



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

December  
2019



Our knitting group at Heritage Place (above) will be hosting a **KNITTING 101** class this January. Beginning Jan. 7 we will teach the four basics. Cast on, Knit, Purl & Bind Off. Join us and we will work on a scarf for February. Our Quilters (below) learn together in groups at Topsail and Heritage Place in Burgaw. In addition to enjoying each other's company they work on projects to benefit our communities.



## RSVP has joy to share

By Barbara Mullins  
RSVP Coordinator

RSVP has been busy preparing joy to share with our homebound seniors. All year our Creative Card class at Topsail Center has been making cards for RSVP to give our friends at home.

Each has a ribbon hook so they can be hung on a small tree, mantle or hook and enjoyed for weeks to come. These cards bring so much love and warmth into the homes of our friends.

In addition, many RSVP volunteers "adopted" a homebound senior and we have collected more than 110 filled Christmas stockings so our friends will have a few small gifts to

open this holiday season.

At a time when most people are joyous and celebrating this beautiful season, there are many that are lonely, depressed, and hungry.

RSVP looks at the needs of our community and tries to reach out and truly show we love and care for our aging population. Here's wishing you all a most wonderful Christmas and looking forward to a New Year of more volunteers to serve more people in Pender County.

Call me, Barbara Mullins, RSVP Director at (910-259-9119x329) for information on how to make a difference in your local community.



RSVP Christmas Cards

## Heritage Place Happenings

By Jennifer Mathews  
Center Coordinator

Thankfulness has been key this month. We want to thank N.C. Blueberry Festival committee for their continued support of Pender Adult Services. They made a contribution at their volunteer banquet in September and we failed to acknowledge it with our Auction Sponsors. We also received a generous contribution from the Walmart Corporate Offices.

We are thankful for our CFCC Student interns. Sarah Helm, Courtney Jackson and Karisa Sowers. Each has contributed in Burgaw with our clients this semester. They have brought joy and smiles with them each day they were here.

We are thankful for SHIIP (Senior Health In-

our Matter of Balance class beginning Jan. 14 each Tuesday from 10 a.m. until noon through Mar. 3. This is an award-winning program designed to manage falls and increase activity levels. Anyone concerned about falling, or interested in improving balance, flexibility and strength should attend.

Speaking of balance; we have Beginners Tai Chi on Wednesdays, intermediate Tai Chi on Thursdays and

Continued on next page

Continued on next page

## Pender Adult Services Christmas Holiday Schedule

Dec 23-25 PAS Offices Closed  
Jan 1 Closed for New Year's Day  
Kitchen closed from Dec. 23-Jan. 3

## Low Income Energy Assistance Program applications now accepted

Pender County Department of Social Services is accepting applications for LIEAP (heating/fuel) Dec. 2 thru Mar. 31 from 8 a.m. until 5 p.m. at the Pender County Department of Social Services.

Applications will also be taken from 9 a.m. until noon on the following days at these sites in Pender County:

•Dec. 9: Willard Outreach Center, Willard

•Dec. 10: St John's Baptist Church, Maple Hill

•Dec. 12: Topsail Senior Center, Hampstead

•Dec. 13: Atkinson Town Hall, Atkinson

•Dec. 16: Joint Community Devel CTR, Rocky Point

•Dec. 4, 11, 18: Pender County Government Annex Hampstead, across from McDonalds, from 9 a.m. until 4 p.m.

Applications for those age 60 and older or disabled persons receiving a service through the Division of

Aging and Adult Services (DAAS) will be taken from Dec. 2-31.

If funding is still available, others can apply from Jan. 2 through Mar. 31, 2020.

Households must make an application for LIEAP Heating Assistance.

LIEAP payments will be paid directly to the utility provider.

**Items needed to apply**

•Copy of most recent bill with account number

•Copy of Awards Letter from Social Security

•Copy of Awards Letter from Pension(s)

•Income for everyone who lives in the household for the month prior to application (i.e. applying in December will need to bring November's income information.

•Bank statement may be requested for income verification

For more information, contact Pender County Department of Social Services at (910) 259-1240.

## Medicare information, help offered by SHIIP

SHIIP (Seniors Health Insurance Information Program) volunteers will continue to assist clients with Medicare questions after open enrollment ends Dec. 7.

If you still need to review your prescription drug plan you may do so by calling 1-855-408-1212. Plans may be reviewed and updated for 2020 before Dec. 7. It has been a busy season, unfortunately we have booked all of our appointments for both locations.

If you are receiving extra help or would like to review your Medicare Ad-

vantage plan you may do so after Jan. 1. Extra help clients may continue to review their plans during the year. Medicare Advantage Open Enrollment period is Jan. 1-Mar. 31 each year. Please call Heritage place at 910-259-9119 or Topsail Senior Center at 910-270-0708.

