

# PASS IT ON

September  
2012

Helpful information to  
enhance senior living provided  
by Pender Adult Services



Pender-Topsail  
**Post & Voice**

## RSVP program partners with mission groups to help seniors

By Barbara Mullins  
RSVP Director

This summer Team Effort came to Pender County's Hampstead area to help people in need with home repair projects.

Team Effort is a non-profit youth mission organization that has brought over 95,000 youth & leaders from thousands of different denominations to work side by side and make an impact of service throughout the Country.

Retired Senior Volunteer Program (RSVP) Director Barbara Mullins assisted with applications for RSVP clients, seniors at both Senior Centers complete applications and referrals were made by Meals on Wheels volunteers.

Team Effort coordinator Dakota Bishop met with Barbara and canvassed our requests for potential work to be done. Mission groups arrived each week from June through early August and stayed at beautiful Topsail Beach. The donation they made to Pender County was priceless. The end result was absolutely amazing: two new roofs; a complete floor in a trailer

was replaced; worn carpet (safety issue for client) was completely ripped out and replaced with tile flooring; a front room was painted, a shed torn down and new one was built, handrails were on a handicap ramp; three screened in porches were built; a handicap ramp was built, siding was replaced; a concrete slab was added so step would not be so steep.

RSVP volunteers served lunch once a week to the mission groups that donated the supplies, the energy and man-power to get these repairs done. Each group gave willingly and made us believe there are so many great teenagers in this world.

Reach the Beach work camps were a one-week trip for mission youth groups to grow in Christian faith through service. These students stayed at Ashley High School in Wilmington and worked in Pender County for one week.

The groups came from Wisconsin, Pennsylvania, Ohio, and North Carolina. Once again, RSVP made referrals and provided refreshing treats each week to the groups working at our client's homes. We were fortunate to have



Photo contributed

**Team Effort repaired decks and ramps in the Hampstead area this summer.**

four RSVP clients receive the benefit of decks repaired and replaced, power washing, the roof and vinyl siding replaced on a storage shed and pump house, sealed decks; and cleaned gutters.

These groups were such a blessing. They interacted with our seniors and learned as much as they could about their lives. Some of our seniors

received handmade quilts, prayer shawls, and Bibles as remembrances from these youth.

Both Team Effort and Reach the Beach brought teens and their counselors from all over and we know everyone involved had a "win-win" situation. The finished products are amaz-

*Continued on page 2*

**DEES<sup>Rx</sup>**  
**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.  
Brendan Dearie, Pharm. D. Randy Spainhour, RPh.

111 Wright Steet, Burgaw, NC 28425 • 910.259.2116





## Tai Chi Classes

Registration is now open for Tai Chi classes at our Senior Centers. Classes are limited. Tai Chi is safe and beneficial for persons with arthritis. Participants need to wear a comfortable soft soled shoe and loose clothing. Kathy Yakimovich has been certified through the Arthritis Foundation to teach this class. **Once the classes begin there will be a "no drop in" policy because the class builds upon each session.**

Classes to begin:

Tai Chi Basic at Heritage Place starts  
Monday, Sept 17, 2012  
8:30 – 9:15 am  
\$24 – 8 weeks

Tai Chi Basic at Topsail starts  
Tuesday, Sept 18, 2012  
3:15 – 4:00 pm  
\$24 – 8 weeks

Tai Chi Advance at Topsail starts  
Thursday, Sept 20, 2012  
11:15 – 12:00 noon  
\$24 – 8 weeks



Registration is now open and will remain open until classes are full.  
Full payment for class is required at registration.

## Senior Comings and Goings

September looks to be an active month for our Topsail and Heritage Place Seniors.

The Topsail Seniors will be hosting a Variety and Yard Sale on Sept 8. Table space is available for rent if you have some items you would like to sale yourself or we will accept donations. Recipes are being collected for the first ever Topsail Senior Center Cookbook. A new Tai Chi basic class will begin on Sept. 18 and an advance class is set to start on Sept. 20. Square Dancing will return to Topsail on October 5.

