



# Pass it on.

Helpful information  
to enhance senior living  
provided by  
Pender Adult Services

November  
2013



Auction items are still being accepted and will be displayed at Heritage Place for bidding Nov. 4-14.

## Pender RSVP program celebrates three years

Program needs more volunteers

The Retired Senior Volunteer Program will celebrate its three-year anniversary Nov. 1. It is exciting to see how this program has grown and reached out to so many in our community.

October has been our all-out plea for more volunteers. As our program has grown the need for more volunteers has also grown. Just a little bit of your time each week (1-2 hours a week) can make all the difference in the life of a senior or a student.

**Senior care**  
Your involvement creates a vital part of this senior being able to remain living independently at home (not having to go to a nursing home). Volunteers visit homebound seniors one-two hours each week and provide companionship.

It also allows RSVP a chance to see what other resources we can connect to provide the best quality of life to each senior in our care.

This year RSVP has provided monthly bags of groceries, nutrition supplements, assistance with VA benefit applications, sought help from various churches-TEAM Effort, Project WARM for repairs and handicap ramps, found resources for the low vision seniors, hearing assistance, life alerts, diabetic support groups, and many others.

Meals on Wheels is a tremendous part of RSVP as we deliver the MOW to those in the Burgaw area as well as Topsail, Hampstead, Scotts Hill areas. MOW drivers are always needed as back-up drivers. To many seniors, this is the only hot meal they receive

each day

**Tutoring**  
RSVP volunteers tutor reading in four middle schools. They are a valuable resource for Pender County school students and allow one-on-one time with a child to help raise their reading level. Proctoring EOG exams in May is also a vital part of our program.

**Mentoring**  
RSVP volunteers assist our developmentally challenged. RSVP provides a volunteer to work with someone less fortunate and help them expand their horizons by volunteering in the community. The rewards are great and the enthusiasm of those in this group is high.

We just held our annual dance and the volunteers and their protégés had fun connecting and learning more about each other in a fun atmosphere.

RSVP volunteers are energetic, have a purpose and direction to share, enjoy being with other volunteers and sharing successful stories and are given much support from the RSVP director, RSVP advisory board and Pender Adult Services.

We have a Grant renewal for three years and it is our goal to grow this program even stronger and with people just like you we can do this. Be a part of this important program in the Pender County community and pay it forward. One day you may need these very same services.

Please take a minute and call for more info - Barbara Mullins at 910-259-9119 (ext 320).

Memorial and Holiday Gift Program

## A different gift idea

Consider the Pender Adult Services Memorial and Honorary Giving Program as a holiday gift. Pender Adult Services memorial and honorary giving program is used in the event of a death as a memorial.

Some people also use this program in honor of others. We have cards available that you can use to show your contribution in honor of the individual.

Donations to the Pender

Adult Services Memorial and Honorary giving program are tax deductible because PAS is a non-profit agency. Your gifts are greatly appreciated and help us continue to serve Pender County with many needed services.

If you would like more information please contact Wesley Davis, executive director at 910 259-9119 or mail you contribution to PAS at P.O. Box 1251, Burgaw NC 28425.

## Annual silent auction and gala Nov. 14

Pender Adult Services, Inc. is holding our annual silent auction on Nov. 14. The event is a benefit for the Meals on Wheels program. Many older adults in Pender County are homebound and suffer from poor nutrition.

The Meals on Wheels program provides a warm, well-balanced meal to shut-ins across Pender County on a

daily basis. This event is a special opportunity to support those in need in our community.

Sponsorships for the event are available for businesses or individuals at four levels. Sponsors will be provided recognition based upon the sponsorship level in the agency newsletter distributed with the Pender Post-Voice.

There are approximately 100 homebound elderly individuals on the waiting list for the Meals on Wheels program. Success of this program depends upon dedicated volunteers to deliver the meals and the generous support of local businesses and individuals.

The event will include a variety of food stations, wine,

and dessert. We will also be entertaining in our tent with DJ Craig Thomas and a martini bar will be available. Tickets are available at Heritage Place, Fitness Fusion or from a Pender Adult Services board member.