If you are new to Medicare and need help understanding the system and researching a supplement and drug plan, please call us or the 1-855-408-1212 (Raleigh Office). We want to assist you!

## Topsail Center News


By Donna Murphrey,  
Center Coordinator

Greetings from Topsail Senior Center. Cold temperatures are here and for those of you who may need some assistance with heating cost this winter, Department of Social Services will be taking applications for LIEAP (low income energy assistance program) beginning Dec. 1-31. They will be here at our center accepting applications Dec. 12 from 9 a.m. until noon. If you would like more information call them at 910-259-1240.

As I am writing this, Christmas and the New Year are quickly approaching as always we encourage you to come by and spend some time with us. Our Christmas Party will be Dec. 19 from 11:30 a.m. until 1 p.m., so please join us for good food and great company.

Signup has begun for

DO YOU HAVE **concerns** about falling?



Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks at home
- Exercise to increase strength and balance

WHO SHOULD ATTEND:

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

Matter of Balance Workshops

Once a week x 8 weeks x 2 hours

**Pender Adult Services**

901 S Walker St, Burgaw, NC, 28425

**Thursday's**

January 16<sup>th</sup>-March 5<sup>th</sup>, 2020

Time: 10:30 am – 12:30 noon



**Topsail Senior Center**

20959 US-17, Hampstead, NC, 28443

**Tuesday's**

January 14<sup>th</sup>-March 3<sup>rd</sup>, 2020

Time: 10:00 am- 12:00 noon





**Pender Adult Services Invites You  
On a Fabulous 6 Day/5 Night Vacation to  
New Orleans!  
June 20 – June 25,**

Our trip will include 5 Nights Hotel Accommodations. Three Nights will be within walking distance of the French Quarter. Five Breakfast at our hotel and evening hotel receptions in New Orleans. One evening dinner at the New Orleans School of Cooking and New Orleans dinner with entertainment. Guided Tours of New Orleans as well as an Old fashioned Louisiana Plantation and a trip on an authentic steamboat. Standard Taxes, Meal Gratuities & Baggage Handling and Deluxe Motor Coach Transportation are included.

**For Information and/or Reservations, Please Contact:**

**Jennifer Mathews @ 910-259-9119 x 303**

**Date of Trip:** June 20 – June 25, 2020

**Price:** \$859.00 Per Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$92.00 per person double and single occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

**Insurance premiums are non-refundable.** Fuel surcharges by all transportation companies may be assessed.

**Topsail Center**

*Continued*

Advanced Tai Chi on Tuesdays. Tai Chi has been proven to improve balance, reduce stress, enhance mental capacity, reduce blood pressure, alleviate arthritis pain and assist a faster recovery from strokes and heart attacks.

On a personal note we are so thankful for the blessings we have received this year. We have had volunteers make Thanksgiving treats for our Meals on Wheels clients as well as fall tomatoes donated for them.

Renovation Church generously renovated our flag walk with new pavers and donated beautiful gourds last week for decoration. Others in the community continue to donate items for yard sale table, silent auction or to be used by our clients.

We are truly blessed to serve such a giving community! Happy Holidays!

**Heritage Place**

*Continued*

Insurance Information Program) volunteers. They have met with many clients this fall.

We are thankful for all the groups that meet at our centers. They bring joy to each other while learning a new craft. Many share their knowledge to younger people and with organiza-

**Transportation News**

PAS-TRAN is hiring Part-Time Drivers  
Applications available at 901 S Walker Street  
Weekdays only Call 910-259-9119 X press 1  
for more information  
PAS-TRAN is accepting New Senior (60 & up)  
Nutrition riders for both Heritage Place in Burgaw  
and Topsail Senior Center in Hampstead.  
Rural General Public rides for Grocery  
Shopping, College Educational, Employment,  
and Medical visits and needs, in county  
and Out of County are also available.  
New service available to Jacksonville  
and Wallace/Rose Hill. Call for more information  
and reservations. Please Call 910-259-9119 Press 1  
TDD/TTY 1-800-735-2962 Monday thru Friday  
*Certain restrictions apply for trips and  
Medical appointments. Services may be  
interrupted if funding is not available.*



**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**

tions in need.

We are thankful for those that gather around our tables during congregate meals and afternoons full of card and game activity. Keeping our minds alert and active.

So this season when we may be feeling at times

blue and possibly grouchy; pause, take a deep breath, share a smile and repeat I am thankful for...



