


Pender Adult Services  
**STATE FAIR 2019**  
October 22, 2019  
Cost: \$25 transportation fee  
call 259-9119  
for more information

Helpful information to enhance senior living  
provided by Pender Adult Services

Pass it on...

The Pender-Topsail  
**POST**  
& Voice

September  
2019

  
PENDER ADULT SERVICES, INC.

# RSVP News

By Barbara Mullins  
*RSVP Director*

The Retired Senior Volunteer Program (RSVP) had a successful year in the Pender County Schools last year. Final analysis shows that reading levels were raised 13 percent when school was out for the summer. This increase is due to the incredible teachers we have in Pender County and the awesome RSVP Reading Buddies that are in the elementary schools throughout Pender County.

Last year was especially challenging and volunteers and teachers had to find ways to “capture understanding and interest” with students to get them through the year’s curriculum. Hurricane Florence took many days off the school calendar and even when students returned their focus, their home life, their schools were all affected by the aftermath of Florence. We are so proud of our RSVP Reading Buddies and the commitment and perseverance towards the students they worked with.

Volunteers were role models, consistent people weekly in a student’s life, and their biggest cheerleaders. It was an awesome year!

We are now ready to start our new school year 2019-2020 and already have 53 Reading Buddies ready to start in every elementary school in Pender County. We are ready to start early September, as soon as we hear from the schools that they have classrooms and teachers ready for us to meet our assigned students. But, because of the size of this county, we need many more Reading Buddies. If you would like to spend 1-2 hours a week reading with a student and building vocabulary, comprehension and confidence with a young child, please call Barbara Mullins for a short interview at 910-259-9119 (x 329). The more volunteers we have, the more in our local community we can help. These are our future leaders, let’s share our knowledge with them and reap the benefits that only a child can return to you.

## Classes returning after summer break



Baskets and other classes that took a summer break will be starting back soon

## Heritage Place Happenings

By Jennifer Mathews  
*Pender Adult Services*

I can’t believe the summer is almost over. Although I am ready for the cooler temperatures, I am not ready for the rush of the school year. We are happy to have our OTA students from CFCC back with us. They are here on Tuesdays.

We will be celebrating Senior Center Month in September! Tell us what you love about coming to the center. We will also participate in the NC Senior Center Alliance Advocacy Campaign.

We are planning to go to the NC State Fair in October. We have secured a charter bus and the public is welcomed to go with us. Transportation cost is \$25.

Fair admission is free for seniors 65 and older. Anyone younger than 64 should plan to get their tickets in advance or at the gate. We usually leave at 7 a.m. and return at 7 p.m. Plan on wearing your good walking shoes and eating a funnel cake, roasted corn on cob or some ribbon fries.

Your transportation fee is due at sign up and is non-refundable. Invite a friend to go and plan on enjoying a great day at the fair. We have to get at least 45 people to secure the bus. (if we don’t make the quota, money will be refunded) Not 65? Not a problem—tickets are \$13 at the gate or \$10 in advance.

We are making plans for our Annual Silent Auction. It will be Oct. 24. We will enjoy some of the same delicious entrees and have some beautiful items to bid on. Please get your ticket and plan to attend.

## Topsail Senior Center News

By Donna Murphrey  
*Topsail Senior Center*

Please come in and visit with us at Topsail Senior Center as we celebrate Senior Center month in September. Help us to make this our biggest month ever! Schools starting back and so are some of our classes from Summer Hyades: Zumba Gold to start back Sept. 9 at 2 p.m and Basket Weaving to start back Tuesday, Sept. 10 at 9 a.m.

As usual we have a variety of classes: Line Dancing Tuesday night class and Friday morning, Yoga Tuesday and Thursday, Tai Chi Tuesday, Wednesday and Thursday morning, Geri-fit Tuesday and Thursday (free), Crafts Tuesday (free), Bingo Thursday (free), Quilting Wednesday and Friday, Knitting Wednesday,

day, Bridge Wednesday and Thursday, Canasta Tuesday, Wednesday and Thursday, Rummikub Wednesday, Mahjong Thursday and Cribbage Tuesday and Thursday. Please call for times and any associated fee.