For more information, contact Wesley Davis at 259-9119 or a member of the PAS staff.

## Medicare Part D election period through Dec. 7

Your health needs change from year to year, and the benefits and costs of your Medicare prescription drug plan or other health coverage may change each year, too.

Medicare Prescription Drug (Part D) plan program offers plan members the ability to make changes in their coverage each year during the annual election period. Effective this year the annual election period is now through Dec. 7.

All people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage during this time.

A beneficiary should not assume that a plan that met their needs in 2013 will do the contraction a yearly basis with the Medicare program.

This allows for changes in formulary lists (the prescription medications covered by the plan), restriction and limitation requirements, monthly premium payments, and pharmacy co-payments for any medication each year.

Seniors Health Insurance Information Program (SHIP) encourages each Part D participant to compare the coverage offered by their current plan with the coverage that will be offered by all plans available

in 2014.

Many plans offer a mail order pharmacy option that can save money with a 90-day supply of a medication with lower co-payment levels. If this is an option you are interested in, make sure your plan has a mail order component.

Medicare recipients who have not previously enrolled in a Part D plan are allowed to do so during this period (although they might see a premium penalty if other creditable coverage did not exist).

Medicare beneficiaries with low incomes and limited resources may be eligible for Extra Help/Low Income Subsidy (LIS) program to reduce or eliminate the monthly and to reduce prescription co-payments. SHIP volunteers can help determine eligibility and help with the application process.

SHIP volunteers can provide unbiased information and comparisons of the 2014 Medicare Part D prescription coverage options and the Medicare Advantage Plans.

To schedule an appointment in the Burgaw area, call Pender Adult Services, 259-9119 ext. 0, and for the Hampstead/Topsail area call the Topsail Senior Center, 270-0708.

## TEAM Effort helps RSVP

By Barbara Mullins  
Pender Adult Services  
RSVP coordinator  
Special to the Post & Voice

This is the second year TEAM Effort was in Pender County and RSVP received assistance for many of our homebound seniors.

I only wish each one of you could meet the exceptional group that Dakota brings with him for 9 weeks to manage each site they work at.

In addition TEAM Effort arranges for awesome mission groups from all over the USA to come for a week and provide the manpower needed for these repairs.

There were school groups, youth groups, church groups and each and every one of them brought smiles, positive attitudes, commitment to their projects and determination to make a better place for Pender County residents to live. eight RSVP clients were the recipients of new roofs, decks, handicap ramps, power washing, painting exteriors, and complete flooring were added to homes.

Once a week RSVP volunteers fed these groups and we were able to interact with these groups and relay the story "why they were so important to RSVP" and helping our people receive these much needed repairs that they could not afford, nor are physically able to do the work involved.

I attended a dinner at the Topsail Beach campground and shared stories of some of "our" people and how very thankful they are for the help they received from TEAM Effort. It is so important for these young

people know how much we appreciate them and specifically the impact they have made here in Pender County.

RSVP thanks Dakota, TEAM Effort Director, and his staff for the countless hours they gave to our residents. They are a fine example that young people make a difference in the life of Seniors. RSVP also wants to thank Lowes Home Improvement for donating much of the lumber and supplies needed for these projects. They are another fine example of partnering in our community to make it a better quality of life for those in need.



Woodcarver Al Reynolds presents a hand-carved walking cane to John Harkey.

A Topsail story

## One Marine helping another Marine

By Kay Stanley  
Topsail Senior Center  
Coordinator

At Topsail Senior Center, we continue to see and experience the reality of giving and sharing among our seniors and military family.

Al Reynolds, our volunteer woodcarving instructor was asked by one of our volunteers, John Harkey, to make him a walking cane. John's only specifics were he would like to have an eagle rounding the top.

Al, of course, agreed to make the cane for John but would not charge him anything. Al is well known for that, giving of his time and himself. Al served in the Marine Corps for 31 years and has been woodcarving for 65 years.

