

Helpful information to enhance senior living provided by Pender Adult Services



Pass it on...

The Pender-Topsail
POST
& Voice

May
2022



Meals on Wheels volunteers needed in Currie area

Meals on Wheels (MOW) America reports that before the Coronavirus Pandemic nearly 9.5 million seniors were threatened by hunger. Of these, 5.3 million were food insecure or very low food secure. MOW America also reports that 1-in-4 seniors live alone with 1-in-4 feeling lonely.

Pender MOW serves approximately 500 meals a week between congregate meals at both Topsail Senior Center and Burgaw Heritage Place and delivered Meals on Wheels. These are seniors in our county receiving meals, plus an added bonus of socialization from staff and volunteers of MOW.

MOW are delivered to participants four days a week with Thursday being a double meal day—an extra meal delivered to help with Friday. Volunteers on the eastern side

of the county pick up meals at Topsail Senior Center. Volunteers on the western side of the county pick up meals at Burgaw Heritage Place and Atkinson City Hall.

Soon, people that have been waiting for months for a Meals on Wheels delivery in Currie will be receiving meals four days a week, with Thursday receiving double meals. This can only be accomplished if volunteers are willing to deliver meals to them. Volunteers will meet at a location in Currie to pick up the meals for delivery. It will take about an hour to do the route.

If you are interested in volunteering for MOW for the Currie route, please contact Cathy Guidry, Director RSVP at 910-259-9119, ext 329 or cguidry@penderpas.com. We plan to begin this new route the first week in June.

Topsail Senior Center News

By Donna Murphrey
Topsail Senior Center

Spring is in full swing and we are celebrating with a Mother's Day May 2. Also, May 5, a little Cinco de Mayo celebration at 10 a.m. followed by Birthday Bingo at 10:30 a.m.

May is Older Americans Month and we are planning a celebration May 24, please call center for more info at 910-270-0708. As always we have exercise opportunities to accommodate most seniors and many social activities so please join us!

A big "Thank You" to our friend Nicole and local neighbors in Hampstead for the lovely Easter baskets with gifts and candy for our Meals

on Wheels clients, and to Holly Ridge Church of God Ladies Ministry for providing Bingo gifts.

Our AmeriCorps Senior Volunteers (formerly RSVP) were honored with a banquet April 27 and I would like to thank each one of them again for their time and dedication. It is with great sadness that I tell you one of our longest serving volunteers, Elmer Hodges, passed away April 8. Elmer was a true gift to our center for many years and a charter member of the Hampstead Marine Corp League. Our thoughts and prayers go out to his wife, Betsy, and family. In closing I would like to say again how truly blessed we are to have such a giving community!

RSVP holds appreciation dinner

RSVP is a federally funded program for volunteers 55 and older sponsored by Pender Adult Services. These volunteers donate their time and their talents to the many needs of Pender County.

Volunteers help in the two senior centers in Pender County; serve with local non-profits, such as: Pender Christian Services, Monty's Home, For Our Furry Friends, 4 C's Food Pantry, Safe Haven and St. Joseph's Food Pantry; read and tutor in Schools in Pender County; make calls to homebound seniors, deliver Meals on Wheels and provide socialization for homebound seniors. In 2021 RSVP volunteers served 15,145 hours in Pender County.

The Annual Volunteer Appreciation Dinner was held April 27 – a luau theme, complete with dinner and live music and a talk given by W. Clay Creswell, local author of *Sharks in the Shallows: Attacks on the Carolina Coast*. President's Service Awards

were given out dependent on the hours served by the volunteer. Ruby Ballard received the top Gold award with 1,155 hours volunteered. Mary Lois Wulzyn also received the Gold award with 748 hours served. Forty one other volunteers out of the group of 190 received either the Silver or Bronze awards.

Three volunteers from the Topsail Senior Center were recognized as Top Topsail Volunteers for their special time given at the Topsail Senior Center. Those that received this award include: Russ Cappello, Diane Mangus and John Conroy.

We appreciate every volunteer that gives any amount of time to the organizations in Pender County! If you would like to join our team, please call Cathy Guidry, RSVP Director at 910-259-9119, ext 329 or cguidry@penderpas.com.

RSVP Volunteers (right)



The Heritage Place group enjoyed creating a stained glass project, using a painting on glass technique.

Heritage Place Happenings

By Jennifer Mathews
Heritage Place Burgaw

We have had good time around the centers this month. We had Easter parties, including dyeing eggs at Topsail and of course hunting them, an outdoor tea party bingo, and moments of laughter and joy! Crafts were fun this month!

