



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

May  
2017



PENDER ADULT SERVICES, INC.



RSVP volunteers were honored April 4-5 with a special breakfast at Heritage Place and the Topsail Senior Center.

## RSVP honors volunteers at Breakfast of Champions

By Barbara Mullins  
RSVP Director

The Retired Senior Volunteer Program (RSVP) honored the true champions in Pender County with a Breakfast of Champions on April 4 and 5.

Sixty-eight volunteers attended and were applauded by distinguished supporters in our community. Mayor Eugene Mulligan of Burgaw and Mayor Doug Medlin of Surf City read proclamations of the importance of RSVP vol-

unteers in our county and the tremendous asset they are.

Volunteers assist in helping seniors continue living at home through providing weekly visits and phone calls to check in and assisting with finding resources for them. Volunteers are providing reading Buddies to Elementary Schools and tutors to K-12. Volunteers are also mentoring developmentally challenged adults and volunteering side-by-side with them in Pender County.

The team activity for this year's celebration was to share with local community supporters the hearts and thoughts of these special volunteers. Guided questions were used to help our officials bring more info to Congress on the importance of RSVP nationwide.

We are in trying times right now and it is crucial that we all let the powers that be know what RSVP does, and ask that they relay the message loud and clear so funds remain in place for our RSVP programs

to continue.

Thank you to facilitators at Breakfast of Champions: Caroline Simpson (Corporation National and Community Service, Regional Manager), Mayor Medlin, Mayor Mulligan, Suzanne Black (AARP N.C. Coastal Regional Manager), Donna Murphrey (Topsail Senior Center Coordinator), Jennifer Mathews (Heritage Place Senior Center Coordinator); Beth Fortunato (AARP Volunteer Ambassador and Care Giving Director of All

Saints Church), Holly Pilson (Caregiver Resource Specialist, Cape Fear Area Dept Aging), Louise Hughes (RSVP Board Member-Education Coordinator), and Tammy Proctor (Pender County Visitor Center Chair).

Hugh Hawthorne of Coastal Pender Rotary spoke of the nutritional products they provided to RSVP this year and the importance of networking with seniors needs in the community.

Attendees were asked to

donate a box of cereal (along with cereal box centerpieces, adorned with pictures of RSVP volunteers), which were donated to Blake's Chapel in Hampstead and Pender Christian Services in Burgaw to support their Food Banks.

Be sure to check out the Pender County RSVP Facebook page for more pictures of our event. Opportunities to volunteer are waiting for you now. We are only a phone call away at 910-259-9119 (ext 329)

## Heritage Happenings

By Jennifer Mathews  
Pender Adult Services

It is our Anniversary! Pender Adult Services will be celebrating 35 years of service to Pender's older population. We will be celebrating with a dance May 18 at Heritage Place. Doors will open at 6:30 p.m. We will be serving light appetizers and socializing with the DJ cranking up some 50s tunes from 7-9 p.m.

Tickets will be \$5 available in advance. Limited tickets will be available at the door. Dress will be casual - 50s style if you wish. We hope you will plan to attend.

We will have an Older American's Luncheon May 23 at Heritage Place. Entertainment will be provided by the Harmony Belles. This group does a wonderful program of 50s music. Lunch will be consumer contribution. We will recognize our Older Americans in 50s style!

We also have an Elder Law Estate Planning workshop at

Topsail May 11 and at Heritage Place on May 16. The workshop will include estate and long term care planning issues including powers of attorney, wills and trusts, veterans' benefits and strategies for care at home. Please make a reservation by calling Topsail Senior Center at 270-0708 for May 11 or Heritage Place at 259-9119 for May 16.

The workshop is sponsored by Andrew Olsen, J.D., CELA. Olsen is a National Elder Law Foundation Certified Elder Law Attorney, a North Carolina State Bar Board Certified Specialist in elder law and is a frequent speaker on elder law topics at local colleges, special events, churches, home owner associations and more.

Did you know that Heritage Place and Topsail Senior Center are both recognized as senior centers of excellence? Certification is a process that requires a site team reviewing our operations and programs. They evaluate our services, marketing, activities, volun-

teerism, advocacy, planning, staff and operations. We were one of the first 15 centers recognized when certification began several years ago. Heritage Place will have our recertification site visit May 9.

We are planning a Christmas trip to Savannah, Nov. 28-30. Printed flyers are available at the center. Reservations may be made with \$100 deposit on but not before May 17.

