



Helpful information to enhance senior living
provided by Pender Adult Services

Pass it on...

The Pender-Topsail
POST
& Voice

July
2019



RSVP update

By Barbara Mullins
RSVP Director

The school year has ended and Retired Senior Volunteer Program (RSVP) Reading Buddies have completed another awesome year in Pender County elementary schools. Reports are just now coming in from our school stations and each one shows growth in reading comprehension and vocabulary.

Teachers have praised RSVP volunteers and the role they have in their classrooms. Not only are they great tutors, encouraging students to do better, praising their participation, but they also are wonderful role models.

Students know they can count on an older adult they connect with, they know they will come every week to read with them, they know this adult truly cares about them. We are proud of our RSVP volunteers in our Reading Buddy program and look forward to a great 2019-2020 school year.

Already we have a list for requests from teachers asking for a RSVP volunteer next school year. RSVP also was able to proctor more than 60 EOG exams this year. This was huge support for Pender County Schools as every classroom requires a volunteer in the testing classroom with the teacher giving the exam. It is state law so RSVP again gave support where needed.

We are accepting applications now for additional reading buddies because the more we have, the more students we can attach volunteers to - and the hope is to add 2-3 new elementary schools to our program.

There is a short application process and early August we will meet as a group and train together for the next school year. Interested in more info on being a Reading Buddy? Please do not hesitate to call Barbara at 910-259-9119 (x329) We look forward to hearing from you

Operation Fan Heat Relief 2019



Pender Adult Services Operation Fan Heat Relief 2019

Operation Fan is a summer program 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 power bill to confirm address and carrier.

The fans are provided

by Progress Energy, Four County Electric and Fran's Fans

In order to be eligible for the program, applicants must

- Reside in county & not received a fan in the previous year
- Be an adult; 60 years of age or older or with a dis-

ability

• Have a home situation where a threat to health and well-being exists (heat related illness)

For more information on the Operation Fan Relief program, call Pender Adult Services at 259-9119, extension 0.

What is Elder Abuse?

Elder abuse is any form of mistreatment that results in harm or loss to an older person, according to the National Committee for the Prevention of Elder Abuse. The abuse could take the form of domestic violence, financial exploitation, neglect, physical harm, psychological abuse or sexual abuse. Because each type of abuse is so different, the indicators associated with them often vary:

• Financial exploitation, like all other forms of abuse, could have long-lasting effects on a person. Signs of this abuse could include missing checks, failing to make payments on time if at all, missing credit or debit cards, missing property, insufficient funds in banking accounts of failing to pay for medical treatment as needed. The perpetrators often are family members, according to the NCEPA.

• Neglect can be committed by all types of caregivers, and the abuse can range from failing to wash clothing to failing to provide necessary medical care. Signs of neglect could include dirty or unsanitary living conditions, poorly man-

aged medications, bedsores, dehydration, malnutrition and other unexplained or untreated medical conditions. Neglect often leads to self-neglect, which according to the National Adult Protective Services Associations, could lead to serious health and safety concerns.

• Physical abuse results in some type of bodily injury or impairment. It could range from cuts and scratches to brain injuries or broken bones. If there is a history of repeated injuries, this also could be a sign. No matter the severity of the unexplained injuries, they should be taken seriously. These physical marks also could be indications of sexual abuse and domestic violence.

• Psychological abuse may be a little more difficult to detect. It could, however, have just as significant of an impact on a person. This abuse could cause the elderly patient to be afraid of a caregiver or person, to become disconnected from family and friends or to act out in a different way. If the person suffers from a mental illness, his or her actions could be more severe.

Heritage Happenings

By Jennifer Mathews
Pender Adult Services

Come join us and get in out of the heat. We are excepting new riders on Pas Tran for activities and meals at Heritage Place and Topsail Senior Center. Call 259-9119, press one and speak with transportation about completing a simple application to become a rider.

Heritage Place will be celebrating Gorgeous Grandma day on July 23, 2019. This is an actual date set aside to celebrate Grandmas. We would love to see your classy or sassy or jazzy attire. We are also encouraging ladies to bring a baby picture of themselves for a fun display of who has the cutest baby face.

The summer fan program is ongoing. We appreciate

Four County, Duke Energy and Fran's Fans and our Burgaw Walmart! Please bring an ID or power bill to confirm your address. Fans are available for seniors over 60 that live in Pender County.

We had a great time on our summer picnic at Soundside Park in June. Seniors from Burgaw, Atkinson, Maple Hill and Hampstead and Surf City came together and relaxed breathing in the salt air and a few caught a few fish. "Mostly we made good memories," quote from one seniors.