We had a chance to make "stained glass" and "sip and paint."

We enjoyed our students from CFCC and UNCW. They are learning from us but teaching us along the way! We celebrated our volunteers who do so very much for us. We hope you enjoy some of our fun through photos and will drop

by and join in!

May will be a joyful time together as we celebrate Age My Way May 24. Older Americans Month is a time that we highlight the contributions of our older Americans. This year we are focusing on aging in place-how older adults can plan to stay in their home and live independently in their

communities!

We also have our first Wilmington Singles Club Dance night May 5. Doors open at 6:30 p.m. Cost is \$12. If you are ready to travel – we still have a few seats on our trip to New Orleans in June. Contact us at (910)259-9119 if you have any questions.

Pender Adult Services celebrates Older Americans

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no "right" way. That's why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:



- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

This year, Pender Adult Services is excited to celebrate OAM with our partners in the aging community. Follow along throughout the month to find resources on aging in place. Join us May 24, 2022 as we celebrate our Older Americans!!

Diverse communities are strong communities. Ensure

ing that older adults remain involved and included in our communities for as long as possible benefits everyone. Please join Pender Adult Services in strengthening our community- considering volunteering with Pender AmeriCorps Seniors RSVP or get involved with older adults in your neighborhood or church.

For More Information about programs and events: contact Jennifer Mathews at (910)259-9119 or visit us on facebook/PenderAdultServices or www.penderpas.com

For more information, visit the official OAM website, follow ACL on Twitter and Facebook,

and join the conversation using OlderAmericans-Month.



Heritage Place
901 S Walker St
Burgaw, NC 28425
(910) 259-9119

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

Fitness Fusion
903 S Walker St
Burgaw, NC 28425
(910)259-0422

Find us online: www.penderpas.com

On Facebook: [Pender Adult Services](https://www.facebook.com/PenderAdultServices)

Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, socialization, games and activities.

[Want to know more? Give us a call...](https://www.facebook.com/PenderAdultServices)



- (Above Top) Our CFCC OTA intern Ashley works with seniors on a Sip & Paint Craft project
- (Above Left) Tony helps with Topsail crafts. He models his recently created "top hat" for the upcoming Tea Party at Topsail.
- (Above Right) Kim and Jean have created a Fascinator for the Tea Party.
- (left) Emily shows off her beautiful fascinator.
- (Top Right) Our CFCC OTA intern Ashley works with Mary Lois on a recent Sip and Paint project.
- (Middle Right) Mary and the Easter Bunny go on a hunt at Heritage Place.
- (Right Bottom) Sennie and Felicia enjoy a visit after some fun at Heritage Place Easter Party. Come by and celebrate friendships and age my way.



Pender Adult Services Invites You
On a Fabulous 6 Day/5 Night Vacation to

New Orleans!

Date: June 19 – June 24, 2022
Spaces still available

*Guided Tour of New Orleans *New Orleans School of Cooking *Dinner with New Orleans Style Entertainment *Tour an Old-Fashioned Louisiana Plantation *Visit the Historic French Quarter & Cruise the Mississippi - Enjoy Free Time to explore New Orleans on your own & Visit Harrah's Casino—Hotel is downtown New Orleans

For Information Please Contact:
Jennifer Mathews @ 910-259-9119 x 303

Travel Protection can be purchased at time of deposit
Price: \$859.00 Per Person – Double Occupancy
\$200 Deposit Due for Reservation
***COVID VACCINE REQUIRED (OR NEGATIVE TEST 2 days prior)**

HAVE QUESTIONS ABOUT MEDICARE

?

SHIP HAS ANSWERS.

The Seniors' Health Insurance Information Program (SHIIP) has experts specially trained to answer your Medicare questions and to help you with other insurance issues important to seniors, such as:

- selecting a Medicare prescription drug plan
- preventing Medicare billing fraud and abuse
- choosing a Medicare supplement plan

Call Pender Adult Services at (910) 259-9119 to talk to a trained SHIIP counselor or schedule a one on one meeting.




SINGLES? MARRIED? JOIN US

Make a Friend, Be A Friend

Pender Thursday Social & Dance Club

Heritage Place

WSC PENDER THURSDAY DANCE CLUB

- Thursday, May 5th
- Thursday, June 2
- Thursday, July 7

Doors open at 6:30pm
Dance from 7pm—10pm
Admission \$12 each

Meeting at Heritage Place 901 S Walker Street



For More Details contact: Gary Pridgen @ 910 789 0169