



Helpful information to enhance senior living provided by Pender Adult Services

# Pass it on.

The Pender-Topsail  
**POST**  
& Voice

June  
2018



## Growing elder abuse awareness

Join us June 20 by wearing purple in support of Elder Abuse Awareness Month. We will have a tree dedication ceremony at Heritage Place this year. Join us at 9:30 a.m. and a coffee hour afterwards.

June is Elder Abuse Awareness Month and we will have a tree dedication June 20 at 9:30 a.m.. This event is sponsored by Cape Fear Elder Abuse Prevention Network, Area Agency on Aging and Pender Adult Services. The public is invited to attend.

Every year, approximately 5 million, or 1-in-10, older Americans are victims of elder abuse, neglect, or exploitation. Additionally, experts believe that for every reported case of elder abuse or neglect, as many as 23 cases go unreported.

Elder abuse is a huge national problem and will only become more prevalent as the population of older adults continues to grow--unless we do something to stop it.

Stopping elder abuse is only possible after you first learn to recognize the signs. Discover how you can help prevent abuse to the elderly. Elder abuse can include physical or sexual abuse, financial exploitation, emotional or psychological abuse (including verbal abuse and threats) or abandonment. Significantly, it can also include the idea of neglect.

According to most data, simple neglect and the powerful negative effect of that neglect is the most common type of abuse to the elderly. It's a sobering thought, the idea that the absence of any action can be in itself so harmful to someone.

Try a few of these ideas to prevent abuse to the elderly.

- Call or visit an elderly loved one or family friend who lives alone and ask how he or she is doing.

- Think about ways an older acquaintance, family member or neighbor can share their talents by teaching you or your children a new skill, such as knitting, gardening, cooking and so on.

- Whether it's for a family member serving as a caregiver or for a professional, make sure the individual caring for someone gets a break.

- Contact your local Adult Protective Services or Long-Term Care Ombudsman to learn how to support their work helping at-risk elders and adults with disabilities.

- Ask community or religious leaders to give a talk about elder exploitation at an event or to put a message about elder abuse on their website, in a bulletin or in a newsletter.

- Volunteer to be a visitor to a nursing home resident or to a homebound senior in your neighborhood. Many animal shelters will "loan" dogs or cats for pet therapy excursions since studies show that interacting with pets can improve physical and emotional health. You could also volunteer at a local chapter of Meals on Wheels, which is also a good way for volunteers to observe if a senior is managing well at home, or if he or she may need other assistance.

For more information on elder abuse prevention, please visit the National Center on Elder Abuse, Ageless Alliance or Center of Excellence on Elder Abuse and Neglect.



Pam Saphara, Judith Outlaw-Walker and Charlotte Kelly received Presidential awards for more than 500 hours of service in our community with RSVP.

## Pender RSVP program honors volunteers

By Barbara Mullins  
RSVP Coordinator

Retired Senior Volunteer Program (RSVP) recognized all volunteers for their service 2017-2018. A party was held at Pender Adults Services May 8 and honored our special guests.

\\Middle of the Island provided a wonderful Buffet and Redd's Photo Booth created lasting memories for our volunteers to cherish of a fun and fulfilling evening. \\RSVP is always looking for more volunteers. If you would like to be part of a growing team,

please call me at 910-259-9119 (ext 329)

- Presidential Awards - This premier award program for volunteers encourages citizens to live a life of service through national recognition.

We are so proud of our RSVP volunteers that inspire and make positive actions that change the world. RSVP had outstanding service this year with 67 volunteers receiving the Presidential Award. Three received the Gold Award (500 plus hours in one year) and 12 received the Silver Award (250-499 hours) and 52 the Bronze Award (100-249 hours)

surely we cannot be prouder of our volunteers in Pender County - they are absolutely the best!

- Congeneality Award - This year's newest award was created by our RSVP Board members.

