

PASS IT ON

December
2011

*Helpful information to
enhance senior living provided
by Pender Adult Services*



The Pender
POST

Silent Auction benefit for Meals on Wheels a big success

The Annual Silent Auction and Dinner was held Nov. 17, and proved to be an overwhelming success. Approximately 140 individuals were served with great food and the opportunity to help their neighbor.

This was possible through the generous support of dozens of local businesses and individuals providing sponsorships and items for the auction.

A sincere thank you to all those supporting this worthy event. Please know that this valuable

fund raising event provides a homebound elderly person a warm, well-balanced meal on a daily basis. There are currently more than 100 seniors on the waiting list for Meals on Wheels.

Sincere appreciation is expressed on behalf of the Board of Directors and staff of Pender Adult for all of the generous sponsors and donors of items for supporting this event.

For more information on the Meals on Wheels program, or to contribute, call Pender Adult Services at 259-9119.



Patrons attending the Silent Auction examine the items for bid. The annual event helps support the Meals on Wheels program.

DEES^{Rx} Drug Store

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State Teachers Plan and
most other third party prescription plans.

VISIT OUR
SODA FOUNTAIN!

Jimmy Wilson, Pharm. D.
Kim Basden, Pharm. D. Randy Spainhour, RPh.



RSVP program reaches more than one hundred Pender students

By Barbara Mullins
RSVP Coordinator

It is the beginning of the Christmas season and RSVP has so much to be thankful for this year. We now have volunteers at Burgaw, Cape Fear, West Pender and Topsail Middle Schools. A total of 39 volunteers are making an impact on reading scores with more than 100 students in our community.

This November, we held a training class for our tutoring volunteers to prepare them to connect with students in our program. Hopefully in February, we can add Penderlea School. That will complete all the middle schools in Pender County.

In our companion/respite care program, we have 21 RSVP volunteers that are assisting 28 clients who are not able to leave home and run errands. These volunteers help with everyday activities, provide companion care and help them connect to resources that help them continue living independently at home.

Volunteers provide respite care to caregivers so

they can attend to their own needs and have time to themselves. Thank you to Michael Harris, Hospice coordinator, for the excellent training he provided volunteers on fall prevention.

Volunteers were warned to be careful not to prevent a client's fall, and be brought down in a fall with them. Excellent facts and stories emphasized the importance of checking surroundings to prevent an accident or fall.

Our six mentally-challenged young adults are mentored by six volunteers working beside them at the library, Pender Christian Services and Pender Adult Services. We have seen positive improvement with these students as they go to work in the community.

The entire class of 20 students has participated in decorating cans for the Hampstead Garden Club to provide table flower arrangements for nursing homes.

The class made Christmas decorations for Meals on Wheels and created cards for shut-ins. A training class will be held in January to assist

these volunteers in mentoring and encouraging these young people to continue volunteering and giving back to their community.

In honor of our veterans RSVP delivered four large tubs of food to 4-C's Food Pantry and Pender Christian Services Food Bank. This food was much needed as the Thanksgiving and Christmas holidays are here. With our RSVP program now in the second year of our grant, it is important for us to recruit more volunteers so we can service more clients in our county.

It is my hope that during this Christmas season more people will be filled with the holiday spirit and the commitment to pay it forward by volunteering with RSVP. Two to four hours a week can make such a difference in the life of another.

Please consider joining our RSVP Team. You will be surprised at the blessings you will receive as you give to others. Hope to hear from you soon. Call Barbara Mullins at 259-9119, ext. 25, or email bmullins@penderpas.com.

PENDER ADULT SERVICES

2011 SILENT AUCTION THANK YOU TO OUR SPONSORS

PLATINUM SPONSORS

B B & T

Bird & Ray Bost
First Citizens Bank
Griffin Estep Benefit Group
MV Transportation
Rodney & Donna Gardner

Gold Sponsors

Carolina Coastal Equine Veterinary
Coastal Custom Electric
Delivery Concepts East
Patricia Casaw & Henry Reid
Peggy Casey

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Burgaw Lions Club
Canady & Son's Exterminating
Jim & Carolyn Gayford
Joyce & Allen Wooten
Northern Tool & Equipment
Red & June Robbins
Scotts Hill Hardware & Supply Co
Security Plus Electrical, Inc
Valerie Coble Pollock, DDS, PA
Wesley & Jayne Davis

Bronze Sponsors

Coastal Fitness Equipment
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Darden Insurance, Inc
Lee Coastal Chemical & Paper
The Toner Exchange
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NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Sitter, Light house keeping,
Personal Care, Respite

Pender Adult Services, Inc.
now 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: Connie Bell, RN
or Rebecca Boggs, RN



**Drop off your Toys for Tots donations at Heritage Place,
Topsail Senior Center, and Fitness Fusion.
All toys will be distributed in Pender County.**

Thank you

A Special thank you to Holy Trinity Episcopal Church in Hampstead for all the wonderful produce you have gleaned for our seniors this season. It was very much appreciated!!

Christmas Parties!

Alzheimer's Support Group

The Alzheimer's Support Group Christmas Party will be held Dec. 8 at 11:30 a.m. at Pender Adult Services. Everyone is asked to bring a covered dish. This will be a fun day with Christmas music and fellowship. For more information call Kay Warner, 259-9119.

Senior Christmas Parties

Topsail

Seniors Christmas Party at Topsail will be held Dec. 20 at 10:30 a.m. Everyone is asked to bring a covered dish. For more information call Kay Stanley at 270-0708.

Heritage Place

Seniors Christmas Party at Heritage Place will be held Dec. 21 at 11:30 a.m. Everyone is asked to bring a toy or small item for Toys For Tots. For more information call Jennifer Mathews at 259-9119.

