



Pass it on...

The Pender-Topsail
POST
& Voice

June
2020



Busy Bee Quilters from Heritage Place present quilt to Florence family.

Heritage Place Busy Bee Quilters making difference

By Teresa James
Senior Quilting teacher,
RSVP volunteer

Dixie Potter joined the Pender Adult Services Quilting class last year. On her first attendance, Dixie said she had lost all her family heirloom quilts to flooding during Hurricane Florence.

During the later part of the year and early this year, Mrs. Dixie developed some health issues, that have prevented her coming back to class as well as Covid 19 quarantine. Several of the quilting ladies, got together and decided to make the Potter's a star quilt.

We made it reversible, red, white and blue for Carl,

and pinks for Dixie. Many hands from our group worked on the quilt. The red white and blue quilt was sewn by Carol Potter. The pink star quilt was sewn by Ann Rule.

Binding was done by Barbara Raynor and it was quilted by Teresa James. We enjoyed a visit and socialized on the porch practicing social distancing except for the photo.

Dixie and Carl were almost speechless when this quilt was given to them Wednesday, May 20, 2020. We wish them the absolute best and hope they enjoy this quilt as much as we enjoyed making and giving to them.

Making a difference at the Topsail Center

By Donna Murphrey
Topsail Center Coordinator

Topsail Senior Center is blessed to have two Senior Aides through the United Way's Senior Community Service Employment Program (SCSEP). As Coordinator at Topsail, I cannot tell you how much I value their work and friendship!

Laura Newton started with Topsail Senior Center in April 2017. She learned quickly and was soon able to run the center in my absence. Laura was born in Wilmington, but has lived in Southport, Cary, back to Wilmington and now

Hampstead.

Laura loves being an Aunt to two grandnieces and one grandnephew with another one on the way. She enjoys books, especially murder mysteries, and is the Center's librarian of our book collection.

When she's not working, she enjoys classic movies, British mysteries and binge watching decorating videos on YouTube. Laura is also the Center's proofreader and will no doubt find mistakes in this writing.

When I asked her hobbies, she said: "Since quarantine she has discovered yard work can be a hobby!"

She also has a pet cat, which just sired a litter of kittens: (if anyone needs a kitten please call!) Laura loves working at our Center and all the people who visit!

Pam Fisher started with Topsail Senior Center in June 2018. Like many in our area she migrated south, she is originally from the Pittsburgh area and still has a sister and family there. She also has a brother and family in Houston.

Her daughter Shannon and several grand-dogs live in Key West, and her "boy" Casper, a Maltese, lives with her in Hampstead. She loves everything to

do with water and enjoys living close to the beach. Her hobbies are traveling, movies and reading mysteries. Pam is a notary and a member of the Fraternal Order of the Elks.

After coming to the center, she has become our Bingo Caller Extraordinaire, making Bingo fun with a queen or king for the day, letting them pick the games and of course fixing them a goodie bag.

When asked why she likes working at the center, she said that her favorite thing is the happiness she receives from everyone visiting, it's like family!



Rebecca, Cathy and Anna hand out meals to our Pender Adult Services CNA's in appreciation for their continued dedication during the pandemic.

PAS celebrates CNAs

Last week, the office staff at Pender Adult Services expressed their gratitude for our aides with an afternoon parade. The aides were invited to drive through our parking lot while staff members waved posters of appreciation, cheered and clapped for each aide.

The aides were given dinner and our gratefulness. It was a fun and safe way to express how thankful we are for our dedicated staff of Certified Nursing Assistants!

Cathy Williams told me, "I could not get anything done for the aides calling me to thank us for the parade. They were so overwhelmed with how much we thought of and appreciated them during this pandemic and all other times. It really touched their hearts."

Our staff of certified nurse's aides continue to provide needed assistance to some of the most vulnerable people in our community. They provide assistance with personal care such as bathing, grooming and mobility. They also help with meal preparation, errands, and light housekeeping. This assistance continues to be needed in spite of the pandemic and the social distancing guidelines.

If their clients do not get the care they need they may end up in the ER, which is not where they need to be right now. Most of their clients are nursing home level of care who are stable enough to receive care in their homes. Because of their aides, our clients are able to remain safely at home during the pandemic. Our CNA's are always essential.

