

Pass it on...

January
2021



The Pender-Topsail
POST
& Voice


PENDER ADULT SERVICES, INC.

Topsail Senior Center News

By Donna Murphrey
Topsail Center
Coordinator

Happy New Year from Topsail Senior Center. Looking back on 2020, we have so many volunteers and volunteer organizations to thank:

- AARP volunteers (Tax Aide), who really came through with tax service even after Covid shut them down;

- RSVP Volunteer, Judy Pritchard, who worked so hard on procuring items for our annual Silent Auction this past spring, (which we hope to offer at auction this year);

- Hampstead Women's Club, who consistently prepared bags, a Thanksgiving meal and donations for our Meals on Wheels clients, and our RSVP Volunteer, Diane Mangus, who worked hard to make this happen;

- Woodmen of the World of Hampstead for Meals on Wheels donation spring and fall of this year; businesses who gave monetary and other donations towards our Silent Auction;

- Local churches and their volunteers who provided center cleanup, blueberries, tomatoes and yams for our Meals on Wheels clients;

- RSVP volunteers who consistently, even during Covid shutdown, delivered Meals on Wheels to our clients;

- Coastal Pender Rotary and Share the Table for providing food deliveries to our Meals on Wheels clients during our holiday shutdown;

- Pender Pines, who put up a new mail box for us and planted a beautiful

miniature maple tree for our Elder Abuse memorial;

- Marine Corps League of Hampstead for a monetary donation and other assistance.

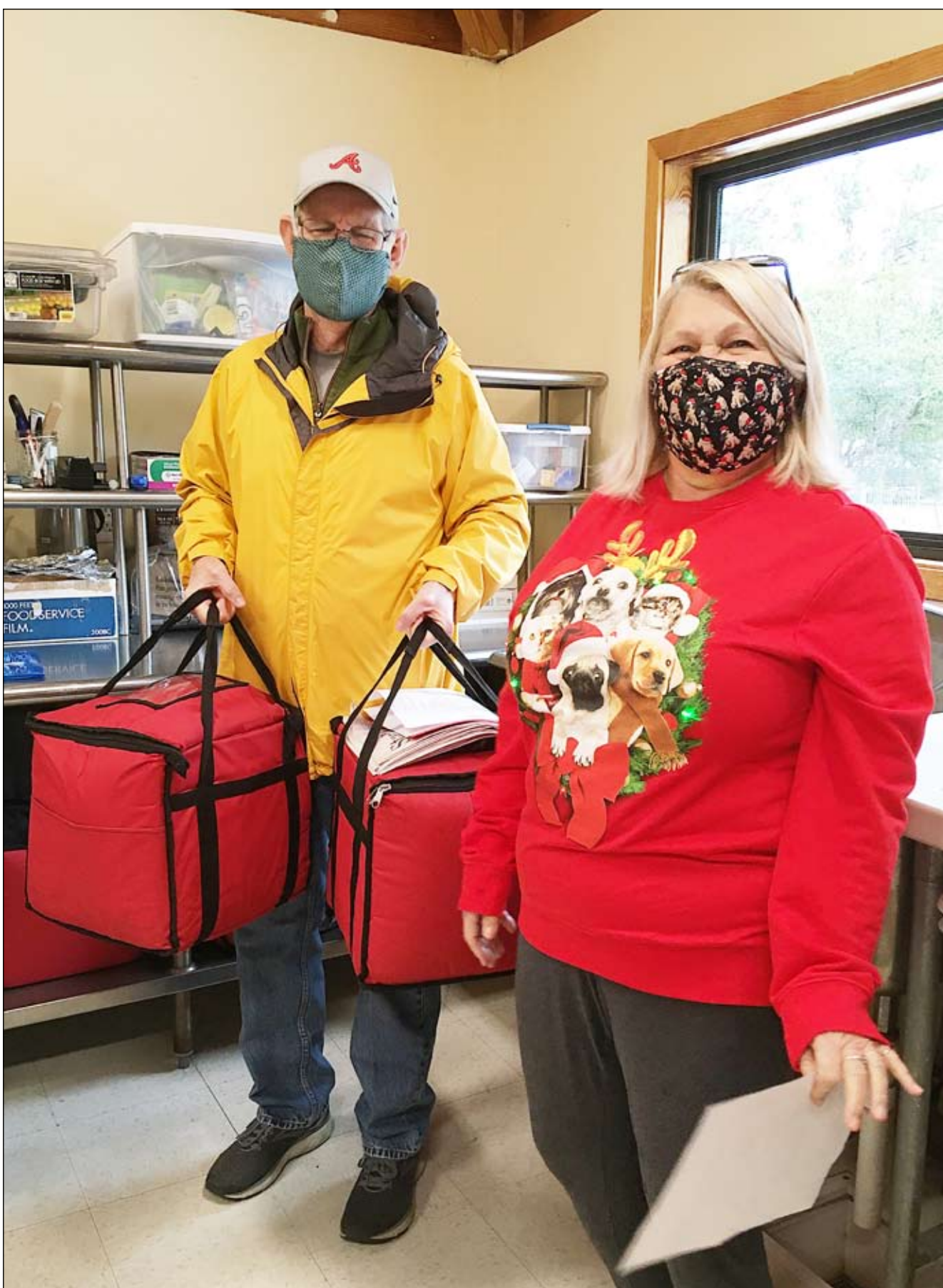
There are others, I cannot possibly name them all, who have brought us puzzles, baked goods, handmade items etc. Please know that we thank you from the bottom of our hearts and we are blessed to live in such a giving community.

