

PASS IT ON

November
2011

Helpful information to
enhance senior living provided
by Pender Adult Services



The Pender
POST

Annual silent auction at Heritage Place begins Nov. 7

The annual silent auction for the Meals on Wheels programs is coming soon. Items will be on display beginning Nov. 7. Come by and shop early and purchase a ticket for the event

New donated items are still being accepted from area businesses and individuals. Sponsorships are available. To be a sponsor contact a board member or staff person. Raffle items include Weber Grill & 32' flat screen HD TV. This fundraiser for Meals

On Wheels program is a wonderful evening of entertainment.

"People enjoy the meal, the fun and the shopping and it is all for a great cause," said Jane Johnson, Aging Case Manager.

The Meals on Wheels program provides a nutritious hot meal for our homebound senior clients. Tickets are \$15 per person and are available in advance for the fundraising event by contacting Pender Adult Services at 259-9119.



DEES^{Rx}
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~ Since 1916 ~

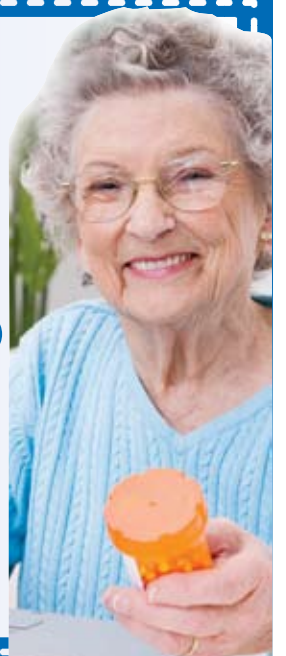
Open 9-6
Monday-Friday
9-1 Saturday

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.



RSVP celebrates one year anniversary

By Barbara Mullins
RSVP Coordinator

The Pender County Retired Seniors Volunteer Program (RSVP) celebrated our one year anniversary with a special recognition dinner honoring 68 RSVP volunteers in September.

A special thanks to our Advisory Board and to Patrick Smith for providing invigorating music for our enjoyment.

Our board reminded our volunteers that volunteering is not a paid position because there can be no dollar value placed on what a volunteer does.

More than 1,260 hours were given in the past nine months by volunteers in the following areas:

- Tutoring in three Middle Schools,

- Giving companion/respite care to clients living independently at home,

- Mentoring young adult students from

Cape Fear Community College who are trying to "give back" to their community.

Our top ten volunteers received yellow corsages/boutonnieres in recognition of the extra hours they generously gave for the good of their program.

Every RSVP volunteer is important to the program and together we are making an impact in our community. More students passed EOG tests last May because of the one-on-one help we were able to provide.

More seniors could remain living at home independently because RSVP was able to assist in their needs.

Young adult students were challenged to try something new and with the help of RSVP volunteers, they volunteered at Pender Adult Services, at Pender Christian Thrift Store, and at the library.

RSVP is not a trend. It is a revolution making an impact on Pender County. We hope to recruit 20 to 30 more volunteers quickly so we can serve the needs of the community.

RSVP food drive a success

The RSVP food drive in honor of our first responders was a great success. We are doing it again in honor of our veterans. Everyone is asked to donate a can/box of food for the Veterans' Day RSVP food drive.

Items will be collected Nov. 7-18 and will be donated to Pender Christian Food Bank in Burgaw and 4-C's Food Bank in Hampstead.

Both facilities were thrilled to fill their empty shelves with 24 big boxes of food that we hauled into these locations last time. Drop off locations are our senior centers and participating Food Lions.

Candlelight Reflections Service

Thursday, November 3, 2011
Burgaw Presbyterian Church
200 E Fremont St, Burgaw
6:00 pm

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

Medical Moments

Mon, Nov 14, 2011

Heritage Place

12:30 pm

Topic: Acid Reflux

Speaker: Dr Brajendra P Singh, M.D.

Tues, Nov 15, 2011

Topsail Center

12:45 pm

Topic: Osteoporosis

Speaker: Dr Rick Hernandez

Medical Moments Sponsored by:

Burgaw Medical Center &
Hampstead Family Practice

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 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: Connie Bell, RN
or Rebecca Boggs, RN

RSVP PERKS

Tues Nov. 1 at Heritage Place
in Burgaw (9-11 a.m.)
and at Topsail Senior Center
on Nov. 2 (9-11 a.m.)

