



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

May
2019



The Unresolved String Band will provide entertainment for our Older Americans Month Celebration May 2. The group all play Ukuleles.

May is Older American's Month

Older American's Month is celebrated in May each year. This year's theme is Connect, Create and Contribute! We will have a meal May 21 that we celebrate and recognize older Americans.

We have invited the Unresolved String Band to be with us again to entertain us. We all thoroughly enjoyed this group in April at Heritage Place. Some of our friends from the Topsail Senior Center will be joining us for our May event.

Connections are made with the public at local fairs and events. Carolyn Wells and



some of our SHIP volunteers will be at the Pender Memorial Hospital's Farmers Market May 14 sharing information about programs and services that we offer. We often go to

community events to provide information on what is available through Pender Adult Services. If you would like a speaker to come to your group, please let us know.

We are hosting a fundraiser early this month at the Topsail Senior Center May 2. Go ahead and mark the date on your calendar for our fall auction which will be Oct. 24 at Heritage Place. Our creativity will be on display at our Senior Spring Craft Show and Sale.

This event will feature Handmade Crafts made by participants of our Heritage

Place craft classes. Some of these items will be available for purchase May 20-30. We hope this will let you see some of the things you could learn by participating in our craft classes.

Don't miss the opportunity to do some Advance Care Planning. This is a gift to your children because you make the difficult decisions and they will understand what you want. This event will be hosted by Lower Cape Fear Hospice May 7 at 12:30 p.m. at Heritage Place. A notary will be available.

RSVP: Making a difference

By Barbara Mullins
RSVP Coordinator

Generation to Generation is awesome support for our seniors in Pender County. The program was held April 16 and it brought a ray of sunshine to seniors at Pender Adult Services in Burgaw.

Sixteen students from Pender Early College assisted in the RSVP-Generation to Generation program. This event is held twice a year and is always a successful day.

These young adults come to assist seniors in using their cell phones, tablets, Kindles and laptops. It is amazing that no challenge is too big for these wonderful Pender Early College students. They provide patience and guidance throughout the instruction of our seniors. Everyone had huge smiles as there questions were answered.

Thank you Shannon Grable for arranging for these students to come and provide this wonderful community service. We all look forward to seeing you this fall.



Students from Pender Early College provide assistance to seniors with their electronic devices at Heritage Place. This program is planned twice a year.

RPM Classes Offered Great Cardio workout!

State of the Art Keiser Spin Bikes are used in the RPM cycling classes. The gym has six classes each week. Check us out!

Stroke awareness saves lives

A stroke or "brain attack" occurs when blood flow to an area of the brain is blocked. When this happens, the affected brain cells are deprived of oxygen and will begin to die. As brain cells die, the abilities controlled by that area of the brain are lost. Early recognition and treatment are crucial to minimize permanent damage.

How to recognize signs and symptoms of a stroke.

- Sudden numbness or weakness of face, arm or leg on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden vision problem in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or

coordination

- Sudden severe headache with no known cause

Use FAST to help you remember the warning signs of a stroke:

- F-Face: Ask the person to smile. Does one side of their face droop?

- A-Arms: Ask the person to raise both arms. Does one arm drift downward?

- S-Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

- T-Time: If you observe any of the above signs, CALL 911 IMMEDIATELY!

For more information about strokes such as risk factors and prevention visit: www.stroke.org



Don Powell was Bingo King and Miss Emily was Bingo Queen for a day at Topsail senior center. The King and Queen got to pick the games and each received a special gift that day.



Transportation News

PAS-TRAN is now hiring Part-Time Drivers

Applications available at
901 S Walker Street
Weekdays only

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

PAS-TRAN is accepting New Senior (60 & up)
Nutrition riders for both Heritage Place in Burgaw and
Topsail Senior Center in Hampstead.

Rural General Public rides for Grocery
Shopping, College Educational, Employment,
and Medical visits and needs, in county and out of
county are also available. New service available to
Jacksonville and Wallace-Rose Hill.

Call for more information and reservations.

Please Call 910-259-9119 Press 1

TDD/TTY 1-800-735-2962

Monday thru Friday

Certain restrictions apply for trips and Medical appointments.
Services may be interrupted if funding is not available.

Are the high costs for prescription drugs at your pharmacy creating a burden on your finances?

It's easy to qualify for our Prescription Assistance program.

If you are...