Like so many of you, we are looking forward in 2021, hoping that soon we can open our doors again. However, until that time comes, we will continue to exercise outside -

Geri-fit on Tuesdays and Thursdays at 10 a.m., Beginner's Tai Chi on Tuesdays at 2 p.m. followed by Advanced Tai Chi at 3 p.m., and Line Dancing on Wednesdays at 10 a.m., all weather permitting.

You can call our center any time 8 a.m. until 4 p.m. Monday through Thursday at (910) 270-0708 if you are uncertain as to weather conditions or class time since they change periodically. Keep in mind that AARP volunteers are planning to assist this year with Tax Aide. Please call the center after Jan. 18 to find out more about this service.

As I am writing this, I cannot help but remember Fred Rogers' mother once told him when he was scared by what he saw in the world, look for the helpers, you will always find people who are helping. Let us help be Good Neighbors to each other and make 2021 the best year ever!



Topsail volunteers Tom Haley and Pam Fisher get deliveries ready

RSVP delivers hugs to seniors

By Barbara Mullins
RSVP Coordinator

RSVP Volunteers found a special way to deliver hugs this season. Retired Senior Volunteers know how important a hug is. How many times we have hugged our seniors (especially those that hardly see anyone on a normal day) and now during COVID that is truly not a safe practice.

But we know that hugs provide reassurance that someone cares; hugs are effective at healing sickness, disease, loneliness, depression, anxiety and stress; holding hands, hugging, cuddling promote "feel good" hormones - so we know how very important it is to receive and give a hug.

RSVP found the perfect temporary solution - pocket hugs. Four of our RSVP volunteers created handmade pocket hugs which were delivered to all our RSVP homebound clients, as well as some friends in Nursing Homes when we visited with window visits and car parades.

These pocket hugs will always be nearby, hope-



fully right in your pocket, so you can pull it out and be reminded you are loved and cared about always! Eventually we will resume to lots of hugging but until then we hope this is a great alternative.

RSVP is always looking for additional volunteers. We keep safety precautions during this pandemic and still provide the TLC needed for our seniors through many different programs. Need a New

Years resolution? Contact us at 910-259-9119 to begin volunteering in 2021. The rewards are truly the benefit you may need to stay healthy right now.

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Medicare answers and counseling available

Happy New Year from our SHIIP Staff. If we saw you during Open Enrollment, we hope that you have gotten information from your new Part D Plan.

We will continue to be available to assist you. If you are receiving Extra help for your prescriptions or are on Medicare and Medicaid we can assist you if you should need to change your Part D plan.

Open Enrollment for Medicare Advantage plans is Jan 1 - Mar. 31. During this time you may change to another Medicare Advantage Plan or return to Original Medicare and choose a Prescription Drug

Plan.

If you are receiving Extra help you may continue to review your plans during the year. Please call Heritage Place at 910-259-9119 or Topsail Senior Center at 910-270-0708 to schedule an appointment. If you have limited income we can assist you with an application for Extra Help with your medications.

If you are new to Medicare and need help understanding the system and researching a supplement and drug plan, please call us at 910-259-9119 or the 1-855-408-1212 (Raleigh Office). We want to assist you!



