



Helpful information to enhance senior living provided by Pender Adult Services

Pass it on.

The Pender-Topsail
POST
& Voice

October
2014



Silent Auction Oct. 23

The annual Silent Auction and Gala will be held Oct. 23. Tickets are available now for \$20 per person.

This evening event is a fundraiser for Meals on Wheels. Sponsorships are accepted for this event.

If your business is interested in a sponsorship contact a staff member for details. Businesses are recognized at the event and in our program.

Area businesses and individuals also donate items for the silent auction and we prepare a delicious variety of food stations for your enjoyment. We again will have drinks and a DJ under the tent for entertainment.

Raffle Tickets are available at Heritage Place or Fitness Fusion. This year we are selling chance for four \$250 Gift Cards from one of two local grocery stores.

Some items are available for viewing at <http://www.paseventsonline.com>.

Get your tickets now.

Heritage Happenings

By Jennifer Mathews
Pender Adult Services

Around the center in September we have been preparing for fall flu shots. They will be offered at Heritage Place on Oct. 8 from 9 a.m. until 3 p.m. The Pender County Health department will be administering these. They will file your insurance. The uninsured cost is \$35. Please call Burgaw at 910-259-9119 press, 0 for the front desk volunteer to make an appointment. We find that appointments keep the wait down. Topsail Flu shots are scheduled for Oct. 14 from 9 a.m. until 2 p.m. Call 910-270-0708.

We also have reserved a bus for the N.C. State Fair. Cost for transportation only is \$24 per person. You may reserve you space by coming by and paying for your seat.

Fall Classes are back in session. Tai Chi meets on Mondays and baskets class meets on Wednesdays. I was in the basket class this morning and they are making some beautiful pieces. Come by and talk to Peggy Casey if you are interested in participating. We are picking up where we left off with Geri-Fit on Tuesday and Thursdays at 11 a.m. This class works each muscle group and especially those muscles surrounding the hips and upper leg. As we get older we

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Photo contributed

Pictured above (left to right) are Kay Stanley, Helen Scott, Tom Haley, Clifton Patten, Joan Sargeant and Wesley Davis

Governor's Volunteer Awards presented

The North Carolina Commission on Volunteerism and Community Service presented the 2014 Governor's Volunteer Service Award to four recipients at a volunteer dinner at the Topsail Senior Center. The award was created in the office of the governor in 1979.

Tom Haley is a humble volunteer who helps with his willingness to drive a regular weekly route for meals on wheels. He has taken on the responsibility, which changes frequently, to create routes for all drivers in order to efficiently deliver the meals. He is always on call.

He also helps take holiday baskets of food to the needy. Tom volunteers with New Hanover Regional Medical Center transporting visitors/patients around hospital grounds.

Clifton Patten is a dedicated volunteer with the Topsail Senior Center and is also a 33rd Degree Master Mason, Shriner with the Scottish Rite organization. Cliff manages the kitchen work area, serves meals, helps pack meals on wheels for the driver's routes, cleans in the kitchen and does endless repairs for the Topsail Senior Center, whether electrical or plumbing, he has the background, experience and willingness to help.

Helen Scott volunteers eight hours per week at the Topsail Senior Center and has been doing this for more than two years. Helen walked through the doors and instantly jumped into the area in need (at that time, the kitchen) and has been working it since and will fill in on short notice when needed.

She is organized and keeps things running smoothly. Her personality is warm, quiet, and welcoming. She stays on top of our supplies and to ensure the center does not run low, helps on the phones as needed and helps with special events.

Adnita Sidbury has been with our center for more than three years volunteering approximately seven hours a week. She is a personal assistant with the phones and can easily handle referrals with her resource background in the community. She is very professional and welcoming to those that enter the center and can handle tasks on her own without instruction.

Adnita volunteers with the 4 C's Food Pantry, assisting with organization and distribution of food, and interviewing clients in need. She is a 12 year member of Union Bethel AME Church and serves as the church secretary, making all announcements, prepares the church bulletin, and receipts and pays all bills.

Barbara Mullins, RSVP Coordinator, was recognized in May at the RSVP banquet as the paid 2014 Volunteer Director of the Year for Pender County.

Congratulations to all of the 2014 winners of the Governor's Volunteer Service Award.

She has been a Mason for more than 40 years. He was the head builder of the new lodge on Shipyard Blvd. and enjoys being the hushpuppy cooker at the Shriner's fish fry's, and enjoys being involved in the very important work of the Masons.

Joan Sargent has been volunteering with the TSC for more than three years. She works primarily in the receptionist area, handling phone calls, walk in inquiries, giving tours of the center and providing information on the programs offered.

She has a pleasing personality and makes people feel welcome when they come to the center. Joan also volunteers with Lower Cape Fear Hospice one day a week and previously with Poplar Grove Plantation as a helper with the Halloween program.

