

Helpful information to enhance senior living
provided by Pender Adult Services



Pass it on...

The Pender-Topsail
POST
& Voice

January
2018



The travel group from Pender Adult Services enjoys a meal while on a trip.

Pender travel group plans busy 2018

The Pender Travel Group consists of Pender County Seniors that have been traveling together for the past 14 years. We began with a small group traveling for two days to Lancaster but we have grown to many! We enjoy each other on the bus and at our destination! It is a great opportunity to get away in the safety of a group.

We recently enjoyed a Christmas trip to Savannah. Donna Murphrey and Jennifer Mathews accompanied the group of 90 to see the Savannah Theatres Christmas Show and we enjoyed a wonderful dinner at the Wilkes House. The highlight of the trip was probably caroling through the evening Savannah streets singing Christmas carols and seeing all the beautiful Christmas decorations.

The new year is upon us and we have several trips available. The first offering is Aug. 26 -31 trip to Denver, The Majestic Rockies and Colorado Springs. The Package includes round trip airfare and motor coach transportation in Colorado; five

nights hotel accommodations with hot breakfast. (two nights in Denver and three nights in Colorado Springs); three dinners, three lunches.

Guided tours include Colorado Springs, the U.S. Olympic Training center, the Garden of the Gods, Denver and Rocky Mountain National Park. Double Occupancy cost is \$2,199 per person. Final payment is due May 18. Travel protection can be purchased at \$259 per person-double occupancy. A \$300 deposit due now.

Our fall trip will be Oct. 14 -19, to Cape Cod, Mass. and Newport, R.I.

This six day-five night trip includes five breakfasts, three dinners and an evening of entertainment. It includes a ferry ride to Martha's Vineyard, touring Cape Cod seashore, Provincetown, Hyannis and historic Newport. Double occupancy cost is \$829 per person-double occupancy. Travel protection can be purchased at \$92 per person-double occupancy. A \$150 deposit

Reduce the chance of falling

A Matter of Balance is an eight-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

This class will be offered at

Heritage Place Fridays mornings beginning Jan. 19. Consider this class particularly if you are experiencing balance issues and share information with others that may be interested. The class will be offered by a Pender County Health Department nurse and nurse educator.

Call Jennifer Mathews at 259-9119 extension 303 if you are interested. To offer the class, 10-12 people are needed to sign up.

Medicare information available

Medicare Open enrollment for Part D (Prescriptions) ended Dec. 7. If you need Medicare Supplemental Information or assistance with extra help please call 259-9119 ext. 307 to schedule an appointment in the Burgaw area and 270-0708 to schedule an appointment in the Hampstead area.

Governor's Volunteer Service Awards

Retired Senior Volunteer Program (RSVP) is coordinating the nominations for the Governor's Award for service in Pender County.

The awards program, created by the office of the Governor in 1979 recognizes North Carolina's most dedicated volunteers. We all know the importance a volunteer plays in our everyday work day. RSVP is asking all businesses that use volunteers to carefully consider a volunteer that is outstanding and honor them

by nominating them for the Governor's Award.

Deadline for applications to be submitted is coming shortly. All applications must be electronically submitted to RSVP no later than Jan. 19. The 2018 nomination form can be found on the N.C. Commission of Volunteerism and Community Service website at: www.volunteernc.org under the Volunteer Awards tab. For more information, contact Barbara Mullins at: 910-259-9119 (ext 329)

Need help with arthritis pain?

No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's Walk with Ease program can teach you how to safely make physical activity part of your everyday life.

The program was developed to help people with or without arthritis form walking groups. The program's three major objective are to provide participants with:

- Education about successful physical activity for people with arthritis.

- Education about arthritis management

- Opportunity to begin and develop an ongoing aerobic fitness program.

Get support in a group setting as you follow the Walk with Ease program.

Classes will begin at Heritage Place in February and meet Tuesday and Thursday at 10 a.m. There is a possible class at Topsail on Mondays at 11 a.m. Call if you are interested. Call 259-9119, press 0 to register.

Art class (left) will be offered at Heritage Place Mondays beginning Feb 26. An art group meets at Topsail each Monday morning.