Fall Quilting and Baskets classes will begin at both centers the week of Sept 10. A special 911 memorial event is scheduled for Sept. 11 at 11:30 a.m. at Heritage Place.

Our first Tai Chi Basic class will begin on Sept. 17. *Solving the Medicare Puzzle* will be an educational event for seniors who have questions about Medicare coverage and may need assistance in finding a drug plan. The Medicare event will take place on Sept. 26 at 10:30 a.m. and requires advance registration by Sept. 21.

A free six week program will be offered this fall for Diabetics called Living Healthy with Diabetes. It will be offered beginning on Sept. 18. Living Healthy with Diabetes helps diabetes manage symptoms, use medication effectively,

increase self-confidence and feel better as you take charge of your life. Registration is required. Please call Jennifer or Rebecca Boggs for more information at 259-9119.

Registration is open for a day trip to the State Fair on October 16. Transportation by motor coach will cost \$22 per person. Registration is required and does not include admission. Seniors 65 and over are admitted free but those under 65 must pay admission price.

The popular trip to Pigeon Forge and Gatlinburg in November is still open. We have a few slots remaining on our second bus.

We are in the middle of planning our Silent Auction which is our annual fundraiser for home delivered meals. This year our agency is celebrating 30 years serving the aging community so we are planning a 30<sup>th</sup> Anniversary Gala to include a DJ and dancing. Tickets will be available for \$20 per person to this semi-formal black and white Event on Nov. 15.

If you have not participated at one of our centers – it is a great place to find a friend, an outlet, some exercise, some fun, or a place to be involved. If you have questions or suggestions please call Jennifer Mathews, Center Coordinator at 259-9119

## 9/11 Memorial Service

Tuesday, September 11, 2012  
Pender Adult Services  
901 S. Walker Street, Burgaw  
11:30 am

Service will be held in the Heritage Place dining room  
Public Welcome



## NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Sitter, Light house keeping,

**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

Continued from page 1

ing.

It was easily in the high 90s many of the days they worked, and many were not accustomed to this kind of

weather. The heat did not discourage them one bit. They worked diligently, endlessly, and completed their projects with pride. RSVP clients shared their stories and showed their appreciation with their praises to the workers.

You left a beautiful mark

on our county as our client's homes have been taken care of, all the trash and debris was picked up in a timely manner, and our clients are smiling and telling the story of how fortunate they are to have met you all.

## CRAFT SHOW



October 20, 2012

SAVE THE DATE

Table Space Rentals Available  
Call 270-0708

Topsail Senior Center  
20959 Hwy 17  
Hampstead, NC

## Upcoming Seniors Trips

### *Pigeon Forge/Gatlinburg*

**November 28 – 30, 2012.**

Includes Three Fabulous Holiday Shows

Cost will be \$329 for double occupancy

**Reservations by mail postmarked August 1, 2012**

**\$100 deposit to: Pender Adult Services**

**Attn: Jennifer Mathews**

**P O Box 1251**

**Burgaw, NC 28425**

### *A Winter Caribbean Cruise*

With Royal Caribbean Cruise Line

**January 26 – February 4, 2013**

Inside Cabins starting at \$1109 per person

\$250 deposit will hold reservation

Reservations now open

Ports: Puerto Rico, St Thomas, Dominican Republic

And Hispaniola. Passport required.

