

Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

June
2019



Celebrating Older American's Month in May



Mary, Sara and Fran were three of the eight seniors more than 90 years old at the Older Americans Month Celebration in May.

Heritage Place Happenings

By Jennifer Mathews
Pender Adult Services

We have had a wonderful time together this May. The weather has been nice for visiting on the porch in the rocking chairs. We have had a lot of people trying out our Geri-fit classes. We enjoyed hosting the Older Americans Month Celebration with the Unresolved String Band. Seniors are finding ways to Connect, Create and Contribute here at Pender Adult Services through classes, exercise, activities and volunteering.

As we age it is important to continue to find groups that encourage us to be healthier, active and social. If you are new to the area or just haven't check out what we have to offer, come on by. The air is on! If you have a favorite thing to do and we are not offering it, please suggest it. We are always looking for more and different activities!

Several people have asked "When are we traveling again?" We are planning local day trips to the Arboretum, Surf City, State Fair (October) and Myrtle Beach shopping (Nov-Dec). RSVP has a Caribbean Cruise planned for December. You do have to be a RSVP volunteer to go. You can see Barbara Mullins or ask another RSVP volunteer about the details. They still have a few cabins available.

I recently heard that several of our travelers are going with Christian Tours to Branson, Missouri in early September. Ask me for details if you are looking to go to Branson. We are planning a fall trip to Lancaster and the details will be out soon.

A deposit will be due in June so put some money away if you are interested in a trip to Lancaster late September. Contact Jennifer Mathews for more information.

A descriptive flyer will be available at both centers and Fitness Fusion soon!

Men's Health Month

June is the month that we celebrate dads. What better time is there for men to get their health screenings scheduled?

Even healthy men need to get health screenings for preventive care.

If you are a man with Medicare coverage, now is the time to talk with your doctor about getting screened for prostate cancer, colorectal cancer and cardiovascular disease.

Medicare covers prostate screenings once every 12 months for men 50 and older, and the colorectal screening tests every 120 months, unless at high risk.

Cardiovascular screenings can detect conditions that could lead to heart attack or stroke and are covered by Medicare once every five years.

For more information contact: Jennifer Mathews @ 910-259-9119

JUNE is
MEN'S HEALTH
MONTH



An Evening at the Oscars – Pender RSVP style

By Barbara Mullins
RSVP Director

It was an evening of fun and excitement for Pender Retired Senior Volunteer Program (RSVP) volunteers and staff as they were recognized for their ongoing service and support for people across Pender County at the recent annual RSVP Oscars Night event.

The event was held at Heritage Place in Burgaw and attended by more than 140 people.

In 2018, RSVP volunteers provided service as Reading Buddies; Companion/Respite Care; telephone check-in calls; meals on wheels; rides for cancer patients; and many other activities assisting se-

niors locally. None of this would have been possible without the strong support of the RSVP staff who keeps the programs moving forward.

The mayors Pete Cowan (Burgaw), Ken Smith (Atkinson), and Doug Medlin (Surf City), attended the event and issued proclamations from their cities recognizing April 9, 2019, as National Service Day.

They also recognized RSVP and other volunteers in Pender County who make a difference in the lives of our friends and neighbors.

"We are very fortunate to have RSVP supporting the needs of people across the county. They deliver their services with a smile and great care," said Cowan.

More than 60 RSVP volunteers were recognized with the Presidential Volunteer Award for sharing more than 100 hours of their volunteer time in 2018. Most notably, Ruby Ballard and Charlotte Kelly were recognized for providing more than 500 hours of service.

There were several other categories of awards presented for exceptional service during the evening.

Pender RSVP is always seeking additional volunteers to help expand services. Currently we are in dire need of Proctors to assist our Pender County Schools during EOG testing the first two weeks of June. A proctor is state mandated in every classroom during EOG testing.

If you can assist please call us. To learn more about other volunteer opportunities with Pender RSVP, you can visit the Pender RSVP Facebook

page, @PenderCountyRSVP, or contact Barbara Mullins at 910-259-9119, extension 329 or bmullins@penderpas.com.

Topsail Senior Center News

By Donna Murphrey
Pender Adult Services

Summer is definitely here in the Topsail area with temperatures into the 90s, but inside the Senior Center it is nice and cool! Come in and visit, get a book, work on a puzzle, eat lunch, make a craft, take an exercise class.

There are many options to keep you busy this summer without being in the heat! Check the schedule to see what is interesting to you and if you have an idea, please share!! We are open for suggestions.

We had a great visit to

Pender Adult Services in Burgaw last Tuesday for the Older Americans Month Celebration. There were 12 from Topsail that enjoyed lunch and a concert by the Unresolved String Band, a ukulele group of senior men out of New Hanover County. We appreciate these men taking the time to entertain us playing classic songs so we could sing along.

We also had a trip to the New Hanover County Arboretum Ability Garden May 29 with a picnic lunch. Please call or stop by to see what local trips are planned for June.

There will be an Elder

Abuse Awareness Day tree planting/dedication at Topsail Senior Center in June, please call for specific date and time. For more information concerning Elder Abuse, please call or stop by the center.