He volunteers his teaching or "facilitating those interested" as he puts it, in Jacksonville, Topsail, Poplar

Grove and Edenton area. John served in the Marine Corps for 10 years, and we have been blessed to have him volunteer at the Topsail Center on Fridays.

In the meantime, John was diagnosed with cancer and had to have surgery following treatments. On Oct. 2, Al presented the cane to John. Al had entered it in the Chowan County Fair in Edenton and won second place in the bird division.

It is beautiful and quite unusual in that it is made of three woods: mahogany, holly and lignum vitae.

The entire experience has been interesting to follow, and quite heartwarming when the cane was exchanged from one friend to another. John describes the whole experience as "a marine helping a marine and that never changes."

These are the important things we need to hear about.

## The Premier Provider for Pender County With Pharmacy & Home Health Products

Insurance Courtesy Billing for

• Medicare • Medicaid • BCBS • Tricare and many more

Pharmacy/Prescription and Over-the-counter Medications • Durable Medical Equipment • and Self-care products

[www.johnsondrugco.com](http://www.johnsondrugco.com)

Wilmington  
(Porters Neck)  
8207 Market St.  
910-686-2988

Hampstead  
(Lowes Food S/C)  
17230 US Hwy 17N  
910-270-2223



**Johnson Drug & Home Medical**

"Big Enough to Service...Small Enough to Care"

Celebrating More Than 80 Years of Service!



# Topsail Senior Center named Center of Excellence

The Topsail Senior Center in Hampstead has met all criteria and achieved recognition as Senior Center of Excellence for a five-year term by the North Carolina Division of Aging and Adult.

This is the third certification process that Topsail has undergone.

The certification process

includes six primary areas in which the center is reviewed. Information, assistance, and marketing involves promoting aging services in the community and helping seniors to be aware of services that are available.

The center is required to market to special populations within the community to com-

municate available activities and services. Activities, volunteer opportunities, and advocacy are reviewed for variety and participation.

Advocacy involves educating seniors in advocacy skills and giving them tools to advocate for themselves. Planning, surveys and staff training are required elements.

Extra efforts to collaborate with other agencies are essential and rewarding.

Thanks and congratulations to the volunteers at Topsail who do many things to assist in the effort to promote healthy, fulfilling lives.

Congratulations to Kay Stanley, Topsail Senior Center Coordinator.



Kathy and Jennifer enjoyed the attractions at the N.C. State Fair.



Joann, Carol, and Paddy enjoyed the N.C. State Fair Senior Day, along with 53 other Pender Travelers. Other day trips are being planned. If you have suggestions, contact Jennifer at 259-9119, ext. 303.



Offering a full staff of certified instructors offering a variety of classes including:

903 S Walker St Burgaw, NC  
910 259-0422

## NEED HELP CARING FOR YOUR LOVED ONE AT HOME?

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!



Personal Care, Sitter,  
Light house keeping,  
Respite

Phone: 910-259-9119

Fax: 910-259-9144

Contact: Rebecca Boggs, RN

Caregivers Needed...

Call today to start your new career!

Ask for Anna at 259-9119 x 318

## Pender Adult Services, Inc

Heritage Place  
901 South Walker Street  
Burgaw, NC 28425  
(910) 259-9119

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.

Topsail Senior Center  
20959 Highway 17  
Hampstead, NC 28443  
(910) 270-0708

## Heritage Place Opportunities

Phone: 259-9119

Monday 8:00—7:00	Tuesday 8:00—7:00	Wednesday 8:00—5:00	Thursday 8:00—5:00	Friday 8:00—3:00
9:00 Oil Painting 11:00 Tai Chi—Adv 11:45 Tai Chi—Beg 12:00 Meals 1:00 Bid Whist 1:00 Canasta 2:00 Senior Chorus 6:00 Line Dance	9:00 Crocheting 9:00 RSVP Perks (1st) 11:00 Sit & Be Fit 12:00 Meals 12:30 Pinochle 1:00 Quilting Group 1:00 Jewelry 1:00 Knitting Class	9:00 Basket Class 11:00 Bingo 12:00 Meals 12:30 Rummique 1:00 Bid Whist 1:00 Bridge 1:00 Blind Support Group (2nd)	7:00 Burgaw Rotary 11:00 Sit & Be Fit 11:30 Caregivers Support (4th) 12:00 Meals 1:00 Mexican Train 3:00 Quilting/Sewing Club	10:30 Corn Hole 11:00 Bingo 12:00 Meals  Saturday—closed Facility Available For Rentals

