



Pass it on.

The Pender-Topsail
POST
& Voice

July
2022



Meals on Wheels needs volunteers in Currie area

Meals on Wheels (MOW) America reports that before the Coronavirus Pandemic nearly 9.5 million seniors were threatened by hunger. Of those, 5.3 million were food insecure or very low food secure. MOW America also reports that 1-in-4 seniors live alone with 1-in-4 feeling lonely.

Pender Meals on Wheels serves approximately 500 meals a week between congregate meals at both Topsail Senior Center and Burgaw Heritage Place and delivered Meals on Wheels. 500 seniors in our county are receiving meals a week, plus an added bonus of socialization from staff and volunteers of MOW.

Meals on Wheels are delivered to participants four days a week with Thursday being a double meal day – an extra meal delivered to help

with Friday. Volunteers on the western side of the county pick up meals at Burgaw Heritage Place and Atkinson City Hall.

Soon, people that have been waiting for months for a Meals on Wheels delivery in Currie will be receiving meals four days a week, with Thursday receiving double meals. This is can only be accomplished if volunteers are willing to deliver meals to them.

Volunteers will meet at a location in Currie to pick up the meals for delivery. It will take about an hour to do the route.

If you are interested in volunteering for MOW for the Currie route or as back up drivers in the Burgaw/ Atkinson areas, please contact Cathy Guidry, Director RSVP at 910-259-9119, ext 329 or cguidry@penderpas.com.



The Topsail Senior Center Kitchen Crew, affectionately known as The Three Stooges.

RSVP Call Care Program

The Retired Senior Volunteer Program (RSVP) sponsored by Pender Adult Services has a Call Care Reassurance Program targeting homebound seniors who would benefit from a phone call once or twice a week from a volunteer. This is a social, check-in call with a homebound senior. Do you know a homebound senior

who would benefit from a call from a volunteer?

Are you more than 55 years old who would like to be a volunteer to call a homebound senior? Contact Cathy Guidry at 910-259-9119, ext. 329 for more information to be a volunteer or to sign up as a participant or sign up your loved one as a participant.

Heritage Happenings

By Jennifer Mathews
Pender Adult Services

July is here and so is the heat. We have fans available for seniors 60 and older or those with a disability. Thank you to Four County, Duke Energy and Frans Fans. You may complete an application at Heritage Place or Topsail Senior Center.

We would like to invite you to *save the date* for our annual Silent Auction. This year we are planning Thursday, Nov. 10. This will provide an opportunity for you to come see our facilities – new and improved. Since our last auction, we have added a beautiful pavilion and painted our facilities and recarpeted.

We need to thank Cape Fear Foundation and Cannon Foundation for their grant dollars to assist us with improvements both at Topsail and Heritage Place.

We are excited to finally see all of you together for a fun night. As many of you know this is our annual fundraising event for our Meals on Wheels program and Senior Center improvement. We, like other non-profits depend on community support to continue programs. We will offer Sponsorship opportunities.

We are continuing to do

Medicare Appointments for new to Medicare. Please be careful responding to cold calls about Medicare changes. Make sure you understand the plan before you make a change!

Please look at our schedule of activities and come join us. Our AC is on and we have many opportunities to socialize and learn! Call for more information to find out about all the opportunities we offer. If your group is anxious to see each other give us a call and we can set up a time for you to get together. We would love to offer some new programs if you have a suggestion, please contact Jennifer Mathews by phone (910)259-9119 or email jmathews@penderpas.com.

Topsail Center News

Greetings from Topsail Senior Center! We are glad to be open, visiting with old friends and making new friends. On Tuesdays at 10 a.m. we have coffee and fellowship together or work on a craft. We have congregate lunch each day; call us for more information and for reservations.

Bingo is held every Thursday at 10:30 a.m. We have a nice variety of exercise classes and

card groups. Check the schedule and come enjoy our AC.

If you are an avid reader, we have plenty of books to choose from and always a puzzle going as well. We would like to thank the Hampstead Women's Club for their continued generosity!

