

Helpful information to enhance senior living
provided by Pender Adult Services



Pass it on...

The Pender-Topsail
POST
& Voice

MAY
2018


PENDER ADULT SERVICES, INC.



The Harmony Belles of Wilmington will provide entertainment for the May 22 Older Americans Month celebration at Heritage Place.

Older Americans Month 2018

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month.

The 2018 theme, Engage at Every Age, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you – those are just a few examples of what being engaged can mean. No matter where you are in your life, there is no better time than now to start. We hope you will join in and Engage at Every Age!

Come celebrate with us

May 22, 2018 at Heritage Place. The Harmony Belles of Wilmington will be back with us to entertain us. Program begins at 12:30 p.m.. Join us for Congregate Meals at noon.

Our Congregate Meals offer a great opportunity for seniors to get out of the house, meet new people, and enjoy a well-balanced meal. Seniors age 60 and older, who are registered in the Congregate Meals Program may pay on a cost-sharing basis. Suggested

amount is \$2.50. Guests aged 59 and under, take-out meals, and seniors not registered in the Congregate Meals Program pay full price.

We offer many classes and groups to help you *engage at every age*. We would love for you to join us. Please review our schedule of activities and/or make suggestions for new ones to Jennifer Mathews, Heritage Place (910)259-9119 extension 303 or Donna Murphrey, Topsail Senior (910) 270-0708.

Elmer Hodges retires from PAS Board of Directors

Elmer Hodges has served as a dedicated member of the Pender Adult Services Board of Directors since 2012.

He has also devoted hundreds of hours of service to the agency volunteering at the Topsail Senior Center for the past 22 years helping with the oversight and maintenance of the facility.

He has recruited many volunteers to enhance the facility and make necessary repairs to the senior center.

"Sincere appreciation is expressed to Elmer Hodges for all the work and devotion he has provided over the past 22 years," said Wesley Davis, PAS

Executive Director.

Elmer was genuinely pleased with his gift, a framed drawing of the Topsail Center. He and his wife, Betsy were attending the annual Silent Auction fundraiser when they were surprised with the recognition. He is very involved with the Marine Corp League and active at his church. He continues to volunteer at the Topsail Center.

"Even after retiring from the board he still gets to the center by 7:30 a.m. two days a week to open. He is greatly appreciated," said Donna Murphrey, Topsail Center Coordinator.



Elmer Hodges (left) is recognized by PAS Executive Director Wes Davis upon his retirement from the PAS Board of Directors.

SHIIP helps save N.C. Medicare beneficiaries millions

Many retirees and Medicare beneficiaries are on a fixed income and want to save money wherever they can. Each year, thousands of people contact SHIIP throughout the state to help them identify savings in their Medicare coverages.

Throughout the year, but particularly during the Medicare Open Enrollment period from Oct. 15 through Dec. 7, Medicare beneficiaries are urged to compare their cur-

rent coverage for the Part D Prescription Drug plan to determine if their current plan is still the most appropriate for the coming year.

Each year formularies change, prices change and programs change and many times the Medicare beneficiary is unaware of the differences.

In 2017, the Seniors' Health Insurance Information Program (SHIIP), along with

the SHIIP coordinating sites statewide, assisted 102,000 consumers saving them \$60 million. In addition, nearly 6,500 consumers received assistance applying for the Extra Help program. In Pender County, the Pender Adult Services assisted 406 consumers and saved Pender County residents \$517,442.

If you have questions about Medicare or the Extra Help program, contact SHIIP at

1-855-408-1212 to speak with a trained counselor or to request a free brochure.

Contact information for local coordinating sites in each county in North Carolina can be found by visiting www.ncshiip.com.

Locally Pender Adult Services provides volunteers to assist Medicare Clients. Please call 910-259-9119 to schedule an appointment with a locally trained counselor.

Know the warning signs

May is National Stroke Awareness Month

A stroke or "brain attack" occurs when blood flow to an area of the brain is blocked. When this happens, the affected brain cells are deprived of oxygen and will begin to die.

