



Pass it on...

The Pender-Topsail
POST
& Voice

November
2017



Jessica, Lynda and Anna shop early as Pender Adult Services prepares for the annual Silent Auction fundraiser.

Heritage Happenings

By Jennifer Mathews
Pender Adult Services

There's a lot happening these days at Heritage Place and Topsail Senior Center. Our Silent Auction will be held Nov. 9 beginning at 6 p.m. Auction items are being received it now. Please come by and see what we have received from our area businesses and sponsors.

We are gladly accepting new items for our silent auction daily. Sponsorships are available for this event. Tickets are \$25 per person and will include a wonderful dinner, a glass of wine, socializing with your friends and a night of dancing with Craig Thomas; all for a great cause!!

In other happenings our Jewelry class taught by Anna Eubanks has recently moved to Thursday mornings. The class meets from 10 a.m. until noon. If you are interested in creating new designs or repairing older pieces please sign up at the front desk for this new class. We are trying to get a craft class started on Monday mornings. The class will be taught by Marisol Nieves. She will be offering a variety of craft selections for a reasonable supply fee. Please sign up at the front desk if you are interested in Monday Crafts. Our Monday Art class at heritage place is taking a

two-week break but will start a new six week session Nov 13.

RSVP is hosting *Anxiety, how to learn the key signs and relieve some of that anxiety.* We welcome speaker Sherry Pace from Therapeutic Alternatives. This presentation is open to the public and will be offered Nov. 7 at Heritage Place and Nov. 8 at Topsail. Perks begins at 9 a.m. We expect Sherry to be speaking from 9:20-10:30 a.m.

We will begin our toy drive collecting for Toys for Tots Nov. 15. There will be boxes available for drop off at Heritage Place, Fitness Fusion, and Topsail Senior Center.

Our next planned senior trip will be to Colorado in August of 2018. We will be flying into Denver and enjoying a 6 day-5 night trip including two nights in Denver and three nights in Colorado Springs. If you're interested in more information on this trip you may contact Jennifer Mathews at 259-9119 extension 303.

We are well underway with Medicare Part D Open Enrollment. If you still need appointment to review your plan please call Heritage Place, Burgaw at 259-9119 or Topsail Senior Center in Hampstead at 270-0708. Appointments are limited. You may call the statewide number and have a SHIP Counselor assist you by phone. Their number is 1-855-408-1212.

A day of thankfulness Nov. 14

Seniors gather at the Topsail Senior Center and Heritage Place for exercise and socialization every weekday. Our day of thankfulness will be held Nov. 14. This will be a Day to celebrate our "Big House."

Hundreds of seniors from senior centers across North Carolina will be mailing thank you cards to our federal representatives. The packet includes a thank you for funding the

Older Americans Act.

On the thank you card you can provide one to two statements of what the Older Americans Act funding means to your senior center and you. Participating in this event will put and keep our senior centers on the minds of our legislators.

Join Pender Adult Services and the North Carolina Senior Center Alliance in thanking your federal legislators for funding the Older Americans

Act that helps provide programs and supplies to Heritage Place and Topsail Senior Center.

Let it be known what the senior center means to you. We will be writing and mailing the thank you cards at Heritage Place, Burgaw and Topsail Senior Center, Hampstead Nov. 14.

We will also be celebrating each other and the friendships that we share. The celebration

of our centers will be held at various times during the day as groups gather for activities.

RSVP and Salvation Army share Christmas Joy

Last year the Retired Seniors Volunteer Program joined with Salvation Army and filled stockings for Pender County residents, particularly those affected by Hurricane Matthew in 2016.

These stockings brought so much joy to these families that had just lost everything. Again this year we will be

filling stockings, with 100 as our project.

If you picked up a stocking last RSVP Perks, I hope you have fun filling it for a small child in Pender County.

If you would like a stocking please stop by our Burgaw office or RSVP Nov Perks to get yours. All stockings need to be returned no later than

December Perks.

We already are receiving some back and it is awesome to see some of the adorable things you collected to share. Imagine a young child getting up Christmas morning and having a stocking left just for them. Help us share the happiness.

Cape Fear Community College Occupational Therapy Students vital at Pender Adult Services

Pender Adult Services is enjoying our CFCC Occupational Therapy students. Candace Gingles and Jordan Courtain have been interning here in Burgaw on Tuesday mornings.

Jordan is working at Fitness Fusion primarily with seniors participating in the Fit Over 50 class as well as assisting Judy with questions about fitness. He is 29 years old, originally from California.

He is engaged to be married in May after graduation. He enjoys helping people reach their potential. As a former athlete he finds that interning at Fitness Fusion is "right up my alley."

He compares what he used to do with what he will be doing as an OT Professional.

Candace is interning with Heritage Place. She is primarily working with Geri-Fit and the Walk with Ease groups. She is 36 years old, originally from Colorado. She is married with a three-year-old son.

Her husband is in the coast-guard. She enjoys helping people live "their best lives" When ask what she like most about her placement here at Heritage Place she said, "I just love the community here, people are like family, always looking out for each other."

Topsail Senior Center hosts Cape Fear OTA 1 Students. We are pleased to have Cyndi and Brittany with us this fall semester. They work with our senior clients on Tuesday as a part of their OTA fieldwork geriatric placement.