We also want to again thank all of our AARP Tax Aide Volunteers for their hard work during tax season.

By Cathy Guidry
RSVP Director

I asked the Thursday Topsail Senior Center Kitchen Crew to let me interview them to find out why they volunteer for RSVP and why they choose to volunteer in the kitchen.

In the kitchen is where I got to know John Conroy, Russ Cappello and David Oko a bit better. In the kitchen at Topsail Senior Center is where I laughed and where their stories tugged at my heartstrings!

When I asked them what they call themselves, one chimed in, "The Three Stooges". Then they all agreed that they were "just The Kitchen Crew". After speaking with them, I would disagree. They are not "just" anything. They are the heart of volunteerism and some of the most giving and kindest men I have met.

John came to Eastern North Carolina from Virginia, Richmond to be specific. He and I have the Spiders, University of Richmond's ball teams in common! David hails from Colorado, "glad to be away from the cold winters". Russ

at 79 years old doesn't miss a beat! He is as handy as they come. He and his son owned a home repair business. Russ moved to the Hampstead area from Atlanta.

Thursday is the busiest day at the Topsail Senior Center. Meals on Wheels volunteers take two meals out that day. There are 47 people in the kitchen busily filling food bags with meals, unloading the food truck from Burgaw and getting ready to serve the 25 plus people who eat at the center on this day. There is exercise class and bingo going on. There are people reading, doing puzzles and socializing together.

David is the newest member of the Thursday Kitchen Crew. He seems like he has been around much longer than 4 months. He is a vital part of this Thursday team. He met Russ at a Knights of Columbus meeting and that is where it all began. Russ told him that RSVP needed him to volunteer in the kitchen on Thursdays.

David says he is normally not an extrovert and doesn't seek out people. Now that was news to me. I couldn't tell that at all by watching

him work with John and Russ in the kitchen! When I asked David, "why do you volunteer for RSVP?" He laughed and said, "Well, when I die now I'll have people at my funeral."

After we both got a big laugh over this statement, David told me that it is important to him that people have food to eat. Helping in the kitchen allows David to help feed many people meals through the Meals on Wheels program and the congregate meals at the Topsail Senior Center. I could tell that David loved volunteering and loved the people he was spending his time with in the kitchen.

I grabbed a stool and sat down by Russ. Russ is an interesting man with such a fun sense of humor! He told me some of his story about having a benign brain tumor at one point in his life. I could tell he is truly thankful for the life he has been given. He told me he doesn't plan on getting old.

He then got serious and said, "I sat with a lot of people who got old when they stopped doing and moving. They started wasting away. I can still do things that people need." Russ genuinely loves

people and loves the life that God has given him and wants to give back to others!

John has filled that "missing piece" through volunteering. He gets a lot of satisfaction seeing the people he is able to serve enjoy themselves. "It's in my DNA to help people. I volunteer with a lot of great people. The volunteers here have a great sense of giving and it is wonderful to be around that."

I asked John what would be different if he didn't volunteer. He said, "I would be bored. I would probably play more golf, but that wouldn't fill the void that would be in my life if I wasn't volunteering."

I will say that I have never met people that have the joy, commitment and enjoyment for serving others like the RSVP volunteers and these three men in the kitchen! Who knew I would find the happiest and most fulfilled part of my day in the kitchen of the Topsail Senior Center!

I can't wait to go back on a Thursday morning to see these three men at work. Thank you, David, Russ and John for being RSVP volunteers!

Senior Legal Helpline

1-877-579-7562 (toll-free intake line)

9 a.m. until 3 p.m. Monday – Friday

Legal Aid of NC's Senior Legal Helpline provides free legal help to North Carolinians who are 60 years of age or older and need assistance with health care, housing, consumer rights, public benefits and other civil (non-criminal) legal matters.

The Helpline is available to all North Carolinians who are 60 years of age or older and who meet income and other eligibility requirements. Priority is given to the most in need. The Helpline does not handle criminal, personal injury or fee-generating cases.