## Topsail Senior Center Opportunities

Phone: 270-0708

Monday 8:30 am—6:00 pm	Tuesday 8:30 am—5:00 pm	Wednesday 8:30 am—4:00 pm	Thursday 8:30 am—5:00 pm	Friday 8:30 am—2:30 pm
10:00 Modified Pilates 12:00 Meals 12:30 Tree Top Quilter (2nd) 3:30 Hospice Trg (3rd)	9:00 Baskets 9:30 Health Checks (2nd) 10:30 Feel Good Fun Day 12:00 Meals 2:00 Gentle YOGA 3:15 Tai Chi—Beg	9:00 Quilting Class 9:00 RSVP Perks (1st) 9:30 Knitting Group 12:00 Meals 1:00 Woodcarving	10:00 Vinyasi YOGA 10:30 Bingo 11:15 Tai Chi—Adv 12:00 Meals 1:00 Quilting Class 1:00 Mahjong 1:30 Bridge	9:00 Wood Carving 9:00 Painting Group 12:00 Meals 12:00 Vitality in Action  Saturday—closed Facility Available

## Fitness Fusion Group Fitness Classes

Phone: 259-0422

Monday Open 5:30—9:00	Tuesday Open 5:30—9:00	Wednesday Open 5:30—9:00	Thursday Open 5:30—9:00	Friday Open 5:30—9:00
8:30 BODYPUMP 9:40 YOGA 10:45 FIT OVER 50  4:30 Health Checks (1st) 5:30 BODYPUMP 6:40 ZUMBA	8:30 CARDIO BLAST 9:40 YOGA 10:45 FIT OVER 50  6:30 ZUMBA	8:30 BODYPUMP 9:30 Health Checks (1st) 9:50 PILATES  5:30-6:30 BODY PUMP 6:40 YOGA	8:30 ZUMBA 9:40 YOGA 10:45 FIT OVER 50  6:30 ZUMBA	8:30 BODYPUMP 9:50 PILATES 5:30 BODY PUMP  Saturday Open 8:00—4:00 9:00 ZUMBA



Public Transportation is available to person 18 years and older throughout Pender County. Transportation services may be interrupted if funding is not available. The cost per ride is \$3 each way. A 48 hour notice is necessary to arrange transportation. Please call (910) 259-9119 & press 1 to make arrangements. Please call for information regarding Medical pickups.

## Winter wellness tips

(StatePoint) Cooler temperatures often bring along the season's sniffles and colds. With a few winter wellness tips, you can prepare for a happier and healthier season, regardless of your budget, with the following tips from the lifestyle experts at Dollar General.

- Preventive care. A nutritious diet and plenty of rest can help you stay strong this winter so consider keeping juices, vegetables and fruits in your fridge all winter long.

- Stock your medicine cabinet. When illness strikes, the last thing you'll want to do is rush to the store. A well-stocked medicine cabinet can save a trip when you're feeling your worst.

- Healthy skin. Skin is prone to dryness in winter, so apply moisturizer as soon as you get out of the shower. If possible, ditch the scalding hot showers for warm water, as heat can be very drying.

- Germ-free. While germs exist year-round, your body may be more susceptible to cold and flu viruses in winter. Be sure to wash your hands thoroughly and use a hand sanitizer.

- Soup's on. Start all your winter meals with a warm bowl of soup full of protein, vegetables and liquids. If you don't have the time to make soup from scratch, healthful and delicious ready-made soup can be a great alternative.

- Stay active. Don't let your exercise routine fall by the wayside in winter. Exercise can improve your immunity and also help keep winter pounds at bay.