



Pass it

The Pender-Topsail
POST
& Voice

November
2014



Silent Auction and Gala a huge success at PAS

Pender Adult Services held its annual Silent Auction Oct. 23. It was a wonderful evening and fundraising event for our Meals on Wheels program. The staff, board and volunteers gathered more than 200 items for the auction including several autographed basketballs and many decorative household items.

"We want to thank the community for their support," said Wes Davis, Executive Director. "Each ticket purchased, each item donated, each sponsorship given, all contributed to a very successful event. We wish to thank all of our sponsors for their generous support. More than \$16,000 has been received to date."

The event was a dinner set up in stations offering appetizers, soups and salads, meats, pasta, wine, beer and martinis. Attendees stopped by the s'mores station for an old-time favorite on their way to dancing in our heated tent. Brown Dog Coffee was our coffee sponsor serving their delicious coffee.

Staff greeted attendees, served at stations and volun-

teers from Heide Trask High School Key Club served appetizers. The event has grown to 200 guests.

The Board of Directors and Staff of Pender Adult Services wish to thank all of our generous sponsors including platinum sponsors Bird and Ray Bost, Burgaw Rotary Club, Cardinal Metal Works, Griffin, Estep Benefit Group.

The gold sponsor was MV Transit. Silver sponsors included American Skin Food Group, Carolina Coastal Equine, Dr. Jan Laguire and Dr. Emily Brazik, First Citizens Bank, and Revive Physical Therapy.

The bronze sponsors were Atlantic Shores Distributors, CH Clark and Sons, Cheryl and William Wooddell, Coastal Custom Electric, Inc, Delivery Concepts, Earney and Company, Fairway Ford, Four County Electric, James A. and Teresa Ennis, Jim and Carolyn Gayford, Joyce and Allen Wooten, Judith and Peter Pelly, Peggy Casey, Village Pharmacy Hampstead, Village Pharmacy Rocky Point Pavilion, and Wells Fargo Advisors.



Helene and Suzanne hold a lobster during Pender Adult Services recent trip to Maine. Photo contributed

Candlelight Reflections Service

November is National Alzheimer's Disease Awareness month and National Family Caregiver Month. The Candlelight Reflections Service was designed to honor individuals affected by Alzheimer's disease and related disorders, and family caregivers. Family caregivers are the lifeline for their loved ones and this service recognizes those efforts.

The caregiver support group at Pender Adult Services will hold the service Nov. 20 at 11:30 a.m. at 901 S. Walker Street. Individuals who are caring for loved ones and others who have lost loved ones to Alzheimer's or dementia are welcome to attend.

Veterans Day program on Nov. 11

The Retired Seniors Volunteer Program and Hospice are planning a Veterans Day program. RSVP will host the first Veterans Day program at Pender Adult Services in Burgaw.

The event is planned for Nov. 11 from 1-3 p.m. at 901 S Walker Street, Burgaw. The wonderful partnership that Lower Cape Fear Hospice and RSVP has makes it possible to plan the perfect tribute to our Pender County Veterans.

The red carpet will be rolled out to make veterans feel special. The movie *Honor Flight*, which focuses on our WWII Veterans, will be shown, as well as presentation of the flags of the armed forces. The JROTC color guard participate, and special music is planned.

Light refreshments will be served. For questions please call 910-259-9119 ext. 329.



Photo contributed

More than 170 people attended the annual Silent Auction and Gala at Heritage Place Oct. 23, a benefit for Meals on Wheels. Anna and Nery enjoyed the dinner.



Photo contributed

Al Reynolds teaches woodcarving at the Topsail Center each Wednesday and Friday.

Topsail Center Happenings

By Kay Stanley
Topsail Senior Center

We are still enjoying the Cape Fear OTA students on Tuesdays. They help with crafts and activities and are thankful to have them through the first part of December.

It saddens me to mention the loss of John Harkey in October. He became a Friday volunteer in January 2012 and was dependable and congenial. We miss him already.

A familiar face, former volunteer, Bobbi Acee is now working part time under the

United Way Senior Aide Program. We are happy to have her in this new role.

Geri Fit is still a big draw here at Topsail. Wes has got the seniors coming back for more. Classes meet on Tuesday and Thursday morning.

Our Wednesday knitting group has grown and they welcome more knitters to join them. They are such a warm group and seem to help each other. A new session of Tai Chi will begin in November.

The veteran's grief group will meet Nov. 12 from 2-4 p.m. Cathy Jackson, new Com-

munity Outreach Coordinator with Lower Cape Fear Hospice will be having her volunteer training sessions at Topsail the week of Nov. 10. Dates are Nov. 10 from 9 a.m. until 1 p.m., Nov. 12 from 1-4 p.m., and Nov. 14 from 9 a.m. until 1 p.m.

She is trying to accommodate her volunteers on this side of the county for training.

The retinal vision screen with Bragg Cox will be in December and we have a sign up at the front desk. Come enjoy the fall with us.

Medicare Part D annual election period is underway

By Kay Warner
Pender Adult Services

Your health needs change from year to year, and the benefits and costs of your Medicare prescription drug plan or other health coverage may change each year, too.

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 is now through Dec. 7.

All people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage during this time.

A beneficiary should not assume that a plan that met their needs in 2014 will do the same in 2015. 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.

The Seniors Health Insurance Information Program (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 2015.

Many plans offer a mail order pharmacy option that can save money with a 90-day supply of a medication with lower co-payment levels. If this is an option you are interested in, make sure your plan has a mail order component.

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, annual deductible, and to reduce prescription co-payments. SHIIP volunteers can help determine eligibility and help with the application process.

SHIIP volunteers can provide unbiased information and comparisons of the 2014 Medicare Part D prescription coverage options and the Medicare Advantage Plans.