Travel protection is highly recommended

**Please contact Jennifer Mathews @ 910-259-9119**

**for more information**

## *Memorial and Honorary Giving Program*

*Your Gifts to*

*Pender Adult Services, Inc*

*are acknowledged with grateful appreciation*

*In Memory of Dr. George Wells*

*By Steve & Linda Owens*

*Community Contributors*

*Emma Anderson Memorial Chapel*

*Hampstead Women's Club*

*St Joseph's Church*

*Willarlea Ruritan Club*

*Thank you for your in kind gifts*

*Joy & George Ball of Holy Trinity Episcopal Church*

*The Summer vegetables were wonderful!*

*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, Inc*



Silent  
Auction

Thurs, November 15, 2012

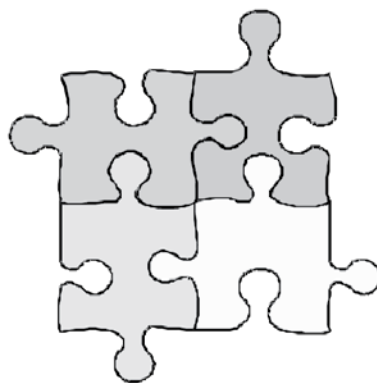
30th Anniversary Gala  
Semi-formal Dress -Black/White Event

With DJ and Dancing

Advance Tickets Only:

\$20 per person

Donated Items Accepted



## *Solving the Medicare Puzzle*

• Are you or someone you know on Medicare?

• Do you pay more than \$6 for prescriptions?

• Do you have limited monthly income?

*If you answered YES, then come to the*

**2012 Senior Health Insurance**

**Information Outreach Event**

**WEDNESDAY, SEPTEMBER 26, 2012**

**10:30 a.m. TO 1 p.m.**

**Heritage Place – Pender Adult Services**

901 S. Walker Street, Burgaw

**Must register by Friday September 21**

Call 910 259-9119

## **2012 NC STATE FAIR TRIP**

**TUESDAY, OCTOBER 16, 2012**

**BUS DEPARTS AT 7:30**

**FROM HERITAGE PLACE**

**RETURNS TO BURGAW AT 6:30 PM**

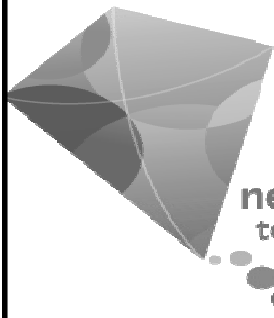
**COST: \$22 FEE (TRANSPORTATION ONLY)**

**REGISTRATION OPENS NOW**

**FULL PAYMENT DUE AT SIGN UP**



*Fair Admission not included: Seniors Get in Free (65 & over)  
Admission \$8 for others Advance tickets \$6 (purchase online)*



# Pender Adult Services, Inc

## September 2012

*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.*

### Heritage Place Opportunities

Phone: 910-259-9119

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
8:30 Beg. Tai Chi (9/17) 9:00 Oil Painting 12:00 Meals 1:00 Bowling (2nd) 1:00 Bid Whist 1:00 Canasta 2:00 Senior Chorus 5:00 Baskets (9/10) 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (9/4) 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group (9/4) 1:00 Jewelry 1:00 Knitting Class 5:30 Weight Watchers	9:00 Basket Class (9/12) 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge	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: 910-270-0708

Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
10:00 Modified PILATES 10:00 Beading (Sept) 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 3:30 Hospice Trg (3rd)	9:00 Baskets (9/11) 10:00 Walking Club 10:30 Chair Aerobics 11:15 Board Games 10:30 Bingo (9/11) 12:00 Meals 2:00 Gentle YOGA 3:00 Beg. Tai Chi (9/18)	9:00 Quilting Class 9:00 RSVP Perks (9/5) 10:00 Knitting Group 12:00 Meals 1:00 Woodcarving	10:00 Vinyasi YOGA 10:30 Chair Aerobics 11:15 Adv. Tai Chi (9/20) 12:00 Meals 1:00 Quilting Class 1:00 Bridge 1:00 Mahjong	9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action 7:30 Square Dance (next dance -10/5) Saturday—closed 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
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:00 (9/10) Health Checks 4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:30 ZUMBA	8:30 BODYPUMP 9:30 (9/4) Health Checks 9:50 PILATES 5:30-6:30 BODY PUMP	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