

PASS IT ON

November
2010

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

Silent auction benefits Meals on Wheels

Pender Adult Services, Inc. in Burgaw will hold a Silent Auction to benefit the "Meals on Wheels" Program, Thursday, November 18, 2010. The event will begin at 6:00 pm and is being held at the senior center, 901 S. Walker Street in Burgaw.

"Meals on Wheels" provides a nutritious lunch to the homebound elderly in Pender County. It also provides peace of mind for family members who are working to know that someone is seeing their loved one and checking on them during the day. Funds raised from this event will be used specifically to support the Meals on Wheels program.

The Silent Auction is the agency's major fundraiser each year. The evening fea-

tures entertainment with jazz music by Pedro Esparza and friends, wine, cheese, heavy hors d'oeuvres, and sweets that will bring a smile to your face.

Guests will enjoy an evening of bidding on beautiful items, enjoying delicious food and listening to some great music.

Some of the auction items are: a stay at the Front Street Inn, \$200 laser treatment gift certificate from Wilmington Dermatology, wine baskets, jewelry galore, Mary Ellen Golden print, autographed Paula Dean cookbook, Ivey Hayes print, autographed N.C. State Women's' basketball, Nascar memorabilia, sports items, helicopter ride gift certificates, great selection of restaurant gift



Auction items are on display now at heritage Place, 901 S. Walker St. Come by and bid.

certificates, portrait innovations gift certificate, beautiful turned wood bowls, decorative glass, fire/water fountain, decorative tables, spa baskets, beautiful bird house, sail boat mounted on stone base, and much more.

A three burner Weber

Gas Grill Sprint E-310 with cover and three piece stainless tool set donated by Bird and Ray Bost is being raffled and will be given away during the evening. Tickets are available at Fitness Fusion and Pender Adult Services.

The agency is accept-

ing items for the event and will be happy to pick them up. Please call Valeria at 259-9119 to arrange for pick up or for more information. Tickets are being sold at Pender Adult Services and Topsail Senior Center for the auction.

DEES ^{Rx}

Drug Store

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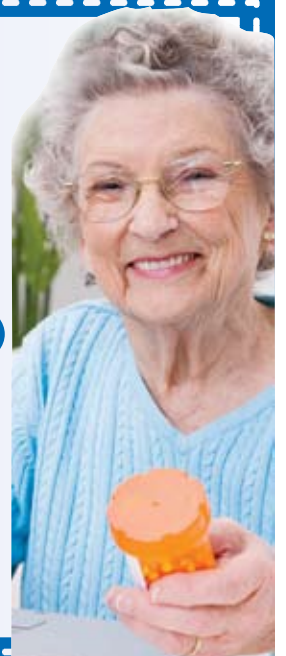
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111 Wright Steet, Burgaw, NC 28425 • 910.259.2116

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

VISIT OUR
SODA FOUNTAIN!

Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.



A Matter of Balance class

By Hope Cusick

James and Carolyn Gayford presented an interactive class at the Topsail Senior Center during September and October to an enthusiastic group of participants. *A Matter of Balance: Managing Concerns about Falls* is a program of lectures and exercises that inform people of all ages how to develop a stronger sense of balance and how to prevent and manage falls and fractures.

The course develops both mental and physical skills in how to manage fears, thoughts and actual hindrances in having an unexpected fall or loss of balance.

Participants learned how to recognize factors that might create a loss of balance and then learned to develop sound, realistic and constructive ways of developing better balance through exercise, confidence building

thoughts and basic preventive measures and actions.

It's a program that teaches about keeping healthy and fit through endurance, strength, balance and flexibility and shows the benefits from being active and following an exercise program. They learned to be conscious and aware of their surroundings, both in the home and outside, which is vital in preventing falls and maintaining a good sense of balance.

The audience performed exercises from breathing deeply to leg extensions to waltz steps to chair push-ups. Then learned how to make a home safe from falls and how to ask for help.

One of the important pieces of advice was to keep a cell phone next to your bed at night and to use a tapping device which quickly turns the lamp on by just tapping it instead of having to reach for a switch to turn it on.



The Topsail Matter of Balance class. Back row: Sara Frazier, Arnold Frazier, Vincent Cusick, Robert Heck, Marilyn Heck, Joan Dillard, Jim Gayford, Larry Morris, Front row: Hope Cusick, Jane Niederberger, Carolyn Gayford.

Investing in a health alert agency was discussed as a great aid for people with special needs.

"This is a great program which teaches you how to be

healthy and prevent falls and fractures," said one participant. "It also explains how to make your house a safe place to prevent slipping and fall-

ing. Everyone of every age

should take this class. It was very informative and gave me a new insight on how to keep my balance and how to be healthy, happy and active. Thanks Carolyn and Jim."



Betty Simpson joins other seniors on a recent fishing trip

Candlelight Reflections Service

**Thursday, November 4, 2010
Forest Hills Baptist Church
2711 Penderlea Highway • 6:00 pm**

*Candlelight Reflections will honor
Individuals affected by Alzheimer's
Disease, related disorders, and
Family caregivers.*

LOW INCOME ENERGY ASSISTANCE PROGRAM

Pender County Department of Social Services will begin accepting applications for LIEAP (heating/fuel) November 1-12, from 9 – 3 p.m.