Do you Have Medicare questions or new to Medicare? Come to our Medicare 101 seminar Sept. 16 at 5:30-7:30 p.m. Hear from our SHIIP (Senior Health Insurance Program) volunteers who will give you free and objective information about Medicare, Medicare Plans and Supplements.

Also, we have a N.C. State Fair trip scheduled for Tuesday, Oct. 22 for a \$25 transportation fee and you would pay your fair admission (Seniors 65 and older receive free admission to the Fair). Come by, get a schedule, lunch menu or just a cup of coffee. We hope to see you soon!

## Lutz receives SHIIP volunteer award

By Jennifer Mathews  
*Pender Adult Services*

We want to congratulate SHIIP Volunteer John Lutz for being awarded the Mickey Hanula Volunteer of the Year. John Lutz previously lived in Florida and was part of the SHINE program for 10 years before moving to Hampstead, North Carolina in 2013 to join the N.C. SHIIP. John is known for working with a beneficiary for as long as it takes or as many times as it takes to help them to receive a resolution to their problem.

John also donates volunteer hours to Road to Recovery, a program that transports cancer patients to their chemotherapy appointments. He



has served as the Senior Tar Heel Legislator alternate and has served on the Region O Aging Advisory Council for many years. His display of wisdom, knowledge and a selfless dedication and commitment to any endeavor solidifies his selection as Statewide

Volunteer of the Year.

The Seniors’ Health Insurance Information Program (SHIIP) counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance. The counselors on our toll-free line offer free (1-855-408-1212) and unbiased information regarding Medicare health care products. We also help people recognize and prevent Medicare billing errors and possible fraud and abuse through our NC SMP Program. We schedule one-on-one appointments and hold Medicare Education Workshops in Pender County at Heritage Place and Topsail Senior Center.

## Aging, dementia care workshops scheduled for Burgaw, Hampstead

What’s Normal Aging and What’s Not? This educational and interactive workshop will review normal aging in place, symptoms of dementia, the Positive Approach to Dementia Care, and Improving Quality of Life through the Power of Music.

The workshop will be offered Sept. 27

from 9-11:30 a.m. at the Topsail Senior Center, and 1:30-4 p.m. at Heritage Place in Burgaw. Speakers will be Kelly Cahill, RN, PAC Community Nurse Educator at Lower Cape Fear Hospice, and Lisa Levine, Director of Education at Dementia Alliance of North Carolina

Seating is limited and registration required. Contact Kelly Cahill at 910-796-7922 or email at Kelly.Cahill@lcfh.org, or Holly Pilson at 910-274-0339 or email at [hpilson@capefearcog.org](mailto:hpilson@capefearcog.org). A Certificate of Attendance will be offered

## Medicare open enrollment

It’s time to evaluate your plan and see what’s new for 2020. SHIIP, a division of the N.C. department of Insurance, offers free, unbiased information about Medicare and can assist with enrollment and subsidy applications that could save you money.

Medicare Annual Open Enrollment Period is Oct. 15 through Dec. 7. Changes will be effective Jan. 1, 2020. Call to schedule an appointment with a trained SHIIP counselor soon! For Burgaw appointments call Heritage Place at 910-259-9119 or Hampstead appointments call Topsail Senior Center at 910-270-0708.

## Older Americans Act legislation

Pender Adult Services is joining hundreds of seniors from Senior Centers across the state to mail thank you cards to our legislators. The card includes a thank you for funding the Older Americans Act and asks for then to support the reauthorization of the Older Americans Act along with a personal statement of “What their Senior Center Means to Them.”

