PASS IT ON

October 2011

Helpful information to enhance senior living provided by Pender Adult Services

Pender Adult Services, Inc.

The Pender POST

Annual Silent Auction planned at Heritage Place

The annual Pender Adult Services Silent Auction will be held at Heritage Place Nov. 17 beginning at 6 p.m.

The event involves a unique collection of auction items including gift certificates, sports items, pottery, items for children, beautiful art work and much more. New donated items are being accepted from area businesses and individuals.

Sponsorships are also available. If your business would like to be a sponsor please contact a board member or staff person.

The fundraiser benefits the Meals On Wheels program and includes entertainment, great food, wine and an enjoyable atmosphere. The Meals on Wheels program provides a nutritious hot meal, for homebound senior clients.

"UNC-Wilmington jazz students will provide music for the event and they have done a superb job in the past," said PAS Executive Director Wesley Davis. "Community support and involvement make this an outstanding event for Pender Adult Services."

Tickets to the auction are $15 per person and are available in advance for the fundraising event by contacting Pender Adult Services at 259-9119.

Pender Adult Services held a special dinner for the Retired Senior Volunteer Program (RSVP) on September 20 at Heritage Place in Burgaw. The RSVP program provides mentoring and other service opportunities for senior volunteers. Contact Pender Adult Services at 259-9119 for more information on the Retired Senior Volunteer Program.

DEES Rx Drug Store

Proudly Serving Pender County ~ Since 1916 ~

Open 9-6
Monday-Friday
9-1 Saturday

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.

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116

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.

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.

Breast Cancer Awareness Day

Mon, Oct 17, 2011
Heritage Place
12:45 pm

Speaker: Susan Banford, FNP-C

Sponsored by
Burgaw Medical Center,
Dr Brajendra P Singh, M.D. &
Susan D Banford, FNP-C

Making Strides Against Breast Cancer Walk
Sat, October 22, 2011
9:00 am
Cape Fear Community College
Contact: Wendy Perdue 254-4870

Topsail Senior Center
October 15, 2011
9:00—2:00
Come by and Shop!!
20959 Hwy 17
Hampstead, NC
270-0708
(right beside Pender Pines)

Fall Festivals focus on bone health

The Fall Festival at the Pender County senior centers will include information on bone health.

Osteoporosis is a disease that can be prevented and education is one part of prevention. Educational information about building strong bones for life will be presented at each of our parties.

Heritage Place will host seniors a fall party on Oct. 25, from 10 a.m. until noon Topsail Senior Center's fall party will be Nov. 3 from 11:30 a.m. – 12:30 p.m. These parties will include fun games and education on bone health.

Osteoporosis, also known as porous bone, is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increase risk of bone fractures typically in the wrist, hip, and spine. Diet, exercise and medications can help you preserve strong bones as you grow older.

Adults need to engage in at least 30 minutes of moderate physical activity on most, and preferably all, days of the week to help prevent bone loss.

State fair trip planned for Oct. 19

The annual N. C, State Fair trip is scheduled for Wednesday, Oct. 19.

The cost is $25 per person for the chartered bus. Seniors over 65 get in free. Non-seniors gate admission is $8. Special $5 (including spouse) admission for those with military ID.

Full payment is due at sign up. For more information call 259-9119. A minimum of 40 sign-ups are needed for the trip. Go to the fair and leave the driving to us

The bus leaves from Heritage Place in Burgaw at 7 a.m on Oct. 19.

Flu shots available in October

Pender Adult Services and Pender County HealthDepartment will conduct annual flu clinics on Oct. 4 at Topsail Senior Center and Oct 12 at Heritage Place. Call the numbers below to schedule an appointment. Shots will be administered by the Health Department at a cost of $30. Bring your insurance card or Medicare card.

The Health Department will file Medicare/Medicaid, BCBS, United Health Care and Medcost insurance.

Schedule

Topsail Senior Center
Tues. Oct. 4 , 9 a.m. – 3 p.m.
Call 270-0708 to schedule
an appointment

Heritage Place
Wed. Oct. 12 from 9 a.m. – 4 p.m.
Call 259-9119 to schedule
an appointment

Topsail center to hold memorial service

The Topsail Senior Center will hold a memorial tribute, in honor of Doris Buscher, 89, who passed away in July. The service will be Wednesday, Oct. 12 at 11 a.m. in the dining room at the Center. Everyone is invited to attend.

Doris was a very special part of the Topsail Senior Center Knitting Circle and made numerous preemie baby hats during the past six years. She was a treasure as a friend and co-knitter and she will be missed in a very special way.

Doris' last birthday in February with a lovely party at the Topsail Senior Center. The memorial is being plannied by the Knitting Circle.

Please call Kay Stanley at 270-0708 at the senior center for further information or if you have something special you would like to say during the service.

Memorial and Honorary Giving Program

Your Gift to
Pender Adult Services
Is acknowledged with
grateful appreciation

In Memory of Mike Priory
By Wilfred Lee Robbings

In Memory of Nellie Brown
By Peggy Casey

Fresh Vegetables for our Seniors
Holy Trinity Episcopal Church

Continuing Contributions
Carolyn & Jim Gayford
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 to 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.

Basket making classes are back! Check with Pender Adult Services for more information

Pender Adult Services Calendar of Events

Flu Shots (please call for Appt)
Tues, Oct 4, 9 a.m - 3 p.m. Topsail Senior Center
Wed, Oct 12 9 a.m. – 4 p.m. Heritage Place

RSVP Perks
Tues, Oct 4 (HP) from 9 – 10 a.m.
Wed, Oct 5 (Topsail canceled)

Healthy America – Health Checks
Wed., Oct 5 at Fitness Fusion 9:30 – 11 a.m.
Mon., Oct 10 at Fitness Fusion 4:30 p.m. – 6 p.m.
Thurs, Oct 13 at Topsail Senior Center 11:30 a.m. – 1 p.m.

Square Dance Lessons at Topsail
Friday, Oct 7 7:30 – 9:30 p.m.

Tree Top Quilters (TSC)
Monday, Oct 10 at 1 p.m.
Contact Kay Stanley at 270-0708

Blind Support Group (HP)(Second Tuesday)
Tues. Oct 11 at 1 p.m.
Contact Patricia Miller at 259-1464

CRAFT SHOW @ TOPSAIL
Sat, Oct. 15 from 9 a.m. – 2 p.m.

Breast Cancer Awareness Day (HP)
Mon, Oct. 17 at 12:45 p.m.
Speaker: Susan Banford, FNP

NC State Fair Trip
Wed, Oct. 19 Cost: $25 for bus transportation

Fall Festival of Fun
Tues, Oct 25 at 10:30 a.m.

Diabetes Support (HP) (Fourth Thursday)
Thursday, Oct. 27 at 11 a.m.
Contact Rebecca Boggs at 259-9119

Alzheimer's Support Group (HP) (Fourth Thursday)
Thursday, Oct 27 at 11:30 a.m.
Contact Kay Warner at 259-9119 if you plan to attend.

ZUMBA GOLD

At Topsail Senior Center
Monday 4:30—5:30 pm

New Class
Friday 8:30—9:30 am
$5 per class

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 (Fall) 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 (fall) 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 Saturday—closed Facility Available For Rentals

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 (10/17) 4:30 ZUMBA GOLD	9:00 Baskets (Fall) 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA 3:00 One Stroke Painting	9:00 Quilting Class (fall) 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