Heritage Place

901 S Walker St
Burgaw, NC 28425
(910) 259-9119

Topsail Senior Center

20959 Hwy 17
Hampstead, NC 28443
(910) 270-0708

Fitness Fusion

903 S Walker St
Burgaw, NC 28425
(910)259-0422

Find us online: www.penderpas.com

On Facebook: [Pender Adult Services](https://www.facebook.com/PenderAdultServices)

Pender Adult Services is a private non-profit agency dedicated to promoting healthy and fulfilling lives. Join us for healthy fun, learning activities, creative arts, volunteer opportunities, socialization, games and activities.

[Want to know more?](#) [Give us a call...](#)



Welcome to July 2022 at Pender Adult Services

Celebrating 40 years of making a difference across Pender County!

Questions?
Want to know more?
Give us a call or stop by!

Heritage Place (HP)
901 S. Walker St., Burgaw
910-259-9119

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

[Date](#) [Center](#) [Event Info](#)

7/4 Both Closed for Independence Day

7/7 HP Thursday Night Social at Heritage Place, 7:00 – 10:00 pm *Fee

7/11 TSC AmeriCorps Seniors RSVP Card Class *(sign up required), 11:00 AM

7/12 HP RSVP Perks, 9 AM

7/13 TSC RSVP Perks, 9 AM

7/18 HP AmeriCorps Seniors RSVP Card Class *(sign-up required), 9:45AM

7/19 TSC Ice Cream Soda Day

7/20 HP Ice Cream Soda Day (Current as of 6.28.22)

CALL IF YOU ARE INTERESTED IN A FUTURE A MATTER OF BALANCE CLASS.

Call if you are interested in WALK WITH EASE Class this Fall.

SWEET



Summer Time



Pender Adult Services travelers enjoyed the Bourbon Street, Oak Alley Plantation and New Orleans jazz on the Riverboat Queen. If you are interested in a Christmas Trip to Charleston please contact Jennifer Mathews for more information.

Are the high costs for prescription drugs at your pharmacy creating a burden on your finances?

➤ It's Easy to qualify for our
➤ Prescription Assistance program.

- If you are a United States Resident
- Do not have Medicaid to cover outpatient medications.
- Have income, but still, can't afford your medications.
- Have insurance, but have a high deductible, or can't afford your co-pay.

Have a questions? Give us a call.
910-259-9119 Press 5

Weekly Schedule July 2022				
Heritage Place—Burgaw 910-259-9119				
Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Fit Over Fifty at FF 9:45 Card Class** 3rd Monday	9:00 Crochet Group 9:45 Yoga at FF	10:00 Puzzle Time	10:00 Walking Group	10:00 Matter of Balance* 10:30 Zoom Pilates
10:00 Zoom Pilates	10:30 Geri-fit 10:30 Quilting	10:30 Bingo 10:45 Pilates at FF	10:30 Geri-fit	11:00 Monthly craft
11:30 Lunch 11:30 Bid Whist	11:30 Lunch 12:30 Mexican Train	11:30 Lunch	11:30 Lunch 12:30 Horseshoes/ Croquet	11:30 Lunch
1:00 Canasta 6:00 Line Dancing	12:30 Rummikub 1:00 Beginning Knit	12:30 Brain Games 1:00 Open Choice Games	12:30 Jenga/Yatzee 12:30 Rummikub	12:30—Sequence
Topsail—Hampstead 910-270-0708				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Art Group 10:00 Modified Pilates Zoom Pilates**	9:00 Gerifit 10:00 Matter of Balance**	9:00 Quilting Line Dancing Call for times	9:00 Gerifit 10:00 Beginning Tai Chi	
11:30 Lunch	10:00 Fellowship or Crafts		10:30 Bingo 11:00 Gentle Flow Yoga	10:30 Zoom Pilates**
1:00 Vinyasi Slow Yoga	11:30 Lunch	11:30 Lunch	11:30 Lunch	
AmeriCorps Card Class 2nd Monday	1:00 Interm.. Tai Chi 2:00 Adv Tai Chi	1:00 Canasta 1:00 Rummikub Mexican Train	1:00 Quilting Mahjong/ Bridge	**Call for information **Sign up required
PAS—Celebrating 40 years of making a difference across Pender County				

Thanks to AARP tax preparers for assisting Pender County seniors with tax returns. Pictured above are Cathy Adams, Dot Mazepa, Jay Councilman, Chet Bloden, Linda Myslinski, and Jane Frummenacker. Below are Krummenacker and Melanie Gilbee.