Federal, state and local funding is vital to our ongoing programs and allows our seniors to participate in free or low cost affordable activities and access activities and

access needed services. This is in partnership with the North Carolina Senior Center Alliance, which coordinates events for the 163 Seniors Centers across the state. The goal of this statewide event is to give special thank you card event shows the senior’s appreciation and keeps our Senior Center on the minds of our legislators.

Join Heritage Place and Topsail Senior Center for this special thank you card event. We will be writing and mailing the thank you cards at 901 S Walker Street, Burgaw and 20959 Hwy 17, Hampstead

Sept. 9-11. The thank you cards and needed supplies are provided. Seniors will only need to write a personal thank you note to their legislator, address the card and mail it.

Pender Adult Services’ Heritage Place and Topsail Senior center are places for citizens to meet new friends, maintain active lifestyles and connect to services. Some of the Center’s programs and opportunities include health and wellness, volunteering, arts, education and social events. Participating at the

Continued on back

## Monday Morning Painting Class

at Heritage Place  
901 S Walker Street, Burgaw  
Mondays 9:30-11:30 a.m.  
6 classes/\$50  
Begins Sept 23, 2019  
Bring your own supplies  
For registration and/or supply list  
Contact Maureen McKenna  
Simplestrokesart@gmail.com  
Or 631-312-6102

**INFORMATION PLEASE – WE ARE HERE TO HELP**  
Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) if you need information, referral or assistance with any of the following services:

Health Screenings  
Insurance Counseling  
Legal Services  
Caregivers Classes  
Housing  
Home Repair/Modification  
In-home Aide Services  
Social Security Benefits  
Adult Day Care/Day Health  
Disaster Services  
Hospice Care  
Rehabilitation Services  
Respite  
Telephone Reassurance  
Energy Assistance  
Volunteer Opportunities

Fitness & Health Promotion  
Tax Preparation/Counseling  
Transportation Medical/General  
Family Support Groups  
Reverse Mortgage Counseling  
Home Health Services  
Medicaid Benefits/Medicare Benefits  
Job Training/Placement  
Community Mental Health  
Durable Medical Equipment/Assistive Devices  
Long-term Care Facilities  
Report Suspected Abuse, Neglect or Exploitation  
SHIIP (Senior Health Insurance)  
Congregate Meals/Home Delivered Meals  
Food Distribution  
Senior Games



**Licensed CNA**  
**Positions Available**

Pender Adult Services is hiring CNA’s.

All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead.

Must have reliable transportation.

Contact Anna or Cathy at 259-9119 ext. 2



## *Pender Adult Services September 2019*

### Healthy Aging Month

September 2 – Labor Day Holiday, Agency Closed  
September 9 – Bowling to Ten Pin Alley – please sign up, fees apply  
September 10– Pender Memorial Hospitals – Farmers Market 10 am – 1pm  
September 10 & 11 - RSVP perks; Tuesday @ HP; Wednesday @ TSC 9 am  
September 11 – Patriot Day – wear red, white and blue  
September 11– Pender County Retired School Personnel meet – 11 am (HP)  
September 11– Blind Support Group meets – 1 pm (HP)  
September 12 – Lancaster pre-trip meeting – 1pm (HP)  
September 16 – Lancaster pre-trip meeting – 1pm (TSC)  
September 16 – Medicare 101 – 5:30 – 7 pm Topsail Senior Center  
September 19 – Health Checks offered by PCHD – 11:30 (TSC)  
September 24 – National Women’s Health Day Celebrated (HP)  
September 26 – Lancaster Trip departure day  
September 26 - Health Checks offered by PCHD - 11:30 (HP)  
September 27 – Caregivers Support & Education - 1:00 – 3:30 (HP)

### ***SAVE THE DATES:***

NC State Fair Trip – October 22, 2019 – sign up for transportation  
Silent Auction – October 24, 2019 – Tickets available now!

## *Spending time with grandparents is good, experts say*

(StatePoint) Play is important for everyone, no matter their age --- and when grandparents, parents and children play together, that's where the real benefits of unstructured fun are discovered.

