



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on.

The Pender-Topsail
POST
& Voice

September
2015



PENDER ADULT SERVICES, INC.



Photo contributed

The Pender Adult Services group poses with the Dorton Arena in the background at the N.C. State Fair last year. Plans are in the works for a trip to the 2015 fair. Contact Pender Adult Services for more information.

Heritage Happenings

By Jennifer Mathews
Pender Adult Services

It is time for some cooler temperatures and for you to check out some activities at the Senior Center. We have some new services and a couple of upcoming events. Walgreens is now providing a prescription Brown Bag service. Bring in your medications and a Walgreen pharmacist will review them for drug interactions. This month it is scheduled for Sept. 8 at lunch time. Blood pressure checks and support groups are all listed on the calendar of events.

We will host the 9-11 Memorial Service at Heritage Place Sept. 10 at 11 a.m. Our basket classes and line dancing groups will be starting new sessions. Check the schedule for times. It will not be long before we head off on our day trip to the State Fair Oct. 20. We have already secured a bus and the registration is open.

We are taking reservations for our upcoming cruise to the Western Caribbean. Please give me a call 910-259-9119 extension 303 if you have questions about classes or events.

Generosity

By Jennifer Mathews
Pender Adult Services

We want to take this opportunity to thank some recent donors who are making a difference for Home Delivered Meal clients by joyfully giving. Generosity is an expression of joy. Many people find joy in giving, anonymously. Some people give as an encouragement for others to give.

Obviously the recipient is encouraged and excited when someone gives unexpectedly. As defined by Webster generosity is the quality of being kind. I really like that thought. So often we think generosity is tied to money but it is more about our actions in giving. Mother Teresa said it best

"It is not how much we give but how much love we put into giving."

It isn't about the notoriety but about true kindness.

Here at Pender Adult Services we appreciate your generosity and the joy that is a

Continued on back

RSVP report shows strong year for program

By Barbara Mullins
RSVP Director

Extra, extra, read all about it! The Retired Seniors Volunteer Program (RSVP) is phenomenal. Reports are in for the fiscal year July 1, 2014 through June 30, 2015 and our total active RSVP volunteers are 142 people with our total hours at 11,148.75. The RSVP program is estimated to have saved the government \$257,201.67.

Meals on Wheels deliver-

ies total 2,860.25 hours. This saves \$65,985.97 for our Meals on Wheels program in the expense of truck delivery. A hot meal provided to homebound clients keeps them living independently. RSVP served 99 clients in Pender County and RSVP volunteers logged 5,466 hours in homebound/respite care. This shows an awesome commitment to our senior clients.

School volunteer activity served 622 hours in Pender County Schools. If that had

been paid it would reflect savings of \$14,350. Tutors and proctors are necessities but not covered in a school year budget. Fortunately we have relentless RSVP volunteers that truly care about our students.

The RSVP program is five years-old in Pender County and 44 years old nationally. This spring the Corporation developed a senior corps pledge.

I will get things done for America – to make our people

safer, smarter, and healthier. When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities. When faced with children at risk, I will help them stay in school and on track for a brighter future. When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity. Working for the greatest good, I will use my lifetime of experiences to improve my country, my Com-

munity, and myself through service. I am a Senior Corps RSVP volunteer, and I will get things done.

Help RSVP help more people in Pender County. Currently we need more tutors in each of our middle schools. We start inter-acting with students mid-Sept so there is still time to join us. We are also looking for back-up Meals on Wheels deliverer in Burgaw area as well as Hampstead area. Call me at 910-259-9119 (ext 329) as soon as possible.

Topsail Senior Center News

By Kay Stanley
Topsail Center Director

This summer has been wonderful at Topsail Senior Center. Surprisingly, it has been steadily busy. We have newcomers in the area that are checking out the activities that we offer. In addition, there have been new classes offered that have caught on nicely.

Line dancing is enjoyed by a wonderfully dedicated crowd. This will continue into September and we expect the numbers to grow. On Mondays, it is interesting to have the Art group that work independently and do their own thing. They are a welcome addition to Topsail. Also on Monday mornings, Amy Coleman has quite the faithful

Pilates group. They love their hour with Amy.

Basket weaving will be starting again in September on Tuesday mornings. Geri Fit continues on Tuesday and Thursday mornings at 9 a.m. for 45 minutes and Wes is the best. We are lucky to have two Cape Fear Occupational Therapy Students to be joining us the end of August. They will work with us until the first week of December. We will have more ideas from these ambitious bright young ladies, sharing and helping us lead activities on Tuesday mornings and craft time.

Gentle Yoga continues in September on Tuesday mornings and the Vinyasi Style is on Thursday mornings. The quilters are in on Wednes-

day morning and create such beautiful quilts and the Advance quilting meets as usual on Thursday afternoons at 1 p.m. The Tree Top Quilters meet on the second Monday of each month.