If you have a parent or an older aunt or uncle that would benefit from socialization, a hot meal and/or activities please contact Jennifer Mathews at 259-9119 ext. 303 to discuss getting them involved

Topsail Center News

By Donna Murphrey
Center Coordinator

Hard to believe it's July already except for the high temperatures and humidity outside! We still have plenty of fans to give away to seniors living in Pender County, please come by and pick one up. June was busy at Topsail - picnic at Sound Side Park and a tree planting celebration for Elder Abuse Awareness.

We are grateful for all who made the tree planting possible, especially Pender Pines for donating the lovely tree

and Wilmington Funeral and Cremation for the plaque.

If anyone suspects Elder Abuse is happening to someone they know please call Pender County Social Services and report, even anonymously if you prefer. We have a hurricane preparedness speaker from Hope4NC/Pender County July 23 at 11:15 a.m. and encourage seniors to attend since we are now in hurricane season.

We would like to give a big thank you to Renovation

Continued on back

Staying healthy

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking.

Medicare can help. Medi-

care pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases.

If you have Medicare, you

can get a yearly wellness visit and many other preventive services.

Geri-fit is a low-impact weight bearing class offered on Tuesday & Thursday. Fit

over Fifty is a low-intensity cardio workout on Mon, Tues & Thursday. Check schedule for times. Call for more information.

• Geri-fit is a low-impact weight bearing class offered on Tuesday & Thursday. Fit over Fifty is a low-intensity cardio workout on Mon, Tues & Thursday. Check schedule for times. Call Jennifer for more information at 910-259-9119.



The Cape Fear Elder Abuse Network in cooperation with Topsail Senior Center and Pender Pines held a tree planting to raise awareness for elder abuse prevention. Come by and see our new Japanese maple at the Topsail Senior Center. If you suspect elder abuse please contact Pender County DSS at 259-1240.

Transportation News

PAS-TRAN is hiring Part-Time Drivers
Applications available at 901 S Walker Street
Weekdays only Call 910-259-9119 X press 1
for more information

PAS-TRAN is accepting new senior (60 & up)
Nutrition riders for both Heritage Place in Burgaw
and Topsail Senior Center in Hampstead.

Rural General Public rides for Grocery Shopping, College Educational, Employment, and Medical visits and needs, in county and Out of County are also available. New service available to Jacksonville and Wallace/Rose Hill. Call for more information and reservations.

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.*

Need Medicare help?

The Seniors' Health Insurance Information Program (SHIIP), is a division of the NC 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 two free

seminars soon. Medicare 101 will be offered Monday, Aug. 5, at 5:30 p.m. at Heritage Place located at 901 S Walker Street, Burgaw. Call (910)259-9119 to register. We will offer another Medicare 101 Monday, Sept.16, at 5:30 p.m. at Topsail Senior Center located at 20595 Hwy 17, Hampstead, NC 28443. Call (910)270-0708 to register for this event.

Pender Adult Services SHIIP program offers ongoing appointments to Medicare recipients to review their coverage. We meet one on one with clients in Burgaw and Hampstead to answer Medicare questions and help them with supplements and Part D plans. Please call (910)259-9119 for more information or to make an appointment.

Topsail

Continued from front
Church of Hampstead for painting our front steps and handicap ramp as part of their Community Work Day. They had all ages including youth take part in this project and we are so grateful to them for thinking of us. Also, we had delicious blue berries donated to the center for all of our Meals on Wheels clients last month. We are very blessed to live in such a giving community.

Subscribe today!
Home delivery only
\$25 a year for seniors.
Call 259.9111

As always please join us for exercise in cool air conditioning; Tai Chi, Yoga, Pilates, Geri-fit & Line dancing are available. If you can't make

it during the day, we also have line dancing on Tuesday nights at 6 p.m. (with the exception of the first Tuesday of the month). Join us for

other cool activities puzzles or games; Bingo, Canasta, Bridge, Rummikub, Quilting and Art & Crafts. We hope to see you soon!

