

Helpful information to enhance senior living
provided by Pender Adult Services



Pass it on...

The Pender-Topsail
POST
& Voice

July
2018



Community volunteers recognized at Pender Adult Services

The North Carolina Commission on Volunteerism and Community Service presented the 2017 Governor's Awards for outstanding community volunteerism to seven Pender County residents.

They also honored the Pender County Historical Society and their volunteers for their efforts in honoring and keeping the county's history alive for residents and visitors.

The Commission promotes and facilitates service and volunteering to improve lives, strengthen communities and foster civic engagement across the state.

The Pender County 2017 award recipients are Jimmy Basden, Eva Briggs, Shari and Leo Capps, Essie Grover, Leslie LaRocque, and Nancy Upham. Jeannette Jones accepted the award for the Pender County Historical Society.

The awards were presented during the annual Pender Retired Senior Volunteer Program (RSVP) recognition event May 8. Wes Davis, Director of Pender Adult Services, expressed heartfelt appreciation to all attendees and the award winners as he praised them for being the "heartbeat of our community."

Award winners

Jimmy Basden received the Lifetime Achievement Award honoring his many years of service to the Pender community. Davis notes that "Jimmy is an incredible volunteer resource. He has served on Pender Adult Services Board of Directors and has saved time and money with his technical maintenance insights."

He is also a member of Regional Aging Advisory Council and on the administrative board at Burgaw Methodist Church where he has also served as a trustee. Jimmy is an honorary member of the Burgaw Rotary Club where he supports a variety of community programs.

Many Pender County residents will also remember that he was one of the founding members of the Pender County Rescue Squad.

Eva Briggs is a President's Bronze Award winner who served more than 100 hours in 2017. She is a retired teacher who is active throughout the community. She is currently Chair of the Retired Teachers of Pender County, leads her church's outreach program and has been a RSVP volunteer for the past 4 years.

Shari and Leo Capps have delivered Meals-on-Wheels for RSVP on the Wednesday Hampstead route for more than eight years. They advocate for their clients and also deliver warm smiles and lots of care. They



Governor's Volunteer Award winners were honored at Pender Adult Services in May. Jimmy Basden (above center) was recognized for his service. Pictured with him are PAS Director Wes Davis and Barbara Mullins. Pictured below are (seated) Leslie LaRocque, Essie Grover, Eva Briggs, and (standing) Jeanette Jones.



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Essie Grover has been an outstanding RSVP volunteer since 2014 in the Companion/Respite Program. She is a Silver President's Award winner and she served her community with over 250 hours in 2017. Essie is a Navy veteran. She has also earned the Serving Twice award from the Corporation National Community Service. In addition, Essie shares her energy and care as a volunteer in the Hospice Vet-to-Vet Program.

Leslie LaRocque has been an exceptional RSVP volunteer since August 2014. Leslie is a retired Hospice nurse and she has cared for seven RSVP cli-

ents in the Companion/Respite Care program. Leslie uses her experience and strong instincts to suggest good care plans for her RSVP clients. She is also a great volunteer recruiter for RSVP. Leslie received the President's Bronze Award for her work and more than 100 hours of service in 2017.

Nancy Upham has delivered RSVP Meals-on-Wheels in Pender County for almost 15 years. She delivers meals to 13 homebound seniors along with her smile and kindness every Monday. She is a valued set of eyes and ears for RSVP since many homebound seniors often do not see or talk with anyone on a daily basis. Nancy has served more than 100 hours this year and was

awarded the President's Bronze award

Pender County Historical Museum Volunteers Board Chair, Jeanette Jones, accepted the group Governor's award on behalf of their 35 member volunteer team. They have worked to continue to keep Pender County history alive. They are committed to authenticity and availability of museum displays, buildings and historical demonstrations.

They have just celebrated their 100th year of work with a community wide celebration. Jeanette organizes volunteers to use their skills and knowledge and make Pender County an interesting and historically respectful place to live.

RSVP Update

By Barbara Mullins
RSVP Director

RSVP volunteers finished this school year with such great results. In almost every case, students reading grade levels increased and testing scores revealed students retained much of what they read. This year RSVP placed Reading Buddy volunteers in five Pender County Schools. Volunteers met with their assigned students and read one-on-one and helped build vocabulary, comprehension, and a better desire to read more often.

The bond between students and volunteers are amazing and the children look forward to their Reading Buddy each visit. In September we will

be adding two more elementary schools to our list. We are excited to be able to lend more support and encouragement to read. RSVP is now seeking more volunteers so we can serve more students. Please consider just a few hours a week, 1-2 mornings a week, to work with a child. It takes a village to build strong futures.

In Pender County we work together and strive to provide the best for our children with education being most important. Hope you will make a call today for more information: 910-259-9119 (ext 329) Our goal is to recruit 30 additional volunteers this summer and organize for placement early September. I look forward to talking with you soon.