Come join us for short presentation on the program, coffee, and a home made goodie.

Training in health care is planned at both locations from 9:30-11 a.m..

We would love for you to join us so we can answer your questions regarding RSVP.

Or you are welcome to call Barbara Mullins
At 910-259-9119 (ext 25)

Medicare Part D annual election period has changed

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. Effective this year the annual election period has been changed to Oct. 15 – Dec. 7.

Medicare recipients can make changes to their Medicare health or Part D coverage. Beneficiaries should review all 2012 plan options during this time frame. Seniors Health Insurance Information Program (SHIIP) volunteers can provide unbiased information and comparisons of the 2012 Medicare Part D prescription coverage options.

A beneficiary should not assume that a plan that met their needs in 2011 will do the same in 2012. 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 2012.

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

Memorial and Honorary Giving Program

Your Gift to

Pender Adult Services, Inc

Is acknowledged with grateful appreciation

**Fresh Vegetables for our Seniors
SENC FOODS**

**Continuing Contributions
Emma Anderson Memorial Chapel
Hampstead Women's Club
St Joseph's Church
Willarlea Ruritan Club**

Contributions enable Pender Adult Services to help adults of Pender County lead independent and fulfilling lives. 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.

Pender Adult Services Calendar of Events

RSVP Perks

Tues. Nov. 1, (HP) 9 – 10 a.m.

Wed. Nov. 2, (TSC) 9 – 10 a.m.

Healthy America – Health Checks

Wed. Nov. 2, at Fitness Fusion 9:30 – 11 a.m.

Mon. Nov. 7, at Fitness Fusion 4:30 – 6 p.m.

Thurs. Nov 10 at Topsail Senior Center 11:30 a.m. – 1 p.m.

Candlelight Reflections

Nov. 3, at 6 p.m. at Burgaw Presbyterian

Square Dance Lessons at Topsail

Friday, Nov. 4 7:30 – 9:30 p.m.

Veteran's Day Closing

Friday, Nov 11

Tree Top Quilters (TSC)

Monday, Nov. 14, 2011 at 1 p.m.

Contact Kay Stanley at 270-0708

Veteran's Food Drive for Food Pantry

Nov. 7 -18

Contact Barbara Mullins at 259-9119

Blind Support Group (HP)(Second Tuesday)

Nov. 8 at 1 p.m.

Contact Patricia Miller at 259-1464

Medical Moments – Acid Reflux (HP)

Mon. Nov. 14 at 12:30 p.m.

Speaker: Dr. Singh

Medical Moments – Osteoporosis (TSC)

Tues. Nov. 15 at 12:45 p.m.

Speaker: Dr Hernandez

Silent Auction

Thurs. Nov 17

Thanksgiving Closing

Thurs. & Fri. Nov. 24-25

Diabetes Support (HP) (Fourth Thursday)

11 a.m.

Contact Rebecca Boggs at 259-9119

Alzheimer's Support Group (HP) (Fourth Thursday)

The group will not meet this month, please attend Candlelight Reflections
Contact Kay Warner at 259-9119 if you plan to attend.

Wilmington Coupon Club (HP)

Monday, Nov. 28 at 6 p.m.

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

Phone: 259-9119

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 10:30 Rummique 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class (Jan) 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 Class 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 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 12:30 Knitting Group (new) Saturday—closed Facility Available

Topsail Senior Center Opportunities

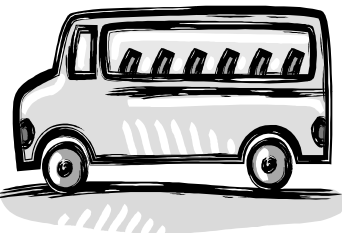
Phone: 270-0708

Monday 8:30 am—5:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—3:30 pm	Thursday 8:30 am—6:30 pm	Friday 8:30 am—2:30 pm
10:00 Modified PILATES 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 2:00 Digital Class 4:30 ZUMBA GOLD	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Class 10:00 Knitting Group 12:00 Meals	10:00 Vinyasi YOGA 10:30 Bingo 12:00 Meals 1:00 Quilting Class (fall) 1:00 Card Playing 1:00 Mahjong	8:30 ZUMBA NEW* 9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action Saturday—closed Facility Available For Rentals

Fitness Fusion Group Fitness Classes

Phone: 259-0422

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 4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 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