Fran Bullard and Leslie LaRocque are two very special ladies, very different personalities, live on opposite sides of the County, don't really know each other - yet they are exactly the same. RSVP Director watches both of them each month walk in monthly RSVP Perks meeting and greet newcomers, make them

feel welcome, sit near them, help them follow what is happening in meeting.

Their smiles and gentle manner encourages everyone to gravitate towards them. Neither looks for any attention, nor do they realize the unique, beautiful quality they have.

At our Volunteer Recognition we honored Fran and Leslie and presented them with Gerber Daisy plants that hopefully will bloom each year and remind them that seeds of friendship they plant, grow beautiful flowers of joy in the hearts of many.

## Fans available from Operation Fan

Operation Fan Heat Relief is a summer program intended to provide a more comfortable living environment and reduce heat related illnesses. Applications are being processed and reviewed for approval. Fans are provided by Duke Power, Four County Electric and Fran's Fans.

In order to receive a fan you must reside in Pender County,

be 60 years of age or older or with a disability, and have a home situation where a threat to health and well-being exists (heat related illness).

Those who have received a fan from PAS before will not be eligible unless approved. Please call 259-9119, ext 0 for more information or come by and complete a form.

## Heritage Happenings

By Jennifer Mathews  
Pender Adult Services

May has been a busy month. We celebrated our volunteers early in the month at our volunteer banquet. Volunteers were recognized with awards and went home with a very nice appreciation gift. All our volunteers enjoyed a wonderful dinner and had fun in the photo booth. We use volunteers in our centers and Barbara Mullins, our RSVP director, has many opportunities for service outside the center.

We recently hosted the Harmony Belles of Wilmington for our Older Americans month celebration day. Everyone enjoyed lunch and visiting with our seniors from Topsail Senior Center. The Harmony

Belles performed some very recognizable Broadway tunes and everyone enjoyed the name that tune section.

In June we hope you will join us for brunch to meet your Senior Tar Heel Legislators. Bill Marshburn and John Lutz represent Pender County. They will be joining us June 5 at 9 a.m. at Heritage Place and June 6 at Topsail Senior Center. Please see the related article for more information about STHL.

June is Alzheimer's and Brain Awareness Month also. We encourage you to find a crossword puzzle or seek and find. Stimulate your mind by putting together a puzzle. There are many games available online to help keep your brain active.

## Medicare extra help program scheduled

Two Medicare programs are scheduled for June. One will be held June 6, at 10 a.m. at Share the Table, 12395 N.C. Hwy. 50, Surf City. A second program is scheduled June 18 at 1 p.m. at Willard Outreach Center, N.C. Hwy. 11, in Willard. Both of these programs are to determine if Medicare clients qualify for extra help paying for prescription medications.

The program called the Low-Income Subsidy program

is available to qualifying Medicare recipients. The month income guidelines are individual (\$1,386) and married (\$1,872). Assets limits are individual (\$9,060) and married (\$14,340).

Clients who are on Medicare and meet these income limits above and are not receiving extra help paying for their prescription medications, need to attend this program and have an application completed.

Call 259-9119 to register to attend this free program.



RSVP Presidential Awards given to the following individuals for 250-499 volunteer hours served. Pictured above (left to right back row) are Earl Williams, Joan Wittig-Smith, Kay Warner, Leonie Henry, and Pete Kendell, (front row) Deddie Harkey, Clayann Binning, Essie Grover, and Ruby Ballard. (not pictured Margaret Mayer, Joan Sargent)

## Brunch with Senior Tarheel Legislators June 5,6

Senior Tar Heel Legislators are here to serve and support older North Carolinians. They desire to help you in any way possible. They are available for your comments or questions and will talk about issues facing older adults and advocate for older adults.

North Carolina faces many challenges as it prepares to meet the needs and demands of a rapidly growing aging population. North Carolina has the ninth largest population of people more than 60 years old in the country. Unfortunately, there are more than 10,000 older adults who are waiting for services such as Meals on Wheels, transportation, in-home aide and others that help them remain ac-

tive, independent and healthy in the community.

