YOGA

Gain Strength and flexibility

PILATES

Build a strong core

Classes offered at Fitness Fusion and Topsail Senior Center See schedule for times

Pender Adult Services May 2015 Calendar

GET INTO THE OLDER AMERICANS MONTH

May 4 - Wellness Checks - 4:30 (FF) May 5 - RSVP Perks (HP)

MAY 2015

May 6 - RSVP Perks (TSC)

May 6 - Wellness Checks - 9:30 (FF)

May 13 - Blind Support Group (HP) 1 pm May 19 - RSVP Recognition Dinner (HP)

May 21 - Creative Card Making Day (RSVP) - 9:30

May 21 - Cancer Support Group (HP) - 12 noon

May 26 - Older American's Month Recognition - 11 am

May 28 - Caregivers Support Group (HP) 11:30 am

Wellness Checks -Provided by PAS Fitness Fusion - 1st Wednesday 9:30 am Fitness Fusion - 1st Monday 4:30 pm Blood Pressure Screenings - Provided by PC Health Dept Topsail Senior Center - 3rd Thurs 11 - 1 Heritage Place - 4th Thursday 11 - 1 **Caregivers Support**

Topsail -Contact Kay Stanley @ 270-0708 Heritage Place - contact Kay Warner @259-9119 X 32

Pender Adult Services Class Schedule

Heritage Place Opportunities

Wednesday

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

9:00 RSVP Perks (1st)

12:00 Meals

12:30 Pinochle

1:00 Quilting Group

1:00 Knitting Group

9:00 Crocheting

11:00 Geri-Fit & TAI CHI

8:00-5:00

1:00 Jewelry

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)

3:00 Quilting/Sewing Club

12:00 Meals

Friday 8:00-3:00

Phone: 910-259-9119

11:00 Bingo 12:00 Meals

Saturday—closed

Facility Available For Rentals

Topsail Senior Center Opportunities

Monday 8:30 am—5:00 pm 9:00 Group Art Class 10:00 Modified PILATES

12:30 Tree Top Quilters(2nd) 3:30 Hospice Trg (3rd) Taxes offered at Topsail Presbyterian, 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

3:00 Tai Chi

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 1:00 Mahjong 1:30 Bridge

Friday 8:30 am—2:30 pm

Phone: 910-270-0708

12:00 Meals

Saturday -closed Facility Available

Fitness Fusion Group Fitness Classes

2015

12:00 Meals

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 5:30—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**

Phone: 910-259-0422

Open 8:00—2:30 9:30 **ZUMBA**

5:30 BODYPUMP **6:40 ZUMBA**

6:30 ZUMBA

5:30 BODY PUMP

6:30 ZUMBA

Saturday