Site applications will be taken from 10 a.m.– 12 p.m. on the following days:

Canetuck Community Center, Wednesday, Nov 3

Maple Hill Recreation Center, Thursday, Nov 4

Moore's Creek Baptist Church, Friday, Nov 5

Mt Moriah AME Church, Rocky Point, Monday, Nov 8

Topsail Senior Center, Hampstead, Tuesday, Nov 9

Willard Community Center, Wednesday, Nov 10

(The household must include a U S Citizen or an eligible alien.)

Please call Pender County Department of Social Services for additional information.

Medicare Part D annual election period soon

Medicare Prescription Drug (Part D) plan program offers plan members the ability to make changes in their coverage each year during the annual election period. Between Nov. 15 and Dec. 31, Medicare recipients can make changes to their Medicare health or Part D coverage. Beneficiaries should review all 2011 plan options during this time frame. Seniors Health Insurance Information Program (SHIIP) volunteers can provide unbiased information and comparisons of the 2011 Medicare Part D prescription coverage options.

A beneficiary should not assume that a plan that met their needs in 2010 will do the same in 2011. Part D plans contract on a yearly basis with the Medicare program. This allows for changes in formulary lists (the prescription medications covered by the plan), restriction and limitation requirements, monthly premium payments, and pharmacy co-payments for any medication each year. SHIIP encourages each Part D participant to compare the coverage offered by their

current plan with the coverage that will be offered by all plans available in 2011.

Another item of importance to consider is that many plans offer a mail order pharmacy option that can save money with a 90-day supply of a medication at lower co-payment levels. If this is an option you are interested in, make sure your plan offers a mail order option.

Medicare recipients who have not previously enrolled in a Part D plan are allowed to do so during this period (although they might see a premium penalty if other creditable coverage did not exist). Medicare beneficiaries with low incomes and limited resources may be eligible for Extra Help/Low Income Subsidy (LIS) program to reduce or eliminate the monthly premium and annual deductible and to reduce prescription co-payments. SHIIP volunteers can help determine eligibility and help with the application process.

To schedule an appointment in the Burgaw area, call 259-9119, and for the Hampstead/Topsail area call 270-0708.



A group of 90 seniors recently enjoy a tour of Cape Cod including Martha's Vineyard. Contact Jennifer Mathews if you are interested in the Pender Travel Club. Tours are planned for spring and fall and are paid for by individuals participating.

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Sitter, light house keeping, personal care, respite

Pender Adult Services, Inc.
 now offers assistance in the home for individuals and their families.
 Fees based on monthly income.
CALL NOW FOR MORE INFORMATION AND TO DETERMINE ELIGIBILITY!

Contact: Rebecca Boggs, RN
 Pender Adult Services
 Phone: 910-259-9119

Memorial and Honorary Giving Program of Pender Adult Services

CONTRIBUTORS:

- Emma Anderson Memorial Chapel
- Francis Harris
- Hampstead Women's Club
- St Joseph's Church
- Topsail Moose Lodge
- Willarlea Ruritan

Special thanks to Stewart Brown and Topsail Presbyterian Church for the sweet potatoes

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 or toll-free at 1-877-259-9119.

Dickens Christmas and Shopping Friday, November 12, 2010

COST: \$30
 (includes Dickens & Transportation)
 Time: 7:30—7:30

Departs from Burgaw & Hampstead Morning at
 Dickens Christmas Show**
 Myrtle Beach Convention Center

Pender Adult Services, Inc

Heritage Place
901 South Walker Street
Burgaw, NC 28425
(910) 259-9119

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.

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

Heritage Place Opportunities

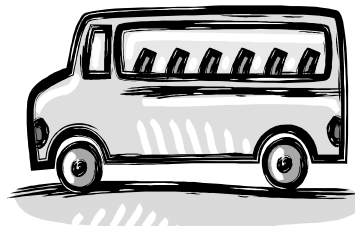
Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class 6:00 Line Dance	9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals

Topsail Senior Center Opportunities

Monday 8:00 am—5:00 pm	Tuesday 8:00 am—5:00 pm	Wednesday 8:00 am—5:00 pm	Thursday 9:00 am—5:00 pm	Friday 9:00 am—2:00 pm
10:00 Modified Pilates 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 1:30 Bowl@Ten Pin (2nd & 4)	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle Yoga 3:00 One Stroke Painting	9:00 Quilting Class 10:00 Knitting Group 10:00 Crocheting Group 10:00 Jewelry Making 12:00 Meals	9:00 Current Events Coffee 10:00 Vinyasi Yoga 10:30 Bingo 12:00 Meals 1:00 Quilting Class 1:00 Card Playing 1:00 Mahjong	10:00 Quilting/Sewing 12:00 Meals 1:00 Vitality in Action Saturday—closed Facility Available For Rentals

Fitness Fusion Group Fitness Classes

Monday Open 6:00—9:00	Tuesday Open 6:00—9:00	Wednesday Open 6:00—9:00	Thursday Open 6:00—9:00	Friday Open 6:00—9:00
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 12:15 WAIST DOWN 5:30 ZUMBA 6:40 ZUMBA	8:30 BODYPUMP 9:40 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 5:00 KARDIO KICKBOX 6:05 ZUMBA	8:30 BODYPUMP 9:40 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA



Public Transportation is available to person 18 years and older throughout Pender Co. The cost per ride is \$3 each way. A 48 hour notice is necessary to arrange transportation. Please call (910) 259-9119 or (910) 259-8434 to make arrangements.