Cyndi Fielland is 41 years old and from Boone. She is married with a 13-year-old daughter. She enjoys begin able to help people do the activities they love and enjoy! Cyndi says the thing she likes best about working at Topsail Senior Center is getting to chat

with the seniors.

Brittney Pierce is 26 years old and from Goldsboro. She is not married but has a cat named Dennis and a dog named Rusty. She enjoys working with people to get them back to doing the things that mean the most to them! She likes the welcoming spirit at

Topsail.

"They all try to include us in everything, and make us feel like a part of things," Pierce said.

Both students are working together on a fall festival at Topsail Oct. 31 for Halloween with games and refreshments, costumes optional.



Candace Gingles and Jordan Courtain



Brittney Pierce and Cyndi Fielland



Questions about
Medicare?
We Can Help!!

Open Enrollment for
Prescriptions Drug Plans
(Medicare Part D)
October 15 – December 7, 2017



In Burgaw, call (910) 259-9119, press 1
In Hampstead, call 270-0708
to set an appointment with a
SHIP counselor.

We can help review your current
Prescription Plan and answer other
Medicare questions

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www.facebook.com/PostVoice



Bid whist is a card game played with four people in partners. Our group has played at Heritage Place for the last 15 years. We play Monday and Wednesday afternoons beginning at 12:30 p.m. We are looking for some new people to play. If you know how to play spades we can quickly teach you how to play bidwhist. Hope you will join us soon.

Pender Adult Services November 2017

- Nov 7 – RSVP Perks 9 am- ANXIETY -9:20 am (HP)
 Nov 8 – RSVP Perks 9 am - ANXIETY -9:20 am (TSC)
 Nov 9 – Silent Auction 6 pm (HP) – Get your ticket now
 Nov 13 – Bowling at Ten Pin Alley –sign up at front desk
 Nov 14 – Thankfulness Day – Both Centers
*Medicare Part D Open Enrollment
 Oct 15 – Dec 7*
*Call to set up your appointment today
 259-9119 (HP) or 270-0708 (TSC)
 Need to do it now Call 1-855-408-1212*
 Nov 15 – Savannah Trip Meeting – 1:15 (TSC)
 Nov 16 – Savannah Trip Meeting – 1:15 (HP)
 Nov 16 – Caregivers Support Meeting 11:30 am (HP)
 Nov 23-24 – Closed for Thanksgiving
 For more information – call 910-259-9119 www.penderpas.com

Collection Starts November 15

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

Silent Auction

Thursday November 9th 6:00 pm

Annual Gala 2017



Advance Ticket Purchase Required — \$ 25.00 per person

Come join us!

We've planned an elegant evening!

DJ Music — Dancing — Martini Bar — Chocolate Bar
 Bidding on Items — Specialty Food Stations



CALL 259-9119
 For Tickets &
 More Information

A Benefit for the Meals on Wheels Program

PENDER ADULT SERVICES, INC. P. O. BOX 1251, BURGAW, NC 28425

Licensed CNA

Positions Available

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

Contact Anna or Roz at 259-9119 ext. 2

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 (11/13) | 9:00 Crocheting | 9:00 Basket Class | 10:00 Jewelry | 11:00 Bingo |
| 10:00 Craft Group | 9:00 RSVP Perks (1st) | 11:00 Bingo | 10:00 WALK WITH EASE | 12:00 Meals |
| 12:00 Meals | 10:00 WALK WITH EASE | 12:00 Meals | 11:00 Geri-fit | |
| 1:00 Bid Whist | 11:00 Geri-fit | 1:00 Bid Whist | 11:30 Caregivers Support (4th) | |
| 1:00 Canasta | 12:00 Meals | 1:00 Bridge | 11:30 Health Checks (4th) | Saturday—closed |
| 3:00 Lamplighters Chorus | 12:30 Pinochle | 1:00 Blind Support (2nd) | 12:00 Meals | Facility Available |
| 6:00 Line Dance | 1:00 Rummikub | | 1:00 Rummikub/ MEX TRAIN | For Rentals |
| | 1:00 Quilting/KNITTING | | 1:00 Quilting 3:00 Craft Club | |

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

November

Fitness Fusion Group Fitness Classes

Phone: 910-259-0422

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 | 5:30 RPM Cycling | 7:00 RPM Cycling | 5:30 RPM Cycling | 8:30 BODYPUMP |
| 8:30 BODYPUMP | 8:30 CARDIO BLAST | 8:30 BODYPUMP | 9:40 YOGA | 9:50 PILATES |
| 9:40 YOGA | 9:40 YOGA | 9:50 PILATES | 10:45 FIT OVER 50 | 5:30 BODY PUMP |
| 10:45 FIT OVER 50 | 10:45 FIT OVER 50 | | | Saturday |
| 4:00 RPM Cycling | 5:30 BODY ATTACK | 5:30 BODY PUMP | 5:30 RPM Cycling | Open 8:00—2:30 |
| 5:30 BODYPUMP | 5:30 RPM Cycling | Massage by Appointment | 5:30 BODY ATTACK | 8:30 RPM Cycling |
| | | | | 8:30 Body Attack |