INFORMATION PLEASE – WE ARE HERE TO HELP

Please call Heritage Place at 259-9119 X 309 (Or Topsail 270-0708) if you need information, referral or assistance with any of the following services:

Health Screenings
Insurance Counseling
Legal Services
Caregivers Classes
Housing
Home Repair/Modification
In-home Aide Services
Social Security Benefits
Adult Day Care/Day Health
Disaster Services
Hospice Care
Rehabilitation Services
Respite
Telephone Reassurance
Energy Assistance
Volunteer Opportunities

Fitness & Health Promotion
Tax Preparation/Counseling
Transportation Medical/General
Family Support Groups
Reverse Mortgage Counseling
Home Health Services
Medicaid Benefits/Medicare Benefits
Job Training/Placement
Community Mental Health
Durable Medical Equipment/Assistive Devices
Long-term Care Facilities
Report Suspected Abuse, Neglect or Exploitation
SHIIP (Senior Health Insurance)
Congregate Meals/Home Delivered Meals
Food Distribution
Senior Games

Memorial and Honorary Giving Program

In Memory of
Gene B Lanier
By Bill & Joy James

Haywood Debnam
By Bill & Joy James

Mary Ann Lewis
By Bill & Joy James

Contributions have been received recently from
All Saints Catholic Church
Thank you for your contributions

Have you considered a gift to Pender Adult Services, Inc.?
We appreciate your support for services that we offer!!
Your donations to PAS are tax deductible.
An acknowledgement will be sent whether donation is in Honor or in Memory of individual or group.
For more information on
Pender Adult Services Memorial and
Honorary Giving Program please contact
Wesley Davis at 910-259-9119.

**Get your body in balance with
Yoga, Pilates and Fit over fifty
at Fitness Fusion**
See our schedule for dates and time



Fran is all smiles as she shows off her "big fish" at our summer picnic at Soundside Park.



Open Now
Registration form required
\$100 deposit required
Balance Due August 15th

Pender Adult Services

Presents a Fabulous Trip To

Amish Experience in Lancaster, PA

For Information and/or Reservations, Please Contact:

Jennifer Mathews @ 910-259-9119 x 303

Trip Date: September 26 – September 29, 2019

Price: \$599.00 Per Person – Double Occupancy

Travel Protection: Travel Protection can be purchased at \$79.00/person – Double Occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable to PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits. **Insurance premiums are non-refundable.** Fuel surcharges by all transportation companies may be assessed.

Pender Adult Services Class Schedule

Heritage Place Opportunities

Phone: 910-259-9119

Monday
8:00—7:00

9:30 Art Class
12:00 Meals
1:00 Bid Whist
1:00 Canasta
6:00 Line Dance

Tuesday
8:00—5:00

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

Wednesday
8:00—5:00

9:00 Basket Class
11:00 Bingo
12:00 Meals
1:00 Bid Whist
1:00 Bridge
1:00 *Blind Support (2nd)*

Thursday
8:00—5:00

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
1:00 Mexican train (1st)

Friday
8:00—3:00

11:00 Bingo
12:00 Meals

Saturday—closed
Facility Available
For Rentals

July

Topsail Senior Center Opportunities

Phone: 910-270-0708

Monday

8:30 am—5:00 pm

9:00 Art Class (group)
10:00 Modified PILATES
12:00 Meals
2:00 ZUMBA Gold
1:00 *Tree Top Quilters(2nd)*
3:00 *Hospice Trg (2nd)*

Tuesday

8:30 am—5:00 pm

9:00 Baskets /Cribbage
9:00 Geri-Fit
10:00 Senior Crafts & fun
12:00 Meals
2:00 Gentle YOGA
3:15 Advanced Tai Chi
6:00 Line Dancing

Wednesday

8:30 am—5:00 pm

9:00 Quilting Bee
9:00 *RSVP Perks (1st)*
9:30 Knitting Group
10:00 Beginning Tai Chi
12:00 Meals
1:00 Canasta/Bridge
2:00 Rummikub

Thursday

8:30 am—5:00 pm

9:00 Geri-fit/Cribbage
10:00 YOGA
10:00 Bingo
11:15 Tai Chi
12:00 Meals (BP Checks-3rd)
1:00 Quilting
1:00 Bridge/ Mahjong

Friday

8:30 am—2:30 pm

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—8:00

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.

5:30 RPM Cycling
8:30 BODYPUMP
9:40 YOGA
10:45 FIT OVER 50
5:30 BODYPUMP

Tuesday

Open 5:00—8:00

5:30 RPM Cycling
8:30 Cardio Fit *new
9:40 YOGA
10:45 FIT OVER 50
5:30 BODY ATTACK
6:30 RPM Cycling

Wednesday

Open 5:00—8:00

7:00 RPM Cycling
8:30 BODYPUMP
9:50 PILATES
Massage by
Appointment
5:30 BODYPUMP

Thursday

Open 5:00—8:00

5:30 RPM Cycling
9:30 Gentle Yoga
10:45 FIT OVER 50
5:30 RPM Cycling

Friday

Open 5:00—8:00

8:30 BODYPUMP
9:50 PILATES
5:30 BODY PUMP

Saturday

Open 8:00—2:30

SCHEDULE 2019