To schedule an appointment in the Burgaw area, call Pender Adult Services, 259-9119 ext. 0 and for the Hampstead/Topsail area call the Topsail Senior Center, 270-0708.

PAS-TRAN News

Call to schedule your ride to college, work, medical appointments, shopping, etc. \$3 or \$8, Monday through Friday. Call for more info. 910-259-9119, press 1. Text while Riding, and Not Driving!



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Randy Spainhour, Rph.
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Open Monday - Friday
9 a.m. - 6 p.m.
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FREE DELIVERY



Photo contributed

The group from Pender Adult Services who attended the N.C. State Fair in October had a great time. Make plans to attend next year.

Tai Chi – 2014

Topsail Senior Center, Hampstead

Tai Chi for Health-Beginner's six week class starts Nov.4. The class meets from 11:15-11:55am. Nov. 4,18,25 and Dec. 2,9,16

Call 270-0708 for information

Advanced Tai Chi – 6 week class starts Nov. 6. The class meets from 3:15-3:55pm. Tai Chi for Energy form

Nov. 6,13,20 and Dec. 4,11,18

Heritage Place, Burgaw

Tai Chi for Health – Beginners six week class will be offered at Heritage Place. The class starts Nov. 3 and meets from 8:30-9:15am.

Nov. 3,10,17,24 and Dec. 1 and 8

Call 259-9119 for information.

Pender Adult Services November 2014 Calendar

Wellness Checks -Provided by PAS

Fitness Fusion - 1st Wednesday 9:30 am

Open Enrollment continues for Medicare Part D (see article)

November 11 - Veteran's Day Celebration (HP) 1:00 – 3:00 (see article)

November 12 – Blind Support Group (HP) 1:00

November 12 – Veteran's Support Group (TSC)– 2:00 – 4:00

November 18 – RSVP Thanks-a-million dinner (HP)

November 19 – Charleston Trip Meeting (HP) 1:15 pm

November 20 – Candlelight Reflections (HP) 11:30 am

November 20 – Cancer Support Group (HP) 12:00

November 27-28 – Thanksgiving Holidays (centers closed)

Blood Pressure Screenings -Provided by PC Health Dept

Topsail Senior Center – 3rd Thursday 11 – 1

Heritage Place – 4th Thursday 11 – 1

Support Groups

P C Blind Group

Heritage Place – 2nd Wednesday 1 pm

Contact Patricia Miller, services for the blind

Cancer Support Group –

Thursday, November 20th at 12:00 pm Heritage Place

Caregivers Support

Topsail –Contact Kay Stanley @ 270-0708 for dates and times

Heritage Place – 4th Thurs 11:30 – 1:00 (Date change – November 20th)

Contact Kay Warner @ 259-9119



NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



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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.

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Phone: 910-259-9119

Fax: 910-259-9144

Contact: Rebecca Boggs, RN

Caregivers Needed...we are hiring!!

Call today to start your new career!

Ask for Anna at 259-9119 x 318

Pender Adult Services, Inc

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
8:30 Tai Chi	9:00 Crocheting	9:00 Basket Class	7:00 Burgaw Rotary	
9:00 Oil Painting	9:00 <i>RSVP Perks (1st)</i>	11:00 Bingo	11:00 Geri-fit	11:00 Bingo
12:00 Meals	11:00 Geri-fit	12:00 Meals	11:30 Caregivers Support (4th)	12:00 Meals
1:00 Bid Whist	12:00 Meals	1:00 Bid Whist	12:00 Cancer Support (3rd)	
1:00 Canasta	12:30 Pinochle	1:00 Bridge	12:00 Meals	Saturday—closed
2:00 Senior Chorus	1:00 Quilting Group	1:00 <i>Blind Support Group(2nd)</i>	3:00 Quilting/Sewing Club	Facility Available
6:00 Line Dance	1:00 Jewelry			For Rentals
	1:00 Knitting Group			

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—5:00 pm	8:30 am—2:30 pm
10:00 Modified PILATES	9:00 Baskets	9:00 Quilting Bee	9:00 Geri-fit	9:00 Wood Carving
12:00 Meals	9:00 Geri-fit	9:00 <i>RSVP Perks (1st)</i>	10:00 Vinyasi YOGA	10:00 Cribbage
12:30 <i>Tree Top Quilters(2nd)</i>	<i>Health Checks—(3rd)</i>	10:00 Knitting Group	10:00 Bingo (earlier time)	12:00 Meals
3:30 <i>Hospice Trg (3rd)</i>	10:30 Feel Good Fun	12:00 Meals	11:15 Tai Chi	12:00 Vitality in Action
	12:00 Meals	12:30 Caregiver class	12:00 Meals	
	2:00 Gentle YOGA	1:00 Woodcarving	1:00 Quilting Class	Saturday –closed
	3:00 Tai Chi	1:00 Taxes (Feb-April)	1:00 Mahjong	Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

	Monday	Tuesday	Wednesday	Thursday	Friday
	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00	Open 5:30—9:00
	8:30 BODYPUMP	8:30 CARDIO BLAST	8:30 BODYPUMP	8:30 ZUMBA	8:30 BODYPUMP
	9:40 YOGA	9:40 YOGA	9:30 <i>Health Checks (1st)</i>	9:40 YOGA	9:50 PILATES
	10:45 FIT OVER 50	10:45 FIT OVER 50	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
	4:00 <i>Health Checks (1st)</i>				
	5:30 BODYPUMP	6:30 ZUMBA	5:30 BODY PUMP	6:30 ZUMBA	Saturday
	6:40 ZUMBA				Open 8:00—2:30
					9:00 ZUMBA

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.