***Pender Adult Services December 2019***

**Dec. 3-4** – RSVP Perks meet 9 a.m. (HP & TSC)  
**Dec. 10-11** – Wrap it UP? Gift wrapping by Janet from 10 a.m.-1p.m.  
**Dec. 11** – Wear your Red & Green for our Christmas Party  
With **Rocky Point Preschool** at 10:45 a.m. (HP)  
**Dec. 19** – Christmas Party at Topsail Senior Center  
**Jan. 6** – Activities & Meals resume  
**Jan. 14** – *Matter of Balance starts (Thursdays at 10:30 am)*  
**Toys for Tots**  
*Last day for collections at PAS is December 11*

**Memorial and Honorary  
Giving Program**

***In Memory of Sam Rochelle***

***Given By***

***Carolyn Biberstein***

***CF Pope Class of 1964***

***James Basden***

***Macedonia AME church***

***Wendy Brasher***

Contributions are acknowledged from

***NC Blueberry Festival***

***Walmart Corporation***

***Wesleyan Chapel UMC***

***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.

**BACK UP DRIVER WANTED**

**FOR HOME DELIVERED MEALS**

If interested, please contact

Jane Johnson, Aging Case Manager

910-259-9119 X 309

***Pender Adult Services Class Schedule***

**Heritage Place Opportunities**

Phone: 910-259-9119

**Monday  
8:00—7:00**

**9:30 Art Class (2020)  
12:00 Meals  
1:00 Bid Whist  
1:00 Canasta  
6:00 Line Dance**

**Tuesday  
8:00—5:00**

**9:00 Crocheting  
9:00 RSVP Perks (1st)  
10:30 Group Walk  
11:00 Geri-fit  
12:00 Meals  
12:30 Pinochle/  
1:00 Rummikub  
1:00 Quilting Group  
1:00 Knitting Group**

**Wednesday  
8:00—5:00**

**9:00 Basket Class  
11:00 Bingo  
11:00PC School Ret. (2nd)  
12:00 Meals  
1:00 Bid Whist  
1:00 Bridge  
1:00 Blind Support (2nd )**

**Thursday  
8:00—5:00**

**9:30 RSVP Card Class (2nd)  
10:00 Jewelry  
10:30 Group Walk  
11:00 Geri-fit  
11:30 Caregivers Group(4th)  
11:30 Health Checks (4th)  
12:00 Meals  
1:00 Rummikub  
1:00 Mexican train (1st)**

**Friday  
8:00—3:00**

**11:00 Bingo  
12:00 Meals**

**Saturday—closed**

Facility Available  
For Rentals

Phone: 910-270-0708

**Topsail Senior Center Opportunities**

**Monday  
8:30 am—5:00 pm**

**9:00 Art Class (group)  
10:00 Modified PILATES  
12:00 Meals  
2:00 ZUMBA Gold  
1:00 Tree Top Quilters(2nd)  
3:00 Hospice Trg (2nd)**

**Tuesday  
8:30 am—5:00 pm**

**9:00 Baskets /Cribbage  
9:00 Geri-Fit  
10:00 Senior Crafts & fun  
12:00 Meals  
2:00 Gentle YOGA  
3:15 Advanced Tai Chi  
6:00 Line Dancing**

**Wednesday  
8:30 am—5:00 pm**

**9:00 Quilting Bee  
9:00 RSVP Perks (1st)  
9:15 Beginning Tai Chi  
9:30 Knitting Group  
12:00 Meals  
1:00 Canasta/Bridge  
2:00 Rummikub**

**Thursday  
8:30 am—5:00 pm**

**9:00 Geri-fit/Cribbage  
10:00 YOGA  
10:00 Bingo  
11:15 Interm. Tai Chi  
12:00 Meals (BP Checks-3rd)  
1:00 Quilting  
1:00 Bridge/ Mahjong**

**Friday  
8:30 am—2:30 pm**

**11:00 Line Dance  
12:00 Meals  
12:00 Line dance 2  
Caregivers Support \*\*  
\*\*Call for info**

**Saturday –Facility  
Available for rentals**

Phone: 910-259-0422

**Fitness Fusion Group Fitness Classes**

**Monday**

**Open 5:00—8:00  
5:30 RPM Cycling  
8:30 BODYPUMP  
9:40 YOGA  
10:45 FIT OVER 50**

**Tuesday**

**Open 5:00—8:00  
5:30 RPM Cycling  
8:30 Cardio Fit \*new  
9:40 YOGA  
10:45 FIT OVER 50**

**Wednesday**

**Open 5:00—8:00  
7:00 RPM Cycling  
8:30 BODYPUMP  
9:50 PILATES**

**Thursday**

**Open 5:00—8:00  
5:30 RPM Cycling  
9:30 Gentle Yoga  
10:45 FIT OVER 50**

**Friday**

**Open 5:00—8:00  
8:30 BODYPUMP  
9:50 PILATES  
5:30 BODY PUMP**

**Saturday  
Open 8:00—2:30**

**Massage by  
Appointment**

**5:30 BODYPUMP**

**5:30 RPM Cycling**

*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.*

**MATTER OF BALANCE COMING JANUARY 2020**