As brain cells die, the abilities controlled by that area of the brain are lost. Early recognition and treatment are crucial to minimize per-

manent damage.

Recognize signs and symptoms of a stroke

- Sudden numbness or weakness of face, arm or leg on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden vision problem in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or

coordination

•Sudden severe headache with no known cause

Use **FAST** to help you remember the warning signs of a stroke:

- F-Face: Ask the person to smile. Does one side of their face droop?
- A-Arms: Ask the person to raise both arms. Does one arm drift downward?

•S-Speech: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

•T-Time: If you observe any of the above signs, call 911 immediately.

For more information about strokes such as risk factors and prevention visit: www.stroke.org

Chronic disease prevention program at Heritage Place

Steps to Health- Take Control is a chronic disease prevention program that provides strategies to help adults manage their health. This six-week program will be offered at Heritage Place in May. It informs, empowers, and motivates participants to

change their eating and physical activity patterns.

The program provides opportunities for participants to track their goals and progress toward healthy eating and physical activity behaviors. Each 1-hour session contains a basic cooking demonstra-

tion and sample of a healthy recipe. The recipes and nutrition handouts are provided to program participants.

This program will begin May 17 at 12:30 p.m. and be offered the following Thursdays with one Tuesday June 12.

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

The Pender-Topsail
POST
& Voice

Advertise Today!

Call 910.259.9111
for more information.



Roberta "Bird" Bost and Elmer Hodges have served on the PAS Agency Board together.

Pender Adult Services May 2018

- May 1 & 2 – No RSVP Perks this month
- May 8 – RSVP Recognition Dinner (HP)
- May 9 – Retired Pender County School Personnel Meeting – 11 a.m.
- May 9 - Blind Group Meeting 1p.m. (HP)
- May 14 – Bowling at Ten Pin Alley
- May 17 – Steps to Health – TAKE CONTROL begins – 12:30 p.m. (HP)
- May 17 - Health Checks – 11:30 a.m. (TSC) sponsored by PCHD
- May 22 – Older American's Month Celebration – Harmony Belles noon
- May 24 – Health Checks – 11:30 a.m. (HP) sponsored by PCHD
- May 24 – Steps to Health – TAKE CONTROL #2 – 12:30 p.m. (HP)
- May 28 – Memorial Day Closed (HP & TSC)

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

Memorial and Honorary Giving Program

**•In Memory of
Joan Sargeant
By Kathy & Mike Griffin
•Contributions from
All Saints Catholic Church
Willarlea Ruritan**

Thank you for your contributions

Topsail Senior Center would like to Express our thanks to Dee Dee Harkey for the desk umbrellas! We are already enjoying them!! For more information on Pender Adult Services Memorial and Honorary Giving Program please contact Wesley Davis at 910-259-9119.

RSVP

Continued from front

They never look to be rewarded or even thanked, but just volunteer because it makes them feel good.

Our RSVP Board members decided this year to personally write notes to thank each one of our RSVP volunteers. The result was double-fold, the Board member felt good to thank a volunteer specifically for their service, and the volunteers have been calling my office or dropping by with their notes to say how special this was.

Have you thanked a volunteer today? Someone you meet at our Senior Center, someone that works at the Library, or the School, or the Thrift store, or the Turtle Hospital, or the Museum? It's never too late to let a volunteer know just how special they are.

And while you are thinking about it, come join our RSVP Team. We always need volunteers, in many different categories. The more volunteers, the more needs we tend to.

For information call 910-259-9119 (ext 329) or email bmullins@penderpas.com.

TOPSAIL AUCTION 2018

DIAMOND SPONSOR

Hampstead Women's Club

PLATINUM SPONSORS

**Marine Corp League of Hampstead
Woodmen Life Pender Coast**

BRONZE SPONSORS

**Coastal Pender Rotary
Elmer & Betsy Hodges
Johnson Drug of Hampstead**

Thank you for your support!

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 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

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.

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

SCHEDULE 2018