We have all new top railings on our front ramp, steps and porch; a big thank you to Joe Atkins and his fellow Hampstead Marine Corp League members for the great installation.

We also want to thank the Renovation Church of Hampstead for repairing some of the side railings and they are planning a workday to paint it all for us.

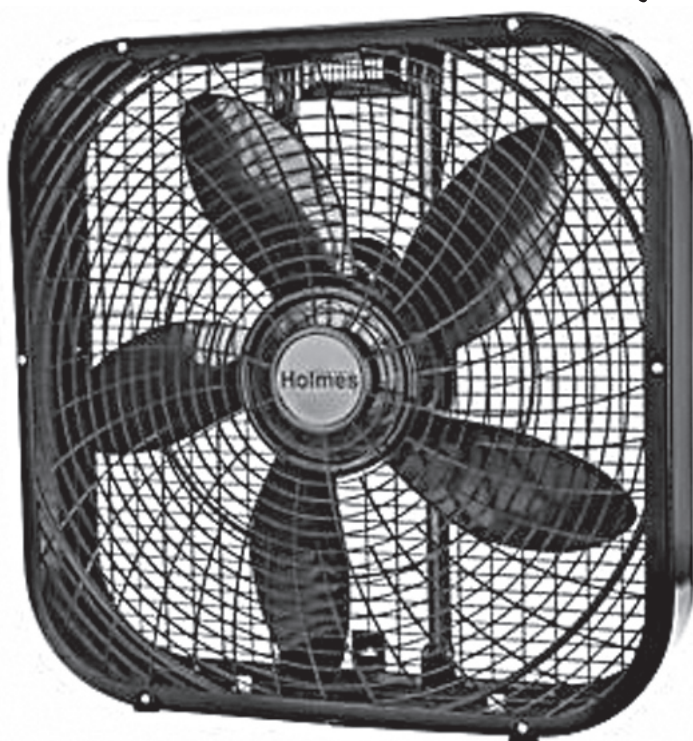
Operation Fan underway

Operation Fan is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses.

Applications will continue to be processed and reviewed for approval. Please bring power bill to confirm address and carrier.

Applicants must reside in county, be an adult 60 years of age or older or with a disability, and have a home situation where a threat to health and well-being exists (heat related illness).

Contact Heritage Place (910)259-9119, Press 0; or Topsail Senior Center (910)270-0708 for more information. Applications are first come first serve. We appreciate community support from Four County, Progress Energy and Fran's Fans to continue offering this program.



Are the high costs for prescription drugs at your pharmacy creating a burden on your finances?

It's easy to qualify for our Prescription Assistance program.

If you are...

- A United States Resident
- Do not have Medicaid to cover outpatient medications.
- Have income, but still, can't afford your medications.
- Have insurance, but have a high deductible, or can't afford your co-pay.

Questions? Give us a call.
910-259-9119 Press 5

FREE BLOOD PRESSURE SCREENINGS

Topsail Senior
Center
3rd Thursday of the
Month
11:00-12:00

Pender Adult
Services
4th Thursday of the
Month
11:30-12:30



Sponsored By:



Pender County Health
Department
803 S. Walker St.
Burgaw, NC 28425
910-259-1230

PAS 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
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
Please Call 910-259-9119 Press 1TDD/TTY 1-800-735-2962Monday 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

Pender Adult Services
June 2019

June 4 & 5 - RSVP Perks- no perks this month
June 10 – Bowling to Ten Pin Alley – please sign up, fees apply
June 11 - PMH Farmers Market 10am – 1pm – Drop by and see Carolyn or Jennifer
June 12 – Picnic at Soundside Park, Surf City, Please sign up, fees apply
June 12 – Pender County Retired School Personnel meet – 11 am (HP)
June 12 – Blind Support Group meets – 1 pm (HP)
June 13 – Elder Abuse Awareness Day – WEAR PURPLE at HP
June 14 – Flag Day
June 20 – Health Checks offered by PCHD at
June 20 - Elder Abuse Awareness -Wear Purple at TSC
June 21 – First Day of Summer!
June 27 - Health Checks offered by PCHD - 11:30 (HP)

Topsail Silent Auction
Thank you to our Sponsors

Diamond Sponsors

Hampstead Women's Club
Griffin Estep Benefit Group

Platinum Sponsors

Hampstead Marine Corp League
Woodmen Life Chapter 1483 (Travis Horrell)

Bronze Sponsors

Coastal Pender Rotary
The Lumens Group
Thomas & Joy Havadich

Beverage Sponsor

Coastal Beverage Company



Subscribe today!
Home delivery only
\$25 a year for seniors.
Call 259.9111

Pender Adult Services Class Schedule
Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:30 Art Class
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
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 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
5:30 BODYPUMP

Tuesday

Open 5:00—8:00
5:30 RPM Cycling
8:30 Cardio Fit *new
9:40 YOGA
10:45 FIT OVER 50
5:30 BODY ATTACK
6:30 RPM Cycling

Wednesday

Open 5:00—8:00
7:00 RPM Cycling
8:30 BODYPUMP
9:50 PILATES
Massage by
Appointment
5:30 BODYPUMP

Thursday

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

Friday

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

Saturday
Open 8:00—2:00

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.

SCHEDULE 2019