



# Pass it on...

The Pender-Topsail  
**Post**  
& Voice

November  
2019



## RSVP needs Reading Buddies

By Barbara Mullins  
RSVP Coordinator

Retired Senior Volunteer Program (RSVP) is excited to have 53 Reading Buddies in the Pender County Schools this semester.

Penderlea, our year round school, South Topsail Elementary and Burgaw Middle have been added this past week to our list of schools requesting RSVP volunteers.

We are excited to work with students to build better vocabulary and comprehension skills this school year.

We are hoping to develop a strong desire to read more often with our students. Currently we are in need of more volunteers at Penderlea and we are just starting at Burgaw Middle so both reading and math tutors are needed for Middle School.

Please call 910-259-9119 (ext 329) or email: [bmullins@penderpas.com](mailto:bmullins@penderpas.com) to discuss the volunteer positions available right here in our local community.

## Topsail Senior Center News

By Donna Murphrey  
Topsail Center Director

Fall has finally come to Topsail. We have been busy in crafts painting real pumpkins, welcome signs, making toilet tissue pumpkins, Halloween bowls out of old records and making table turkeys for the fall season.

If you love crafts or just desire good fellowship, join us Tuesday morning at 10 a.m. We will begin Christmas crafts in November.

Our SHIIP Volunteers have been busy assisting Medicare participants with their 2020 enrollment. We still have appointments available, please call us at 910-270-0708.

Our annual trip to the State Fair on Senior Day was a huge success and though the weather was not sunny, a good time was had by all. We finished a great October with Halloween Bingo and a costume contest. Come on out and see us in November for crafts, exercise, cards, games, friendship and fellowship.

A reminder, our facility will be closed Monday, Nov. 11 for the observance of Veteran's Day. We would like to thank all who have served.

A special thank you to Renovation Church for fixing our walkway to the flag with new pavers. It is so kind of them to remember us on their community service day!

Also, we are closed Thursday and Friday Nov. 28-29 for the Thanksgiving Holiday. We wish everyone a very Blessed Thanksgiving.



The Topsail Senior Center held a Halloween Party. Seniors and Staff dressed up and a great time was had by all.

## Heritage Place Happenings

By Jennifer Mathews,  
Center Coordinator

We have had a busy month of October. We finally welcomed some cooler temperatures. We had a wonderful response to our annual Silent Auction. It was a very successful event and raised nearly \$20,000 for Meals on Wheels and Heritage Place Facility.

We certainly appreciate our sponsors and our community for purchasing tickets and supporting our agency by bidding and purchasing donated items. Please make note of our Sponsors. We are grateful for all of their support.

Construction on our facility was made possible by a grant from the Katie B Reynolds Foundation and the Cape Fear Memorial Foundation.

We appreciate their generosity in enclosing our porch and constructing an open air facility. Construction was delayed because of Florence.

We appreciate your patience and we look forward to having the additional space for next year's event.

In addition to our sponsors we want to especially thank Ashley and Darren Becker, Brown Dog Coffee, Coastal Beverage Company, Craig Thomas and Judy Pitchard and our Board of Directors who sold tickets and publicized the event.

## What's in your dietary supplements?

(StatePoint) Dietary supplements help people get the nutrients they need to thrive, and 77 percent of Americans take them, according to the Council for Responsible Nutrition (CRN). However, experts say that in order to make smart choices down the line, it is necessary to understand changes being made to product labels.

"The Food and Drug Administration has mandated that all dietary supplement products feature updated labeling by January 2021 to reflect the evolution of the American diet, as well as advancements in nutrition science," says Brian Wommack, senior vice president of communications at CRN. "Larger manufacturers will comply by January 2020, and many other manufacturers will

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## Prescription assistance available at Pender Adult Services

Carolyn Wells is the Prescription Assistance Coordinator at Pender Adult Services. She is assisting people through several pharmaceutical companies.

With the rising cost of medical care and the

increasing cost of medications it is becoming increasingly hard for many people to afford their needed medication. That is where we can help. Through the years we have helped many people in obtaining their medications

at a reduced to zero cost to them.

"I would like to continue that on an even wider scale," said Carolyn Wells.

If you, or someone you know, is struggling to pay for their medications, or

the prescription coverage they have is not sufficient, please give her a call at 910-259-9119 ext 326 for more information. This assistance is not restricted to Pender County.

"I will gladly help anyone I can," said Wells.



Prescription Assistance Coordinator Carolyn Wells helps a client with a prescription need.

### INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 if you need information, referral or assistance with any of the following services:

Health Screenings	Fitness & Health Promotion
Insurance Counseling	Tax Preparation/Counseling
Legal Services	Transportation Medical/General
Caregivers Classes	Family Support Groups
Housing	Reverse Mortgage Counseling
Home Repair/Modification	Home Health Services
In-home Aide Services	Medicaid Benefits/Medicare Benefits
Social Security Benefits	Job Training/Placement
Adult Day Care/Day Health	Community Mental Health
Disaster Services	Durable Medical Equipment/Assistive Devices
Hospice Care	Long-term Care Facilities
Rehabilitation Services	Report Suspected Abuse, Neglect or Exploitation
Respite	SHIIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution

### Medicare Open Enrollment is NOW Please call 1-855-408-1212

A trained SHIIP Counselor can assist you over the phone in reviewing your Medicare Part D plan  
Medicare Open Enrollment Ends on – December 7  
Please contact Jennifer Mathews if you are NEW to medicare and need an appointment

## Matter of Balance

This program is offered by Pender County Health Department at both centers in January  
This Program emphasizes practical strategies to manage falls.