We are also happy to have our woodcarvers back and they meet every Wednesday morning at 9 a.m. except the first Wednesday, when RSVP Perks meetings are held. The Canasta group meeting on Wednesday afternoons has grown to three tables and they are quite the happy group. We all enjoy laughter. The knitting group is changing to Wednesday afternoons at 1 p.m. due to shortage of rooms at other times.

On Thursday mornings, we have cribbage and would like

to extend that invitation to others who may be interested in cribbage. There's room to grow. Bingo is on Thursday mornings at 10 a.m. and we have been having a full house for that. On Thursday afternoons, the center is full, with advanced quilting at 1 p.m. in the classroom, Bridge in the dining room, and Mahjong in the foyer. As I mentioned earlier, the line dancing is on Friday mornings. That group genuinely enjoys the instruction of Sheryl Pacelli.

We again thank Annette Dietzen and her high school son, Trace, who have created our additional parking area in the back. It has helped us to be opened up back there. We want to remind those that want to enjoy lunch with us

to please call the day before, or sign up for their lunch while here, so we will order enough for all.

Burgaw is having their Silent Auction in November and we want to support them, as they have supported us, in our springtime Auctions. Again, thank you to all our volunteers who keep us going. I would be nothing without them. They are my anchor and surround me in many positive ways. The volunteers give so much of themselves and I can't thank them enough. They are all special and hope they know the impact they make in all that have the pleasure of meeting them, whether it be here at the center or out making home deliveries. Fall is on the way, come join us.

Medicare information workshop scheduled for September 14

Will you be eligible to receive Medicare this year? Are you confused by information you are receiving about Medicare supplements and other plans available? Do you want more information on Medicare prescription drug plans and how they work? Do you need to know how Medicare works in general?

If you answered yes to any of the questions above, please call the Topsail Senior Center, 20959 U.S. Hwy. 17, Hampstead, at 270-0708, and sign up for the Medicare education workshop. The program will be held Sept. 14 beginning at 5:30 p.m.

The class is free, but registration is required.

Art/Drawing experience
Tuesday, September 15 at 10 a.m.
At Heritage Place
Instruction by Mitchell Henderson
Fitness Fusion now has
Massage Therapy appointments
Wednesday afternoons
Call 259--0421

Questions about
Medicare?

We Can Help!!

Open enrollment for prescription
plans is Oct 15—Dec 7



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Jimmy Wilson, Pharm. D
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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FOUNTAIN

911 Memorial Service in Burgaw Sept. 10

Friday, September 11, 2015 is the 14th anniversary of the attack on America. Pender Adult Services/Heritage Place will host a 9-11 Memorial Service on **Thursday, September 10**, at 11 a.m., at 901 S. Walker Street. The service will reflect on the events of that day and the importance of staying vigilant every day.

What is a Tele-Monitoring?

Join us for an informational presentation

Learn how you may be able to
manage your health at home
monitoring conditions like
CHF, COPD & HTN

Tuesday, September 1st

9:45 am - Heritage Place

Wednesday, September 2nd

9:45 am - Topsail Senior Center

This event is sponsored by

RSVP and Wellcare

Questions? Call Barbara Mullins

at (910) 259-9119 X 329



Generosity

Continued from front

part of it. Truthfully, we need your financial support to assist us in the many programs that we do. The way that you contribute for the good of others by giving and volunteering brings joy.

We are a private non-profit agency and rely on community support. Our board of directors created the memorial and honorary giving program several years ago to give you the opportunity to support our programs and show your generosity monetarily. You can make a donation in memory or in honor of an individual or a group that you would like to recognize.

A \$50 honorary or memorial gift means 10 meals to a person living at home that may not be able to afford a warm meal.

You have an opportunity to support Meals on Wheels

by helping us with our Silent Auction that we will hold this year Nov. 12. This is a fun evening and all proceeds go to home delivered meals. There are many ways to help from purchasing a ticket, donating a new item, and/or providing a sponsorship. Contact Pender Adult Services for more information.



Prescription Brown Bag

Sponsored by Walgreens, Burgaw

Tuesday, Sept 8, 2015

12 –1

Bring all your medicines in a brown bag and a Walgreens Pharmacist will review them.

First come, first serve between 12—1 pm in the Heritage Place, Board room.