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	SHIP (Senior Health Insurance)
Telephone Reassurance	Congregate Meals/Home Delivered Meals
Energy Assistance	Food Distribution



Quilting is lots of fun! Join a group at Heritage Place on Tuesday afternoon. Groups meet at Topsail on Wednesday morning and Thursday afternoon.

Hats off to....

Thank you to all our Rocky Point Primary Pre-K santas that visited Heritage Place this December!! We loved the music, the visit and the gifts!

Thank You to our Topsail Elves Judy Pitchard & Marsha Kuhn who beautifully decorated our center for Christmas!

Thank you to Ms. Patricia Waites for all of her holiday gifts this year; for Christmas every Topsail MOW Client received food items and nice wrapped gifts from Ms Waites.

Thank you to CHAPS for meals delivered to our home-bound clients during our Christmas Kitchen Break.

Thank you to our Pender County Master Gardeners for the beautiful live arrangements for Home Delivered Meal Clients.



Pender Adult Services January 2018

- Jan 1 – Closed – Happy New Year
 - Jan 8 – Bowling at Ten Pin Alley –sign up at front desk (HP)
 - Jan 9 – Baskets Class Resumes- 9 a.m. (TSC)
 - Jan 9 – RSVP Perks - 9 a.m. (HP)
 - Jan 10 – Basket class resumes -9 a.m. (HP)
 - Jan 10 – RSVP Perks - 9 a.m. (TSC)
 - Jan 10 – Blind Group Meeting 1 p.m. (HP)
 - Jan 15 – Closed – Martin Luther King Jr Day
 - Jan 18 – Living with Grief Series Begins – 1 p.m. (HP)
 - Jan 19 – Matter Of Balance Begins – 10:30 a.m.-12:30 p.m. (HP)
 - Jan 25 – Caregivers Support Meeting 11:30 a.m. (HP)
 - Feb 6 – Walk with Ease Begins – 10 a.m. (HP)
- For more information call 910-259-9119 www.penderpas.com



RSVP volunteers enjoyed a Christmas gathering at Lu Mil Vineyards in December.



Memorial and Honorary Giving Program

In Memory of

Patricia Eubanks Rivenbark
By Town of Burgaw

In Honor of William & Cheryl Wooddell
By Bill & Roxanne Marshburn

In Honor of Dorothy Mills
by Barbara Murphy

In Honor of Barbara Murphy
by Lynda Polinski

Contributions from
Outreach Ministry of Holy Trinity
Episcopal Church

Wayne & Margaret Rees
Wardell & Ruby McDuffie

Wesleyan Chapel United Methodist Church
Westview United Methodist Church
Willarlea Ruritan

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.

KICK OFF THE NEW YEAR
AT



START THE NEW YEAR RIGHT
AND
GET INTO SHAPE AT FITNESS FUSION!

YOGA, PILATES, KICK BOXING, ZUMBA AND BODYPUMP CLASSES!

GET ONE MONTH FREE WITH 1 YEAR MEMBERSHIP.

AGES 14 & UP.
SPECIAL RATES FOR YOUTH AND SENIORS!

JOIN NOW!
BEAT THE RUSH & GET ONE MONTH FREE!

Located near US 117 Bypass and Walker Street.

“Like” us We’re now on www.facebook.com/PostVoice



Pender Adult Services offers congratulations to Mrs. Vercie Turner. Mrs. Turner (above right) has been a nurse’s aide with the agency for the past 30 years. She is known as a conscientious and caring aide. Obviously loyal to the agency she has served longer than any other aide in our history. Vercie has four children, three girls and one boy. She had 10 grandchildren, one died in a car accident last year. She describes herself as “a God-fearing woman that loves the Lord.” She has enjoyed working with everyone, no matter their title or station. “Everyone has been so nice,” said Mrs Turner. She was presented with a memorial clock by Rebecca Boggs, RN and Wesley Davis, Executive Director in December. Daphne Ennis (left) was recognized by the agency for 20 years of service. Five-year pins were presented to (above left) Donna Edens, Deborah Bromelle and Helen McDonald at the Christmas Party.



Weight loss
challenge

Fitness Fusion
Weight Loss Challenge
Begins January 8th

Prizes for Greatest Percentage
of Body Fat Lost
Competition ends April 9th