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RSVP Veterans Day program Nov. 11

Veterans Day is an important day in Pender County and the Retired Senior Volunteer Program (RSVP) and Lower Cape Fear Hospice are planning a special Veterans Day event in Pender County Nov. 11. From 1 to 3 p.m.

The event will be at Pender Adult Services in Burgaw and will feature the showing of the film "Honor Flight" which highlights a special tribute to our WWII veterans.

There will be special recognition for each category of the armed forces, a colorguard presentation of the flags, Special music and time to linger with friends over light refreshments.

This is usually a big day celebrated in New Hanover County and RSVP is committed to bringing it home to Pender County this year. RSVP volunteers will be ready to greet you and escort you and your loved ones into our facility.

If you have any questions about this event please do not hesitate to call Barbara or Kathy at 910-259-9119 in our RSVP office. Please mark your calendar now -- we look forward to seeing you on Nov. 11.

Medicare election period begins October 15

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. The annual election period is Oct. 15 - Dec. 7 and plans will be effective Jan. 1, 2015. 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.

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

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Welcome to Fall Ya'll Topsail Senior Center happenings

Fall classes are back in session and activity is in full swing. The Geri-Fit class is still the talk of Topsail. It has really caught on. Starting with an average of six and now up to 18. Everyone is most enthused and enjoy Wes Davis' experience and enthusiasm. If the participants come once, they continue to come. There are lots of smiles.

The Governor's Award recipients were recognized at a volunteer recognition dinner. The recipients were Helen Scott, Tom Haley, Cliff Patten, Joan Sargent and Adnita Sidbury. We are blessed to have 43 active volunteers at Topsail and they keep us going.

The Pender County Health Department

continues to do blood pressure checks on the third Thursday of each month. Flu shots will be offered in Oct. 15 from 9 a.m. until 2 p.m. Please call to make an appointment. Our other classes, yoga, pilates, tai chi, basketweaving, quilters, knitters, mahjong and bridge are housing newcomers and oldcomers are enjoying and growing in size - and we love it.

There is a small group that plays cribbage on Tuesday mornings at 9 a.m. Also, a card group that plays on Wednesday afternoons at 1:30 p.m. It seems that the Hampstead/Topsail community have become more aware of what is offered at the Topsail Senior Center and are gladly taking advantage of what we house.

The Woodcarvers Group facilitated by Al Reynolds from Jacksonville and Edenton would like to pick up some new members. They are a warm welcoming group and produce some unbelievable projects.

We have a group of Coast Guard members based out of Camp Lejeune that live locally and are volunteering for any needed projects. They have taken on grounds projects and it is already making a difference in our appearance. They are presently working on our walking trail and have cleaned all the windows outside the center. RSVP Perks meets every

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EST. 1916



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Randy Spainhour, Rph.
Krista Strickland, Pharm. D

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

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Saturday 9 a.m. - 1 p.m.

FREE DELIVERY

Depression is a common problem in older adults

By Rebecca Boggs, RN
Pender Adult Services

While many people look forward to retirement and slowing down and enjoying life, for some, the changes that come later in life can lead to increased isolation, medical problems, and depression.

Like many of you, I was shocked and saddened by the news of Robin Williams' untimely death. Learning that someone who spent his life bringing so much laughter and joy to the world was himself struggling with a devastating mental disease that robs you of joy was hard to comprehend.

The truth is, many people fight everyday against the destructive effects of depression while they appear to be well. Only those closest to them will notice the signs that this devastating disease is taking hold.

Perhaps your loved one is silently battling depression. Maybe you are. Many people believe that depressed people are sad and weepy, however many older adults who suffer from major depression often

deny feeling sad. Instead, they most often complain of a lack of energy or motivation and chronic physical aches and pains with no clear medical diagnosis.

Being aware of the nature of depression will help you recognize the symptoms and seek early treatment. Be concerned if you or your loved one experience:

- Increased anxiety or worries
- Memory problems
- Slowed movement or speech
- Increased irritability
- Loss of interest in social activities or hobbies
- Neglect of personal care (not eating right, forgetting medications, neglecting hygiene, etc.)
- Changes in sleep patterns
- Increased use of alcohol or other drugs
- Increased focus on death or dying

Depression keeps people from enjoying life and as you can see from the above list, its effects reach farther than just mood. It's important to recog-

nize, however, that depression is not a normal part of aging. If you or a loved one is experiencing some of the symptoms of depression, it is important to get an accurate diagnosis as the symptoms often mimic other medical conditions such as Parkinson's Disease, thyroid disorders, nutrition deficiencies, dementia and heart disease to name a few.