Christmas Music

Christmas Music will be provided by the Charity Middle School Inspirational Choir on Dec. 16 from 11-11:50 a.m. at Heritage Place Burgaw

Changes to the Energy Assistance Program

- Households will no longer receive a Low Income Energy Assistance Program check in February.
- Energy payments will be paid directly to the heating provider such as your Power, Gas or Fuel Company.
- Households must make an application for LIEAP Heating Assistance.
- Applications for those age 60 and over and disabled persons receiving services through Aging and Adult Services will be taken from Dec.1-Jan. 31,
- If funding is still available, others can apply from Feb. 1, through Mar. 31.

Applications will be accepted at Topsail Senior Center on Jan. 12 from 10 a.m.-12 p.m.

Applications will be accepted at Heritage Place on Jan. 10, from 10 a.m.-12 p.m.

For more information contact Pender County Department of Social Services at 910-259-1240

***Pender Adult Services will be closed
Dec. 22-26 for Christmas***

Pender Adult Services Calendar of Events

Diabetes Support (HP)

Thurs. Dec. 1 at 11 a.m.

Contact Rebecca Boggs at 259-9119

RSVP Perks

Tues. Dec. 6 (HP) 9 a.m.-10 a.m.

Wed. Dec. 7(TSC) 9 a.m.-10 a.m.

Healthy America – Health Checks

Mon. Dec 5. at Fitness Fusion 4:30-6 p.m.

Wed. Dec. 7 at Fitness Fusion 9:30-11 a.m.

Thurs. Dec 8. at Topsail Senior Center 11:30 a.m.-1 p.m.

Alzheimer's Support Group (HP)

Thurs. Dec. 8 at 11:30 a.m.

Please bring a covered dish

Contact Kay Warner at 259-9119

Tree Top Quilters (TSC)

Mon. Dec. 12 at 1 p.m.

Contact Kay Stanley at 270-0708

Blind Support Group (HP)(Second Tues.)

Dec. 13 at 1 p.m.

Contact Patricia Miller at 259-1464

Christmas Music (HP)

Fri. Dec. 16 at 11 a.m.

Charity Middle School Inspirational Choir

Christmas Party at Topsail

Tue. Dec. 20, at 10:30 a.m.

Please bring a covered dish.

Christmas Party at Heritage Place

Wed., Dec. 21 at 11:30 a.m.

Please bring a toy for Toys for Tots

Wilmington Coupon Club (HP)

Will resume meetings in January

Thank you

Susie Humphrey

for making our

Beautiful baskets

For our Silent Auction

Student Volunteers from-
Heide Trask High School Key
Club for serving at our Auc-
tion

Pender Adult Services, Inc

Heritage Place
901 South Walker Street
Burgaw, NC 28425
(910) 259-9119

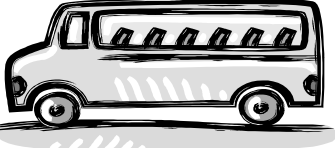
Pender Adult Services is committed to providing our community a safe, stable, environment in which individuals can maintain their independence, good health practices, and a healthy sense of self-esteem.

Topsail Senior Center
20959 Highway 17
Hampstead, NC 28443
(910) 270-0708

Heritage Place Opportunities					Phone: 259-9119
Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00	
9:00 Oil Painting 10:30 Rummique 12:00 Meals 1:00 Bowling (2 & 4) 1:00 Bid Whist 1:00 Canasta 3:00 Senior Chorus 5:00 Basket Class (Jan) 6:00 Line Dance	9:00 Crocheting 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Class 5:30 Weight Watchers	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge 1:15 Woodcarving	7:00 Burgaw Rotary 11:00 Sit & Be Fit 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club	11:00 Bingo 12:00 Meals 12:30 Knitting Group Saturday—closed Facility Available For Rentals	

Topsail Senior Center Opportunities					Phone: 270-0708
Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm	
10:00 Modified PILATES 10:00 Beading 12:00 Meals 12:30 Mexican Train 12:30 Tree Top Quilters (2nd Monday) 2:00 Digital Class (TBA) 4:30 ZUMBA GOLD	9:00 Baskets 10:30 Bingo 12:00 Meals 2:00 Gentle YOGA	9:00 Quilting Class 10:00 Knitting Group 12:00 Meals	10:00 Vinyasi YOGA 10:30 Bingo 12:00 Meals 1:00 Quilting Class 1:00 Card Playing 1:00 Mahjong	8:45 ZUMBA 9:00 Wood Carving 12:00 Meals 1:00 Vitality in Action Saturday—closed Facility Available For Rentals	

Fitness Fusion Group Fitness Classes					Phone: 259-0422
Monday Open 6:00—9:00	Tuesday Open 6:00—9:00	Wednesday Open 6:00—9:00	Thursday Open 6:00—9:00	Friday Open 6:00—9:00	
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 4:15 ZUMBA 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50 6:00 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—4:00 9:00 ZUMBA	



Public Transportation is available to person 18 years and older throughout Pender Co. The cost per ride is \$3 each way. A 48 hour notice is necessary to arrange transportation. Please call (910) 259-9119 or (910) 259-8434 to make arrangements

ASHE GARDENS

Memory Care



Ashe Gardens Memory Care offers enhanced services and caring staff trained to meet the needs of residents with Alzheimer's and forms of dementia.

Now accepting applications.



Call today for information or to schedule a tour!

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- Welcoming, home-like environment
- Dedicated, caring staff
- Full range of amenities and services
- Long- or short-term stays
- Medicaid accepted





ASHE GARDENS

A DePaul Senior Living Community
300 West Ashe Street
Burgaw, NC 28425
(910) 259-8070