Topsail Center News

By Donna Murphrey
Topsail Center

Summer has begun at Topsail Senior Center; basket weaving class ended for summer break and will start back week after Labor Day. As one class is winding down for summer we are trying to start a new class, Zumba Gold, which is Zumba for seniors Monday afternoons (add Wednesday afternoons this fall). If you are interested, please call us at 910-270-0708 to let us know.

We celebrated Flag Day June 14 starting out bingo with the Pledge of Allegiance, patriotic music and flag day trivia. In addition we had five beautiful hanging plant baskets for prizes donated by

Carol Sue Blueberry Farm. We had ice cream June 28 and will be participating in the NC Senior Center Can You Hear Me Now Campaign for Advocacy. We hope you will join us for an activity soon.

We would like to thank Geo and Joy Ball of Holy Trinity Church for the wonderful blueberries for our Meals on Wheels clients and volunteers. We would also like to thank Hope Cusick for all of the goodies she has donated for the Knitting Group and Quilters and also Pat Waites for the wonderful bags of goodies she packs for each Meals on Wheels client every holiday. We are blessed to live in such a giving area.

Operation Fan Heat Relief



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 in your power bill for address verification.

Applicant Eligibility Criteria:

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

THANK YOU TO FOUR COUNTY, FRAN'S FANS & DUKE ENERGY PROGRESS
For your contributions to Operation Fan

In-County Transportation Available

PAS-TRAN is accepting
New in-county riders
Call 910-259-9119 Press 1
TDD/TTY 1-800-735-2962
Monday thru Friday

Employment, Entertainment, Senior Center Shopping, Education, Medical facilities, other places of interest. Certain restrictions apply for trips and Medical appointments. Services may be interrupted if funding is not available.

Be careful in the heat this summer

By Rebecca Boggs, RN
Pender Adult Services

As temperatures soar to record highs in our area, so does the risk for heat related conditions. Everyone exposed to the heat is at risk but the elderly are more prone than younger people for several reasons: As we age our bodies don't adjust as well to temperature changes. Decreased kidney function makes it harder for the body to conserve fluid.

Some prescription medications may interfere with the body's ability to adjust to temperature changes. And the elderly are more likely to have at least one chronic medical condition that may interfere with the body's normal response to heat.

It's important for everyone to exercise precaution when temperatures soar. Drink plenty of cool, non-alcoholic

beverages. Water is best! Rest and limit activity during the hottest time of the day.

Stay in air-conditioned places as much as possible and wear light weight clothing. But it's particularly important for elderly people to take extra steps to stay cool.

One of the most important things we all can do is learn how to recognize the signs and symptoms of heat related illness and what to do. Heat exhaustion is a mild form of heat related illness that can develop after exposure to high temperatures with inadequate fluid intake.

Heat stroke is a very serious form of heat related illness that is a medical emergency. Be familiar with the warning signs of each and what to do:

Heat exhaustion symptoms

- Heavy sweating
- Cold, clammy, pale skin
- Headache

- Muscle cramps
 - Nausea/vomiting
 - Weakness
 - Fast, weak pulse
 - Dizziness/fainting
- What you should do**
- Quickly move to cooler location, lie down
 - Loosen clothing
 - Drink water

- Apply cool wet cloths to body
- Heat stroke symptoms**
- Hot, red skin and no sweating,
- High body temperature,
- Rapid, strong pulse,
- Nausea,

Continued on back

NEED HELP CARING FOR YOUR LOVED ONE AT HOME?



Personal Care, Sitter, Light house keeping, Respite

Pender Adult Services, Inc.
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: Rebecca Boggs, RN

Caregivers Needed...we are hiring!!
Call today to start your new career!
Ask for Anna at 259-9119 x 318



Pender County Community Health Forum

Monday, July 16, 2018

Burgaw Public Library 10:00 a.m. to 12:00 p.m.
103 South Cowan St
Burgaw, NC

Hampstead Public Library 3:00 p.m. to 5:00 p.m.
75 Library Drive
Hampstead, NC

You're invited! Pender County conducts a Community Health Assessment every four years to identify the health status, concerns and resources of the community as part of a strategic health planning process.

Pender County would like your valuable input to identify priority health issues and outline action steps to focus our assets and resources on addressing these issues. Please join us to learn more about the health of your community and provide your input on which priorities should be addressed. Your participation is vital!

Want to know more?
Contact the Pender County Health Department at (910) 259-1230.



Help us build a healthier tomorrow.



Wesley Stewart, Director of Pender County Department of Social Services, spoke at an Elder Abuse Tree Dedication in June. The event was sponsored by Cape Fear Elder Abuse Network, Pender County Department of Social Services, & Pender Adult Services. If you suspect Elder Abuse, report it! Call Pender County DSS at 910-259-1240 or 9-1-1 after hours.

Memorial and Honorary Giving Program

•In Memory of
Maxine Cartwright
 By Jackie & Roy Barnhill
 •Contributions from
Willarlea Ruritian Club
Wesleyan Chapel United Methodist Church
 Thank you for your contributions
 •Holy Trinity Church
 for the wonderful blueberries
 •Thank you for the Fans
Duke Energy Progress
Four County Electric Co
Fran's Fans
 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.