- A United States Resident

- Do not have Medicaid to cover outpatient medications.
- Have income, but still, can't afford your medications.

- Have insurance, but have a high deductible, or can't afford your co-pay.

Questions? Give us a call.

910-259-9119 Press 5



Special thanks to Pender County Health Department for leading our Get your Rear in Gear event at Heritage Place. The event emphasized the importance of colon screening.

Memorial and Honorary Giving Program

In Memory of Dorothy Folyes

By

Heritage Place Basket Class

Contributions have been received recently from

All Saints Catholic Church

Willarlea Ruritan

Thank you for your contributions

Have you considered a gift to Pender Adult Services, Inc.? We appreciate support for services that we offer. Your donations to PAS are tax deductible. An acknowledgement will be sent whether donation is in Honor or in Memory of individual or group. For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.

Pender Adult Services celebrates

May 2 – Topsail Senior Center Auction – 6 p.m.
May 7 & 8 - RSVP Perks- 9 a.m. Tues – HP, Wed - TSC
May 7 – Advanced Care Planning 12:30 p.m. (HP)
May 8 – Pender County Retired School Personnel meet – 11 a.m. (HP)
May 8 – Blind Support Group meets – 1 p.m. (HP)
May 13 – Bowling to Ten Pin Alley – please sign up, fees apply
May 14 – PMH Farmers Market 10a.m. until 1p.m. – Drop by and see Carolyn or Candy
May 16 – Health Checks offered by PCHD at Topsail
May 20 – 30 Senior Spring Craft Show and Sale (HP)
May 21– Older Americans Month Celebration “The Unresolved String Band” 12:30 p.m.
May 23 - Health Checks offered by PCHD - 11:30 a.m. (HP)
May 27 – Closed for Memorial Day
May 29 – Day trip to the Ability Garden Wilmington (Fees Apply)

May 2 – Topsail Silent Auction - 6 p.m. (TSC)

BBQ & Bluegrass

Get your tickets and join us!
Tickets are \$20 and benefit Meals on Wheels and the Topsail Senior Center

Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) if you need information, referral or assistance with any of the following services:

Health Screenings	Fitness & Health Promotion
Insurance Counseling	Tax Preparation/Counseling
Legal Services	Transportation Medical/General
Caregivers Classes	Family Support Groups
Housing	Reverse Mortgage Counseling
Home Repair/Modification	Home Health Services
In-home Aide Services	Medicaid Benefits/Medicare Benefits
Social Security Benefits	Job Training/Placement
Adult Day Care/Day Health	Community Mental Health
Disaster Services	Durable Medical Equipment/Assistive Devices
Hospice Care	Long-term Care Facilities
Rehabilitation Services	Report Suspected Abuse, Neglect or Exploitation
Respite	SHIIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution
Volunteer Opportunities	Senior Games

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
9:30 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 10:30 Group Walk 11:00 Geri-fit 12:00 Meals 12:30 Pinochle/ 1:00 Rummikub 1:00 Quilting Group	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	9:30 RSVP Card Class (2nd) 10:00 Jewelry 10:30 Group Walk 11:00 Geri-fit 11:30 Caregivers Group(4th) 11:30 Health Checks (4th) 12:00 Meals 1:00 Rummikub/ MEX TRAIN	11:00 Bingo 12:00 Meals

Saturday—closed
Facility Available For Rentals
Phone: 910-270-0708

Topsail Senior Center Opportunities

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 Group 10:00 Modified PILATES 12:00 Meals 2:00 Zumba Gold 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets & Cribbage 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 RSVP Perks (1st) 9:30 Beginning Tai Chi 9:30 Knitting Group 12:00 Meals 1:00 Canasta & Bridge 2:00 Rummikub	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/Mahjong/	11:00 Line Dance 12:00 Meals Caregivers Support ** **Call for info

Saturday –Facility Available for rentals

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday Open 5:00—8:00	Tuesday Open 5:00—8:00	Wednesday Open 5:00—8:00	Thursday Open 5:00—8:00	Friday Open 5:00—8:00
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50	5:30 RPM Cycling 8:30 Cardio Fit 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES Massage by Appointment 5:30 BODYPUMP	5:30 RPM Cycling 8:30 Gentle Yoga 10:45 FIT OVER 50 5:30 RPM Cycling	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP

**Saturday
Open 8:00—2:00 pm**

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.

schedule 2019