Right now we all need a hug

Hug Holiday Day encourages us to give hugs to those who need them. On this day, June 29th people usually go out and give hugs at senior centers, hospitals and other places. The focus is on the elderly, those that may be lonely and anyone who needs the warmth and cheer that a hug provides.

This year we will have certainly have to be creative with our hugs. If you are like us, we all need a good hug, because it has been a long 10 weeks of quarantine. But with



Covid-19 who can we hug? Perhaps someone you are living with or people in your close circle. If you

are in any of the at-risk categories, this needs to be someone that you know has been practicing social distancing and has limited their exposure.

How else can I share a hug? Create a hug coupon for a future hug. Send it in a card to a friend. You could give a phone hug while talking to a friend, describe wrapping your arms around your body and rocking gently.

Talk about how it makes you feel loved and special when you get a warm bear hug.

Common sense mental health tips during quarantine

From a psychologist: After having thirty-one sessions this week with patients where the singular focus was COVID-19 and how to cope, I decided to consolidate my advice and make a list that I hope is helpful to all. I can't control a lot of what is going on right now, but I can contribute to this. People have asked me to credential myself, so to that end, I am a doctoral-level Psychologist in NYS with a Psy.D. in the specialties of School and Clinical Psychology.

Mental health wellness tips for quarantine:

- Stick to a routine. Go to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as self-care.

- Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.

- Get out at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the

evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.

- Find some time to move each day, again daily for at least thirty minutes. If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!

- Reach out to others, you guessed it, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting—connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc—your kids miss their friends, too!

- Stay hydrated and eat well. This one may seem obvious, but stress and eating often don't mix well, and we find ourselves over-indulging, forgetting to eat, and avoiding food. Drink plenty of water, eat some good and nutritious foods,

and challenge yourself to learn how to cook something new!

- Develop a self-care toolkit. This can look different for everyone. A lot of successful self-care strategies involve a sensory component (seven senses: touch, taste, sight, hearing, smell, vestibular (movement) and proprioceptive (comforting pressure). An idea for each: a soft blanket or stuffed animal, a hot chocolate, photos of vacations, comforting music, lavender or eucalyptus oil, a small swing or rocking chair, a weighted blanket. A journal, an inspirational book, or a mandala coloring book is wonderful, bubbles to blow or blowing watercolor on paper through a straw are visually appealing as well as work on the controlled breath. Mint gum, Listerine strips, ginger ale, frozen Starburst, ice packs, and cold are also good for anxiety regulation. For children, it is great to help them create a self-regulation comfort box (often a shoe-box or bin they can decorate) that they can use on the ready for first-aid when overwhelmed.

- Spend extra time playing with children. Children

will rarely communicate how they are feeling, but will often make a bid for attention and communication through play. Don't be surprised to see therapeutic themes of illness, doctor visits, and isolation play through. Understand that play is cathartic and helpful for children—it is how they process their world and problem solve, and there's a lot they are seeing and experiencing in the now.

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Fitness Fusion

We miss you and hope you are staying healthy walking or exercising as you are able during this pandemic. We are following the state guidelines and will open as soon as we are allowed. Safety protocols will be followed whenever we open.

We are updating our email contact list for the purpose of releasing infor-

mation and a newsletter, if you would like to be included please email: wdavis@penderpas.com and include Fitness Fusion and your name in the subject box. Thank you!

If you zoom Amy Coleman is offering Pilates at 10:30 a.m. on Monday, Wednesday, Friday morn-

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WE ARE CLOSED TO THE PUBLIC



**We are doing business
(services) by phone**

259-9119 ext 0 front desk—Reserve Meal

259-9119 ext 1 Transportation

259-9119 Ext 303 Jennifer

259-9119 Ext 309 Jane

259-9119 Ext 329 Barbara



We miss you Pender County Health Department Health Educators and staff.

RSVP: Voluteers have good reports

By Barbara Mullins
RSVP Director

Throughout this pandemic we have experienced many wonderful people with great “feel good” stories, not one more important than the next. Meals-on-Wheels volunteers have never stopped delivering, tirelessly they delivered many meals for the week, including shelf meals to microwave.

On May 4 we began the normal daily Meals on Wheels deliveries again delivering daily except on Fridays. These volunteers

brought flowers, goodies, treats, newspapers, loving notes from various community support groups as well as their meals.