**CNA & Caregiver
Positions Available**

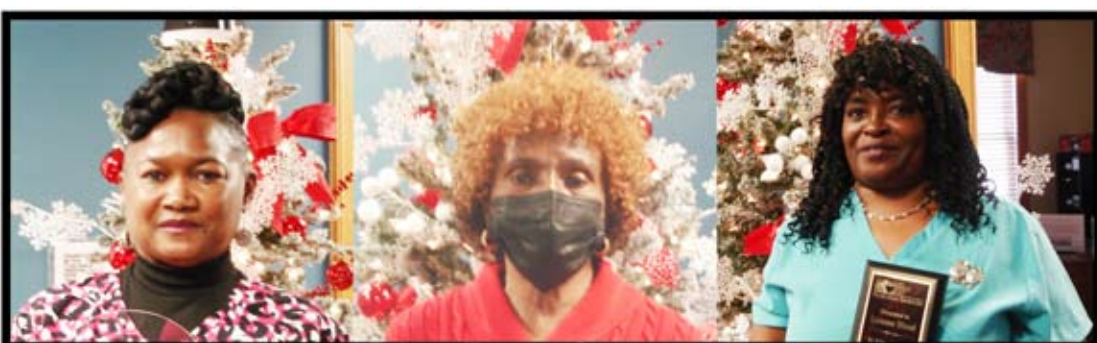
Pender Adult Services is hiring CNA's and Caregivers. All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead.

Must have reliable transportation.

Contact Anna or Cathy at 259-9119 ext. 2

Transportation News

PAS-TRAN is hiring Part-Time Drivers
 Applications available at
 901 S Walker Street
 Transportation information call weekdays
 only Call 910-259-9119 extension 1
 for more information
 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.*



Barbara Flowers- 25 years Mary Batts - 25 years Loreene Bland - 20 years



Callie Cromartie Murphy - 10 yrs

Pender Adult Services would like to express our appreciation to our Certified Nurse Assistants for their consistence care and years of service!!

Special Thanks to:

Melendar Andrews for 30 years of services
 Michelle Robinson for 10 years of services
 (not available for photo)



Shaquante Bland - 5 yrs Linda Martin - 5 yrs Allyson Flake - 5 yrs



Barbara Mullins & Rebecca Boggs
 10 years



Vanessa Shiver & Donna Honeycutt
 30 years

Thank you to our Pender Adult Staff for your years of quality service to our clients and community!!



Karen Williams
 5 years



Thank you for your continued support of Toys for Tots. We are sure that these gifts helped families in need..

Fall Safety for your Mind and Body

Tips to improve your mental health

- Maintain a routine
- Get sunshine each day
- Exercise! It's a Huge mood booster
- Participate in a hobby for 30 minutes a day
- Keep you mind active...read a book, magazine.
- Do crossword puzzles, Sudoku puzzles or jigsaw puzzles
- Call a friend

Facts on improving your physical health

- Balance activities can help prevent falls by improving your ability to control and maintain your body position
- Balancing will help strengthen core muscles and these stronger muscles will improve balance
- Spending 5 minutes a day will help you improve your balance and prevent falls.

Movements to improve balance

Heel Toe Raises

Stand next to a surface and hold on to if needed. Push up on your tiptoes, lifting heels off the floor, hold for a couple seconds. Then lower your heels and lift toes off the floor

Single Leg Stand

Stand next to a surface and hold on to if needed. Lift one leg, hold for a couple seconds, then lower. Repeat with other leg.

Sit to Stand

Sit on a chair with feet and knees hip width apart. Stand up and then sit back down. Try not to use your hands for help. Make sure the movement is slow and controlled all the way up and down.

Heel Toe (tightrope) Walking

Stand next to a stale surface or wall to hold on to if needed. Walk forwards, placing one foot directly in front of the other. Try to place heel of one foot as close as possible to the toes of your other foot

INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 (or call 910-270-0708 for Topsail) 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 |



910-259-0422
 903 S Walker Street



MASK REQUIRED

GROUP FITNESS CLASSES At Heritage Place Pavilion

ALL CLASSES BY RESERVATION ONLY! - Call the gym to reserve your spot!

6 am – 8 pm	6 am – 8 pm	6 am – 8pm	6 am- 8 pm	6am – 8 pm	8am – 12noon
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Body Pump	6:30am RPM	8:00am Body Pump	6:30am RPM	8:00am Body Pump	Equipment only
10:00am Fit Over Fifty	10:00am Geri-fit	10:45am Pilates	10:00am Geri-fit	Zoom Pilates	Close at noon
5:30pm Body Pump	5:30pm RPM	5:30pm Body Pump	5:30pm RPM		Sunday CLOSED