What a fun time we had at the Topsail Senior Center Silent Auction! The food was great and the entertainment by the Harmony Belles was fantastic.

"It was one of our best events yet," said Wes Davis, Executive Director.

"We want to give a special thanks to our Topsail volunteers and Pender Staff that made the event a success," said Donna Murphrey, Topsail Senior Center Coordinator. "We appreciate all our sponsors and the community support," said Murphrey.

## May is Mental Health Month

Only people with mental illness need to pay attention to their mental health, right? Wrong! The truth is, your mental health affects your overall health. Good mental health is essential to creating a sense of well-being and a productive life.

We all face hassles every day and many of us will face serious challenges and crisis events in our lifetime. Good

mental health strengthens your ability to cope with whatever life brings your way. Even with good mental health, the stresses of life can eat away at your well-being and over time can lead to more serious mental health problems such as depression or anxiety.

While we can't snap our fingers and make stress disappear, we can learn ways to promote good mental health and

deal with stress in a healthy way. Recent research has shown that regardless of your circumstances, how good you feel is largely up to you! You can take steps to promote strong mental health. The following are proven tools that will help you feel stronger and more hopeful:

- Reach out and connect

*Continued on back*



The Harmony Belles of Wilmington sang at the Topsail Silent Auction. They will be performing again for the Older American's Month Celebration at Heritage Place May 23.



Thank you to Burgaw  
Presbyterian Church  
and Harold and  
Sadie Pollock for the  
beautiful Easter Baskets  
they prepared  
for our Home  
Delivered Meal clients.

TOPSAIL SENIOR CENTER  
THANKS AND ACKNOWLEDGES OUR  
2017 SILENT AUCTION SPONSORS

DIAMOND SPONSOR

Hampstead Women's Club

PLATINUM SPONSORS

Hampstead Marine Corp League  
Village Pharmacy of Hampstead  
Woodmen Life

GOLD SPONSOR

Topsail Women of the Moose

BRONZE SPONSORS

Canady & Son Exterminating  
Coastal Pender Rotary  
Elmer & Betsy Hodges



The Burgaw Belles, Pender County Cooperative Extension group, made a contribution to Meals on Wheels Mar. 30. This group uses the proceeds from Holiday house to give back in the community. Pictured above are Jane Johnson, Annette Page, Kay Frazier, Louise Eisenhower, and Mildred Brooke.

**In-County Transportation  
Available**

PAS-TRAN is accepting new  
in-county riders  
Call 910-259-9119 Press 1  
TDD/TTY 1-800-735-2962  
Monday thru Friday  
Shopping, education, employment,  
entertainment, medical facilities,  
other places of interest.  
Certain restrictions apply for trips  
and Medical appointments.  
Services may be interrupted  
if funding is not available.

**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

Caregivers Needed...we are hiring!!  
Call today to start you new career!  
Ask for Anna at 259-9119 x 318

***Pender Adult Services May 2017***

May 2 - Volunteer Appreciation Dinner  
May 4 - Better Living Nutrition Class (HP) 12:30 p.m. (Last class)  
May 8 - Bowling at Ten Pin Alley  
May 9 - Senior Center Certification Site Review - Heritage Place  
May 10 - Blind Support Group (HP) 1 p.m.  
May 11 - Elder Law Estate Planning - 12 - 12:45 p.m.(TSC)  
May 16 - Elder Law Estate Planning - 12:30 - 2 p.m. (HP)  
May 18 - Health Checks (TSC) 11:30 am - 1 p.m.  
May 18- 35<sup>th</sup> Anniversary Dance (HP) - 7p.m.  
May 23 - Older American's Month Celebration (HP) 12 noon  
May 25 - Health Checks (HP) 11:30 a.m. until 1 p.m.

**Continued from front**

with others  
•Be intentional about staying positive  
•Get physically active  
•Help others  
•Laugh more  
•Make time for pleasurable activities  
•Get enough sleep  
•Eat well  
•Take care of your spirit  
•Recognize the signs of more serious mental problems  
•Seek professional help when you need it  
While it is important to take steps every day to promote good mental health, sometimes you may need more help. Mental illnesses are common and treatable and there is help available. For more information go to: [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net). You can live your life well!

Heritage Place Dining Room

Light Appetizers & refreshments

D J -50's music



May 18, 2017

\$5 per person

Doors open 6:30 pm

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

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

**Fitness Fusion Group Fitness Classes**

Phone: 910-259-0422

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