“Play time with adults of different ages is not just a chance for families to bond, these interactions with positive role models can help children develop a range of important social, language and problem-solving skills,” says Dr. Amanda Gummer, child psychologist and an expert contributor to TheGeniusofPlay.org.

Adults benefit from play time too. As one grows older, the free unstructured fun enjoyed in childhood is often replaced with structured activities like sports, card games and solving crosswords. Time spent with youngsters can keep adults young and give them a chance to relive more carefree days.

According to The Genius of Play, a national initiative whose mission is to raise awareness about the importance of play and help parents make play a critical part of raising their kids, here are three reasons why intergenerational play is good for young children:

- Unstructured play tends to be collaborative, encouraging cooperation and honesty.

- Spending time with older adults helps children understand how aging works, and later accept their own aging.

- Grandparents are storytellers and their wisdom and experience can open children's horizons further, as well as ignite imagination and creativity.

When it comes to adults, intergenerational play is beneficial in the following ways:

- Children bring innocence, joy and laughter to any situation, helping adults reduce stress.

- Active, busy play time can keep an older adult vital and healthy. Indeed, those that play with children burn more calories, experience fewer falls and become less reliant on walking aids, according to studies.

- Play time is good for an aging adult's mental and emotional health. Games can help seniors maintain cognitive skills and retain memory, and the quality time with children can prevent feelings of loneliness and boost positivity.

Whether you're young, old or somewhere in between, these three tips from The Genius of Play can help you make the most of the time together:

- Share your favorite games with your grandchildren. From hide-and-seek to hula-hoops, introducing them to the games you played years ago is a great way to connect and make new memories.

- Give children an opportunity to express themselves by letting them share their ideas for what they want to play with you. They'll be more enthusiastic about participating if they get to call the shots sometimes. In today's tech-savvy world, grandchildren

might want to play with a toy that uses augmented reality or teaches coding skills. This can be a great way to engage with them on their level and learn more about their favorite activities. Plus, you'll be

learning something new!

- Let your grandchildren win and lose the game sometimes. This is a great chance to boost self-esteem while learning about good sportsmanship.

## Prescription Assistance Program



See if you qualify for assistance.

- Generous Income Guidelines
- Uninsured or Under Insured
- Medicare Part D—Brand names
- \$25 annual application fee

Pender Adult Services 901 S Walker St Burgaw, NC 28425

Call 910-259-9119, Press 5

# Memorial and Honorary Giving Program

*In Memory of*

*Sharon Capps*

*By The Capps Family*

**Contributions have been received recently from**

*NC Blueberry Festival*

*Willarlea Ruritan Club*

*Thank you for your contributions*

*Have you considered a gift to Pender Adult Services, Inc.?*

*We appreciate your support for services that we offer!!*

*Your donations to PAS are tax deductible.*

*An acknowledgement will be sent whether donation is in*

*Honor or in Memory of individual or group.*

*For more information on Pender Adult Services*

*Memorial and Honorary Giving Program*

*please contact Wesley Davis at 910-259-9119.*

# Get your body in balance with Yoga, Pilates and Fit over fifty at Fitness Fusion

***See our schedule for dates and time***



# FREE MEDICARE SEMINAR

**SHIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIP will be conducting a free seminar entitled:**

## Medicare 101

**The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.**

**Event Date: September 16, 2019**

**Event Time: 5:30 - 7:00**

**Event Location: Topsail Senior Center**

**Location Address: 20959 Hwy 17**

**Location Address: Hampstead, NC 28443**



**To register, call:**

**910-270-0708.**

**For additional information, contact:**

**Jennifer at 259-9119 X 303**

**1-855-408-1212 • [www.ncship.com](http://www.ncship.com)**

**North Carolina Department of Insurance  
Mike Causey, Commissioner**

## Legislation

*Continued from front*

Senior Center is free; however there is a nominal fee for some activities.

For more information contact Jennifer Mathews at [jmathews@penderpas.com](mailto:jmathews@penderpas.com) or 910-259-9119.