There are also certain medications that can cause or worsen depression so a thorough assessment with a physician is an important first step. Keep in mind that taking this important first step will be hard if you are in fact dealing with depression. The things you need to do for treatment and recovery are the things that are most difficult. The key to recovery is to make small goals and stay focused:

- Reach out to trusted friends and family members
- Keep medical appointments, even if you don't feel like it!
- Participate in social activities, even if you don't feel like it!

•Challenge negative thoughts, it's the depression talking!

If you are concerned that a loved one may be depressed, it is important to remember that you can't fix them and they will not eventually come out of it. Being a compassionate listener is the best thing you can do. Be aware that one conversation will not be the end of it. Be willing to listen and express concern over and over. Some helpful things to say to a depressed loved one include:

- You are not alone. I'm here for you.
- I care about you and want to help.
- You are not a burden. You are important to me. Your life is important to me.
- You may not believe it but the way you are feeling now will change.
- Tell me what I can do now to help you. (then do it!)

It is our philosophy at Pender Adult Services to promote healthy, independent lives. If you would like more information, please call 910-259-9119 and ask for Rebecca Boggs.



Offering a full staff of certified instructors

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!

Memorial and Honorary Giving Program

Your Gifts to Pender Adult Services, Inc are acknowledged with grateful appreciation
Community Contributors

Emma B Anderson
Westview United Methodist Church
Wesleyan Chapel UMC
Willarlea Ruritan Club

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

Heritage

Continued from front

do less steps and we need to reshape our bodies and target problem areas. Geri-fit is one of the best ways to increase bone density in order to help prevent osteoporosis.

Crocheting and Knitting classes meet on Tuesdays.

These classes will help keep those fingers limber and are also a great support group.

We are preparing for our annual Silent Auction, which will be earlier this year - Oct. 23. Get your tickets early. We have a very practical set of raffle tickets. We are giving away four \$250 grocery gift certificates.

On a personal note I am happy to report that I have

complete my course of chemo. I am returning to work gradually as my body recovers from these treatments. I am looking forward to seeing many of you and soon to be giving Jennifer hugs soon. I want to express my appreciation to all of you for your prayers, kind words, calls and cards. I also want to thank Wes Davis and the staff here at Pender Adult Services. It is

a wonderful place to work. In honor of cancer survivors we are encouraging you to hug a survivor and would ask you to extend these hugs to caregivers too. October is Breast Cancer awareness month - so wear your pink as often as you will. We are planning to start a cancer support group. Our first meeting will be on Wear Pink Day Oct. 16th at 12:15 p.m. at Heritage Place.

Medicare

Continued from front

available in 2015. Many plans offer a mail order pharmacy option that can save money with a 90-day supply of a medication and 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. SHIP volunteers can help determine eligibility and help with the application process. SHIP volunteers can provide unbiased information

and comparisons of the 2015 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 extension 324, and for the Hampstead/Topsail area call the Topsail Senior Center, 270-0708.

Topsail

Continued from front

first Wednesday and Topsail and Barbara Mullins always has an outstanding program for her volunteers.

We have a local volunteer, Kaye Sanchez who volunteers for Pretty in Pink and sews morning and night. She makes pillows, tote bags, drain bags, and hats for cancer pa-

tients.

Our Cape Fear Community College occupation therapy students come every Tuesday morning for our craft group and we are enjoying their enthusiasm and help. We have had such fun and the usual projects are quick and ready to go home with the crafters that day. They are showing some grand creativity. Come on over and enjoy our fall activities with us. We are having fun this fall.



PENDER ADULT SERVICES
2014 NC State Fair Trip
Tuesday, October 21st
Bus Departs from Heritage Place at 7:30 am
Returns to Burgaw at 6:30 pm
COST: \$24 for transportation

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 Meals	
1:00 Canasta	12:30 Pinochle	1:00 Bridge	12:45 Rummique/	Saturday—closed
2:00 Senior Chorus	1:00 Quilting Group	1:00 <i>Blind Support Group(2nd)</i>	Mexican Train	Facility Available
6:00 Line Dance	1:00 Jewelry		3:00 Quilting/Sewing Club	For Rentals
	1:00 Knitting Group			

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:30 am—5:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—5:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
10:00 Modified PILATES	9:00 Baskets	9:00 Quilting Bee	9:15 Geri-fit	9:00 Wood Carving
12:00 Meals	9:15 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	
ADJUSTMENTS WILL BE MADE FOR ONE STOP VOTING	2:00 Gentle YOGA	1:00 Woodcarving	1:00 Quilting Class	Saturday —closed
	3:00 Adv. Tai Chi	1:00 Taxes (Feb-April)	1:00 Mahjong	Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

	Monday Open 5:30—9:00	Tuesday Open 5:30—9:00	Wednesday Open 5:30—9:00	Thursday Open 5:30—9:00	Friday Open 5:30—9:00
<i>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.</i>	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