



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

August
2018



Gerifit continues to be a very popular class at Topsail Senior Center. See the schedule for times

Topsail Center News

By Donna Murphrey
PAS Topsail Center

We are excited to be offering Zumba Gold class. We will be meet last two Mondays of August; Aug. 20 and 27. The cost is \$5 for these two classes, but beginning Sept. 10th we will meet every Monday at 2 p.m. and the cost will be \$12 per month.

Please note that we will be offering A Matter of Balance at Topsail beginning Tuesday, Aug. 7. This is a free eight-week class, offered weekly from 10 a.m. until noon. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. Please see the related article for more details.

We want to thank the Hampstead Women's Club for the \$250 donation towards craft supplies and Pat Coyle for her \$50 donation towards craft supplies at Topsail. The ladies do enjoy their take home crafts! Thank you to Pat Waites for her lovely Fourth of July bags for our MOW clients. We appreciate that you remember them every holiday! And also a big thank you to Judy Pitchard, Marsha Kuhn and J. Billy Ford for painting our lady's bathroom; great job, it looks so much lighter and brighter!

Concerns about falling?

A Matter of Balance is an eight-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

You should attend if you are concerned about falls, are interested in improving your balance, flexibility and strength; if you have fallen in the past or feel that you have restricted your activities because of falling concerns.

Join us for this class at Topsail Senior Center on Tuesday mornings from 10 a.m. until noon beginning Aug. 7. Please consider this class particularly if you are experiencing balance issues and share information with others that may be interested. Class will be offered by PCHD nurse and Nurse Educator. Please call Topsail Senior Center at 270-0708 to register if you are interested. We need 10-12 people to offer it.

RSVP Reading Buddies need you

By Barbara Mullins
RSVP Coordinator

If you ask a young child what "summer slide" means, you're likely to hear something about their favorite playground or a water park. But ask a teacher, and you'll get an entirely different answer. For them, "summer slide" means work – not play.

RSVP Reading Buddies are strong advocates of reading to children from an early age. The state's one-size-fits-all

mandate doesn't tailor to individual student development. Children grow at different rates and RSVP Reading Buddies are able to work one-on-one (or in small groups of 2-3 students) to build vocabulary, comprehension, and hopefully instill love of reading.

The excellent job RSVP Reading Buddies did this past school year was rewarding. Reading levels were up, everyone moved to the next grade level, and Principals praised the support of RSVP

volunteers and the strong positive influence they have on students. Children learn to read from birth-third grade – and read to learn from fourth grade through their adulthood years.

I hope you all saw the front page article in the *Pender Post & Voice* last month. If not, check out our facebook page: pendercountyRSVP or ask our office for a copy of the article. Thank you Kathy Sabella for a great interview and Jane Martin for your expertise in

marketing RSVP.

Please be proud of being a Reading Buddy and know you make a difference in the life of a child each time you read and work with a student in Pender County Schools. This fall we will be at Rocky Point, Malpass Corner, Burgaw, North Topsail, Topsail, and Surf City elementary schools. In addition Penderlea, which is a year-round school.

Teachers and staff are excited and we are receiving strong support from the Pender Coun-

ty School Superintendent, who sincerely believes in our RSVP Reading Buddies. The more we have, the more students we can connect with – the bigger the impact we will make.

These students are the leaders of our future. We need to invest in them now, so we all benefit from their knowledge and growth. Interested in more info on volunteering with RSVP Seniors? Please contact: Barbara @ 910-259-9119 (ext 329) or email: bmullins@penderpas.com



Topsail Clients play Bingo, Bridge, Canasta, Cribbage, Mahjong & Rummikub. See the schedule for times.

New Medicare Cards are coming

There is no enrollment process or charge to receive/activate your new Medicare card and you will not lose your Medicare benefits

The government *will not* visit or call beneficiaries to verify that they have received their new card

If you are approached about a new plastic Medicare card for a fee, it is a scam

Make sure your address is up-to-date with the Social Security Administration or Railroad Retirement Board in preparation for the new card.

Ask a SHIP counselor at Pender Adult Services 910-259-9119 extension 303

Dealing With Depression After a Death

A three-part series, attendance at each session is required.

Thursday, August 2, 9, and 16

Heritage Place, Burgaw

Led by Greg Yeager

Register and learn more, call 910-796-7991

When leaving a message please leave your name, phone number and indicate the specific program you wish to attend. Pre-Registration is required.

In-County Transportation Available

•PAS-TRAN is accepting New Senior (60 & up) Nutrition riders From Rocky Point, Maple Hill, Burgaw and Hampstead Area.

•Please Call 910-259-9119 Press 1 TDD/TTY 1-800-735-2962

Monday thru Friday

•Certain restrictions apply for trips and Medical appointments.

•Services may be interrupted if funding is not available.



FREE MEDICARE SEMINAR

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled:

Ask a SHIIP counselor at Pender Adult Services
Call 910.259.9119, extension 303

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 you new career!
Ask for Anna at 259-9119 x 318*

Operation Fan Heat Relief



We still have fans available for our Operation Fan Heat Relief program. This program is 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)

HEAT RELIEF

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

MARK YOUR CALENDAR October 25, 2018 *Annual Silent Auction Fundraising Event*

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



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 Cathy at 259-9119 ext. 2

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

Pender Adult Services
STATE FAIR 2018
October 16, 2018
Cost: \$25 transportation fee
call 259-9119
for more information

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 <i>RSVP Perks (1st)</i> 10:30 <i>Group Walk</i> 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 <i>Blind Support (2nd)</i>	9:30 RSVP Card Class (2nd) 10:00 Jewelry 10:30 <i>Group Walk</i> 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 8:00 am—4:30 pm	Tuesday 8:00 am—5:00 pm	Wednesday 8:00 am—4:30 pm	Thursday 8:00 am—5:00 pm	Friday 8:30 am—1:00 pm
9:00 Art Class (group) 10:00 Modified PILATES 12:00 Meals 2:00 Zumba Gold 12 noon RSVP Card class (3rd) 1:00 <i>Tree Top Quilters(2nd)</i> 3:00 <i>Hospice Trg (2nd)</i>	8:30 Cribbage 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 <i>RSVP Perks (1st)</i> 9:30 Knitting Group 12:00 Meals 1:00 Canasta 2:00 Rummikub	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 Caregivers Support (3rd) **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