FIRST Thursday Social & Dance in Burgaw

Come join us to socialize and dance if you would like too.

Water will be provided. Bring finger food to share. IE: chips, cookies, crackers and cheese, pop corn, etc.

No alcohol or smoking in Heritage Place.

FIRST Thursday
AUGUST 4th
SAVE THE DATE
for SEPT 1st

Doors open at 6:30pm
Dance from 7pm—10pm
Admission \$12 each
This fee will cover DJ & Facility Use

Meeting at
Heritage Place
901 S Walker Street
Burgaw, NC 28425

For More Details contact: Gary Pridgen @ 910 789 0169



JULY 2022 Menu - Pender Adult Services				
Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 2-3 oz Casserole - 6 oz Veg/Fruit - 1/2 c Juice - 6 oz Bread - 1 each	Approved by: **Due to food sourcing and supply issues, menu changes may be made.			1 Turkey/Cheese Sandwich Sun Chips Three Bean Salad Orange Juice Bun (for sandwich) 2 % Milk
4 Closed for July 4th Holiday	5 Lasagna Tossed Salad/Dressing Mixed Fruit Garlic Knot 2 % Milk	6 Ginger/Honey Pork Chop Sweet Potato Puff Collard Greens Strawberry Applesauce Corn Muffin/Margarine 2 % Milk	7 Chicken and Dumplings California Blend Vegetables Fruit of Choice Biscuit/Margarine 2 % Milk	8 Tuna Salad Potato Salad Cucumber/Tomato Salad Banana Granola Bar 2% Milk
11 Roast Turkey/LS Gravy Mashed Potatoes Broccoli Peaches Biscuit/Margarine 2% Milk	12 Chicken Cordon Bleu Rice Pilaf Tuscan Blend Veg. Pineapple Tidbits WW Roll/Margarine 2 % Milk	13 Oven Fried Fish Potato Wedges Green Beans Cherry Cobbler Hushpuppies 2 % Milk	14 Hot Dog on Bun Baked Beans Coleslaw Fresh Orange Granola Bar 2 % Milk	15 Chef Salad with Turkey/Cheese/Veggies Macaroni Salad Fruit of Choice Crackers 2% Milk
18 BBQ Chicken Steak Fries Summer Squash/Onions Pears WW Roll/Margarine 2 % Milk	19 Spaghetti and Meat Sauce Tossed Salad/Dressing Tropical Fruit Mix Garlic Bread Stick 2 % Milk	20 Beef Tips/Gravy over Rice Tuscan Blend Vegetables Fruit Salad Biscuit/Margarine 2 % Milk	21 Fish Nuggets Macaroni & Cheese Coleslaw Peaches Hushpuppies 2 % Milk	22 Chicken Salad Sandwich Pasta Salad V-8 Juice Fruit of Choice Bun (for sandwich) 2% Milk
25 Hamburger on Bun Rosemary Potato Wedges Green Beans Fruit Cobbler 2% Milk	26 Mango Chicken Rice Pilaf Oriental Blend Veg Pineapple Tidbits WG Roll/Margarine 2% Milk	27 Pork BBQ Boiled Potatoes Steamed Cabbage Tropical Fruit Mix Corn Muffin 2% Milk	28 Baked Chicken Tenders Potato Tots California Blend Vegetables Fruit of Choice WW Roll/Margarine 2% Mik	29 Pimento Cheese Sandwich Tomato Slice Potato Salad Pineapple Tidbits 2% Milk

INFORMATION PLEASE – WE ARE HERE TO HELP

Please call the center 259-9119 X 309 (or call 910-270-0708 for Topsail) 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

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