ADVISORY

MIKE CAUSEY, COMMISSIONER

For Immediate Release
 June 1, 2018

Contact Heritage Place
 910-259-9119

Contact Topsail Senior
 910-270-0708

Prescription Drug Assistance Available for Low-Income Medicare Beneficiaries Get help enrolling in the federal Extra Help program

WHO: Medicare Beneficiaries
WHAT: Medicare beneficiaries who have limited incomes and assets may be eligible for Extra Help to pay for their prescription drugs. The federal Low-Income Subsidy (LIS) program, also known as Extra Help, assists qualified Medicare beneficiaries
WHEN: By Appointment - Please Call Burgaw, 910-259-9119, press 1 or Topsail 910-270-0708
WHERE: Heritage Place, 901 S Walker St, Burgaw & Topsail Senior 20959 Hwy 17, Hampstead
WHY: There are more than 80,000 Medicare beneficiaries in North Carolina who may be eligible for help but have yet to apply. SHIIP, the Seniors' Health Insurance Information Program and a division of the N.C. Department of Insurance, is joining with partners around the state to help beneficiaries understand and apply for Extra Help.

More information is available at www.ncshiip.com.

Full Subsidy

Monthly Income Limits	Resource/Asset Limits
Individual: \$1,366/\$1,386*	Individual: \$7,560/\$9,060
Married Couple Living Together: \$1,852/\$1,872	Married Couple Living Together: \$11,340/\$14,340

LOW-INCOME SUBSIDY

Monthly Income Limits	Resource/Asset Limits
Individual: \$1,518/\$1,538*	Individual: \$12,600/\$14,100
Married Couple Living Together: \$2,058/\$2,078	Married Couple Living Together: \$25,150/\$28,150

Heat

Continued from front

- Throbbing headache,
- Unconsciousness.
- What you should do**
- Call 911 and move to cooler area,
- Cool the body with wet cloths or water,
- Do not give fluids.

Recognizing the warning signs and knowing how to respond is the best thing you can do to prevent heat related illness. Check on your elderly neighbors and family members every day when temperatures reach record highs.

Prescription Assistance Program

To find out if you qualify, contact
Pender Adult Services
 910-259-9119 extension 5

Can You Hear Me Now?

Date: July 10th @ 12 noon

Location: Heritage Place,
 901 S Walker Street, Burgaw
 910-259-9119

Date: June 28th @ 11:30 am

Location: Topsail Senior Center
 20959 Hwy 17, Hampstead
 910-270-0708

A Subcommittee On Aging was formed to make recommendations to the Joint Legislative Oversight Committee on Health and Human Services. One issue up for consideration is an increase in General Purpose funding for senior centers by an additional \$300,000 in recurring funds. At the "Can You Hear Me Now" event you will learn how to advocate to support this issue and you will be able to contact a member of the subcommittee to request that the request be including in their report.

LET'S MAKE SURE THEY CAN HEAR YOU NOW!!

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
9:00 Art Class 12:00 Meals 1:00 Bid Whist 1:00 Canasta 3:00 Lamplighters Chorus (offsite at times) 6:00 Line Dance	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	9:00 Basket Class 11:00 Bingo 12:00 Meals 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support (2nd)	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 12:30 Take Control (June) 1:00 Rummikub/ MEX TRAIN 3:00 Craft Club	11:00 Bingo 12:00 Meals Saturday—closed Facility Available For Rentals

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) 10:00 Modified PILATES 12:00 Meals 1:00 Tree Top Quilters(2nd) 3:00 Hospice Trg (2nd)	9:00 Baskets 9:00 Geri-Fit 10:00 Senior Crafts & fun 12:00 Meals 2:00 Gentle YOGA 3:15 Advanced Tai Chi	9:00 Quilting Bee 9:00 RSVP Perks (1st) 9:30 Knitting Group 12:00 Meals 1:00 Canasta	9:00 Geri-fit & Cribbage 10:00 YOGA 10:00 Bingo 11:15 Beg. Tai Chi 12:00 Meals (BP Checks-3rd) 1:00 Quilting/Mahjong/ BRIDGE	11:00 Line Dance 12:00 Meals 12:00 Line dance 2 Caregivers Support ** **Call for info Saturday –Facility Available for rentals

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

Monday Open 5:00—9:00	Tuesday Open 5:00—9:00	Wednesday Open 5:00—9:00	Thursday Open 5:00—9:00	Friday Open 5:00—9:00
5:30 RPM Cycling 8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50 5:30 BODYPUMP	5:30 RPM Cycling 9:40 YOGA 10:45 FIT OVER 50 5:30 BODY ATTACK 5:30 RPM Cycling	7:00 RPM Cycling 8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Massage by Appointment	5:30 RPM Cycling 9:40 YOGA 10:45 FIT OVER 50 5:30 RPM Cycling 5:30 BODY ATTACK	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP Saturday Open 8:00—2:30 8:30 RPM Cycling 8:30 Body Attack

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 2018

2018