### Participants 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

**Call 910-259-9119 or 910-270-0708 for more information**





Pictured above at the Silent Auction is the Community Alternatives Program staff: Donna Honeycutt, Robin Meeks, Vanessa Shiver and Amy Ramos. The CAP program assists Medicaid Clients in staying home longer with the assistance of a certified nursing assistant.



Pender Adult Services took a group to the N.C. State Fair recently. Enjoying the fair trip are Cheryl, Cynthia, Vanessa and Patricia.



Pollyanna, Fran and Paddy had a great time at the NC State Fair Senior Day.



## PLATINUM SPONSORS

Burgaw Rotary Club  
Griffin Estep Benefits Group  
Ray & Bird Bost  
Stonehenge Building, Inc  
East Wilmington Rotary

## GOLD SPONSOR

J J Wade Associates LLC

## SILVER SPONSORS

Coastal Custom Electric  
Jackie & Roy Barnhill  
Maple Hill Presbyterian Church  
Revive Physical Therapy

## BRONZE SPONSORS

Cheryl & Bill Wooddell  
Connie & Stacy Wooten  
James Basden  
Jimbo & Heidi Robbins  
John Westbrook  
Joyce & Allen Wooten  
Peggy Casey  
Samuel A Williams  
William & Roxanne Marshburn



### Pender Adult Services - November 2019 National Family Caregiver Month

*Hug a Caregiver this month!*

November 5 & 6 – RSVP Perks meet 9 am (HP & TSC)  
November 11 – Closed for Veterans Day  
November 13 - PC Retired School Personnel – 11am (HP)  
November 13 - PC Blind Group – 1 pm (HP)  
November 14 World Diabetes Day PCHD offers Health Checks at Heritage  
November 21 – PCHD offers Health Checks at TSC  
November 28-29 – Closed for Thanksgiving Holidays

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be introducing the new labels early, so it's smart for everyone to get familiar with the updates now."

Eighty-two percent of Americans agree that the

information on the label helps them make purchasing decisions, and being label wise, according to Womack, means being committed to reading product labels and making smart, well-informed purchasing

decisions. To learn more about the coming changes, as well as for more tips and advice on reading supplement labels, visit BeLabelWise.org or follow the conversation at #labelwise.

## Pender Adult Services Class Schedule

### Heritage Place Opportunities

Phone: 910-259-9119

Monday 8:00—7:00	Tuesday 8:00—5:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:30 Art Class (2020)	9:00 Crocheting	9:00 Basket Class	9:30 RSVP Card Class (2nd)	11:00 Bingo
12:00 Meals	9:00 RSVP Perks (1st)	11:00 Bingo	10:00 Jewelry	12:00 Meals
1:00 Bid Whist	10:30 Group Walk	11:00 PC School Ret. (2nd)	10:30 Group Walk	
1:00 Canasta	11:00 Geri-fit	12:00 Meals	11:00 Geri-fit	<b>Saturday—closed</b>
6:00 Line Dance	12:00 Meals	1:00 Bid Whist	11:30 Caregivers Group(4th)	Facility Available
	12:30 Pinochle/	1:00 Bridge	11:30 Health Checks (4th)	For Rentals
	1:00 Rummikub	1:00 Blind Support (2nd)	12:00 Meals	
	1:00 Quilting Group		1:00 Rummikub	
	1:00 Knitting Group		1:00 Mexican train (1st)	

November

### Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday 8:30 am—5:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—5:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
9:00 Art Class (group)	9:00 Baskets /Cribbage	9:00 Quilting Bee	9:00 Geri-fit/Cribbage	11:00 Line Dance
10:00 Modified PILATES	9:00 Geri-Fit	9:00 RSVP Perks (1st)	10:00 YOGA	12:00 Meals
12:00 Meals	10:00 Senior Crafts & fun	9:15 Beginning Tai Chi	10:00 Bingo	12:00 Line dance 2
2:00 ZUMBA Gold	12:00 Meals	9:30 Knitting Group	11:15 Interm. Tai Chi	Caregivers Support **
1:00 Tree Top Quilters(2nd)	2:00 Gentle YOGA	12:00 Meals	12:00 Meals (BP Checks-3rd)	**Call for info
3:00 Hospice Trg (2nd)	3:15 Advanced Tai Chi	1:00 Canasta/Bridge	1:00 Quilting	<b>Saturday –Facility</b>
	6:00 Line Dancing	2:00 Rummikub	1:00 Bridge/ Mahjong	Available for rentals

### Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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 5:00—8:00	Tuesday Open 5:00—8:00	Wednesday Open 5:00—8:00	Thursday Open 5:00—8:00	Friday Open 5:00—8:00
5:30 RPM Cycling	5:30 RPM Cycling	7:00 RPM Cycling	5:30 RPM Cycling	8:30 BODYPUMP
8:30 BODYPUMP	8:30 Cardio Fit *new	8:30 BODYPUMP	9:30 Gentle Yoga	9:50 PILATES
9:40 YOGA	9:40 YOGA	9:50 PILATES	10:45 FIT OVER 50	5:30 BODY PUMP
10:45 FIT OVER 50	10:45 FIT OVER 50			
5:30 BODYPUMP	5:30 BODY ATTACK	Massage by Appointment 5:30 BODYPUMP	5:30 RPM Cycling	<b>Saturday</b> Open 8:00—2:30
	6:30 RPM Cycling			

MATTER OF BALANCE COMING JANUARY 2020