Pender Adult Services September 2015 Calendar

Sept 1 - RSVP Perks (HP) 9 am

Sept 1 - Tele-monitoring presentation (HP) 9:45 am

Sept 2 - RSVP Perks (TSC) 9 am;

Sept 2 - Tele-monitoring presentation (TSC) 9:45 am

Sept 2 - Wellness Checks - 4:30pm (FF)

Sept 7 - PAS Closed, Fitness Fusion Closed

Sept 8 - Walgreens Brown Bag Event (HP) 12 noon

Sept 9 - Blind Support Group (HP) - 1 pm

Sept 10 - 9-11 Memorial Service (HP) -11 am

Sept 10 - Widows Support Lunch (HP) - 12:00 noon

Sept 10 - Vermont Pre-trip meeting (HP) -1:15 pm

Sept 15 - Art/Drawing Experience (HP)- 10 am (HP)

Sept 17 - Cancer Support Group (HP) - 12 noon

Sept 24 - Caregivers Support Group (HP) 11:30 am

Sept 24 - Blood Pressure Screening (HP) - PC Health Department

Sept 25 - Caregiver's Support Group (TSC) -call for time

Sept 30 - Women's National Health & Fitness Day (FF)

PENDER ADULT SERVICES 2015 NC State Fair Trip



Tuesday, October 20

COST: \$25

Fair admission not included – Seniors Free

REGISTRATION OPEN NOW

The State Fair involves a lot of walking.

BE PREPARED!!

CALL JENNIFER AT 259-9119 X 303

FOR MORE INFORMATION

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Personal Care, Sitter, Light
House keeping, Respite

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.
CALL NOW FOR MORE INFORMATION!

Phone: 910-259-9119
Fax: 910-259-9144
Contact: Rebecca Boggs, RN

Caregivers Needed...
Hiring now for Hampstead, Maple Hill and Floater position!
Call today to start your new career!

Pender Adult Services Class Schedule Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:00 Oil Painting
12:00 Meals
1:00 Bid Whist
1:00 Canasta
3:00 Senior Chorus
6:00 Line Dance

Tuesday
8:00—5:00

9:00 Crocheting
9:00 RSVP Perks (1st)
11:00 Geri-fit
12:00 Meals
12:30 Pinochle
1:00 Quilting Group
1:00 Jewelry
1:00 Knitting Group

Wednesday
8:00—5:00

9:00 Basket Class
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge
1:00 Blind Support (2nd)

Thursday
8:00—5:00

7:00 Burgaw Rotary
11:00 Geri-fit
11:30 Caregivers Support (4th)
12:00 Cancer Support (3rd)
12:00 Meals
12:30 Mexican Train/Rummyque
3:00 Quilting/Sewing Club

Friday
8:00—3:00

11:00 Bingo
12:00 Meals

Saturday—closed

Facility Available
For Rentals

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday
8:30 am—5:00 pm
9:00 Art Class (group)
10:00 Modified PILATES
12:00 Meals
12:30 Tree Top Quilters(2nd)
3:30 Hospice Trg (3rd)
Taxes offered at Topsail Presbyterian, Hampstead

Tuesday
8:30 am—5:00 pm
9:00 Baskets
9:00 Geri-Fit
10:30 Feel Good Fun
12:00 Meals
2:00 Gentle YOGA
3:00 Tai Chi

Wednesday
8:30 am—5:00 pm
9:00 Quilting Bee
9:00 RSVP Perks (1st)
9:00 Woodcarving Group
12:00 Meals
1:00 Canasta
1:00 Knitting Group

Thursday
8:30 am—5:00 pm
9:00 Geri-fit
10:00 YOGA & Cribbage
10:00 Bingo
Health Checks (3rd)
12:00 Meals
1:00 Quilting Class
1:00 Mahjong 1:30 Bridge

Friday
8:30 am—2:30 pm
11:00 Line Dance **
**Aug 21, 28
12:00 Meals
1:00 Caregivers Support (4th)
Saturday —closed
Facility Available

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

2015

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.

Monday
Open 5:30—9:00
5:30 RPM Cycling
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
4:30 Health Checks (1st)
4:30 RPM Cycling
5:30 BODYPUMP

Tuesday
Open 5:30—9:00
5:30 RPM Cycling
8:30 CARDIO BLAST
9:40 YOGA
10:45 FIT OVER 50
5:30 RPM Cycling
6:30 ZUMBA

Wednesday
Open 5:30—9:00
7:00 RPM Cycling
8:30 BODYPUMP
9:30 Health Checks (1st)
9:50 PILATES
12:15 RPM Express
5:30 BODY PUMP

Thursday
Open 5:30—9:00
5:30 RPM Cycling
8:30 ZUMBA
9:40 YOGA
10:45 FIT OVER 50
5:30 TURBO KICK
5:30 RPM Cycling
6:30 ZUMBA

Friday
Open 5:30—9:00
5:30 RPM Cycling
8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP
Saturday
Open 8:00—2:30
8:30 RPM Cycling
9:30 ZUMBA