Later life should be a beautiful and happy time. For some, it's a chance to relax; for others, it's a chance to give of themselves through volunteerism, while others seek education and the sharing of knowledge. NCSTHL Delegates and Alternates from across the state work diligently to improve senior citizens' lives by establishing legislative priorities that we advocate for in the N.C. General Assembly.

Together, we work at creating a North Carolina where senior citizens age with dignity and respect. Each of us has a role to play in making this happen. Each of us needs to

start thinking about our own aging and then begin planning to meet future needs. To help prepare for those needs, think about the following:

- Housing - Where will you live out your retirement years? Most people want to remain in their own homes as long as possible. Is your current home accessible? What modifications would need to be made? Will you move to a senior apartment, assisted living, or move in with family?

- Health Care - Medicare covers many health-related illnesses and conditions. As we age, we tend to experience chronic conditions that send us to the doctor more frequently than when we were younger. Health care issues for

older adults revolve around cost and access. Remember to plan for •Vision, Hearing and Dental Care needs

- Nutrition - Research shows that eating a well-balanced diet is key to maintaining good health. In addition, seniors need to drink more water

- Financial Planning - Only recently has attention turned to retirement financial planning. Many people have not set aside enough money to live comfortably in retirement. Some people are working later in life and taking Social Security later in order to receive a higher monthly income. You may want to talk with a financial planner to help you plan for your financial resources



RSVP Volunteers  
Plant Seeds of Kindness  
5-8-18

RSVP volunteers enjoyed the photo booth at their annual appreciation dinner

## Farmhouse Sign Workshop

Create your own hand painted sign  
All materials will be provided.  
Workshop to take place at Heritage Place  
**June 20 at 6 p.m.**

Selections must be made by June 12

Are you interested?? Please call 259-9119 X 301 for more information or sign up in person at Heritage Place

Subscribe to the Post & Voice  
Mail delivery every Thursday  
Subscription: \$25 per year for seniors  
Call 259-9111 for information

## Pender Adult Services June Calendar

- June 5 – Senior Tar Heel Legislator at Perks 9 a.m. (HP) All are invited
- June 6 – Senior Tar Heel Legislator at Perks 9 a.m. (TSC) All are invited
- June 7 – Steps to Health-TAKE CONTROL continues-12:30 p.m. (HP)
- June 11 – Bowling at Ten Pin Alley
- June 12 - Steps to Health-TAKE CONTROL continues-12:30 p.m. (HP)
- June 13 – Retired Pender County School Personnel Meeting-11 a.m.
- June 13 - Blind Group Meeting-1p.m. (HP)
- June 14 – Steps to Health-Last TAKE CONTROL-12:30 p.m. (HP)
- June 20 – Growing Elder Abuse Awareness Tree Dedication-9:30 a.m. (HP)
- June 20 – Farm House Sign Workshop-6 p.m. (HP) \*sign up required
- June 21 – First Day of summer-Ice Cream Social (HP & TSC)
- June 21 - Health Checks-11:30 a.m. (TSC) sponsored by PCHD
- June 28 – Health Checks-11:30 a.m. (HP) sponsored by PCHD
- June 28 – Caregivers group meets-11:30 a.m. (HP)



A big thank you to Renovation Church of Topsail for power washing and painting our deck as part of their community work day

## Group Painting Classes Heritage Place 901 South Walker Street, Burgaw Mondays 9 a.m until 1:30 p.m. 6 week class: \$50 fee

Beginner to advanced painters are welcome! This is a stress-free class where fun and socialization is encouraged! We teach watercolor, acrylic or oil paints. Supply list available. Supplies not included. To reserve a spot call Maureen McKenna at: 631-312-6102

## 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  <b>Saturday—closed</b> Facility Available For Rentals  Phone: 910-270-0708

### Topsail Senior Center Opportunities

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

# 2018

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