Other volunteers wrote notes to their Reading Buddies and reminded them “all will be okay.” Another volunteer still delivered a bagel and coffee every Wednesday morning. Another one went by a few days to walk the dog. Others have helped in food banks, thrift stores, and school bus lunch groups. Some volunteers have gone grocery shopping or driven a client to a medical appointment.

We have made more than 1,000 “check in” calls to homebound seniors each month. Drive by parades brought volunteers past nursing homes to wave to some of our friends in Rehabs right now.

Our RSVP facebook page continually has updates, activities and daily inspirations. Find us at: <https://www.facebook.com/PenderCountyRSVP/> RSVP volunteers tirelessly drove throughout the County to deliver nutrition, medical equipment that was needed by some aging clients, Easter baskets, and TLC

boxes.

Every volunteer said they were feeling so good being able to make a difference in someone’s day! Socialization is key to healthy living and there certainly is a real need right now to reach out and touch someone. Just imagine how it is going to make you feel? It will feel so good. RSVP is looking for some more “feeling good volunteers.” if interested please contact Barbara Mullins at bmullins@penderpas.com or 910-259-9119 (ext 329) Look forward to talking with you soon!

Medicare questions

Pender Adult Services has trained SHIIP (Seniors Health Insurance Information Program) volunteers that continue to assist clients with Medicare questions.

If you are receiving Extra help you may continue to review your plans during the year. Please call Heritage Place at 910-259-9119 x 307 to set up a telephone interview.

If you have limited income and would like to review possible assistance programs, please call us.

If you are new to Medicare and need help understanding the system and researching a supplement and drug plan, please call us at 910-259-9119 x 307 or the 1-855-408-1212 (Raleigh Office). We want to assist you!

June 15 is World Elder Abuse Awareness Day

The purpose of World Elder Abuse Awareness Day is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic and demographic processes affecting elder abuse and neglect.

graphic processes affecting elder abuse and neglect.

If you are aware of elder abuse or neglect please call PAS at 910-259-9119 or Pender County Adult Protective Services at 910-259-1240 or after hours 910-259-1212

Fitness Fusion

Continued from front

You may join her class virtually by contacting jmathews@penderpas.com. Jennifer will send you a link to the class. There are

many other online options to help you exercise during this time.

Find us at fitnessfusion-online.com. Check out the Pender Adult Services Facebook page for links from other locations.

Health Tips

Continued from front

•Give everyone the benefit of the doubt, and a wide berth. A lot of cooped up time can bring out the worst in everyone. Each person will have moments when they will not be at their best.

It is important to move with grace through blow-

ups, to not show up to every argument you are invited to, and to not hold grudges and continue disagreements.



People may not remember what you do or say, but they always remember how you made them feel

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be my last ride of my shift, I thought about just driving away, but instead I put the car in park and walked up to the door and knocked. ‘Just a minute’, answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90’s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940’s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

‘Would you carry my bag out to the car?’ she said. I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. ‘It’s nothing’, I told her. ‘I just try to treat my passengers the way I would want my mother to be treated. ‘Oh, you’re such a good boy, she said. When we got in the cab, she gave me an address and then asked, ‘Could you drive through downtown?’ ‘It’s not the shortest way,’ I answered quickly. ‘Oh, I don’t mind,’ she said. ‘I’m in no hurry. I’m on my way to a hospice.’

I looked in the rear-view mirror. Her eyes were glistening. ‘I don’t have any family left,’ she continued in a soft voice. The doctor says I don’t have very long.’ I quietly reached over and shut off the meter. ‘What route would you like me to take?’ I asked. For the next two hours, we drove through the city. She showed me the build-

ing where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlwweds She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl. Sometimes she’d ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing.

As the first hint of sun was creasing the horizon, she suddenly said, ‘I’m tired. Let’s go now’. We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair. ‘How much do I owe you?’ She asked, reaching into her purse. ‘Nothing,’ I said. ‘You have to make a living,’ she answered. ‘There are other passengers,’ I responded. Almost without thinking, I bent and gave her a hug. She held onto me tightly.

‘You gave an old woman a little moment of joy,’ she said. ‘Thank you.’ I squeezed her hand, and then walked into the dim morning light. Behind me, a door shut. It was the sound of the closing of a life. I didn’t pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I do not think that I have done anything more important in my life. We are

conditioned to think that our lives revolve around great moments. But great moments often catch us unaware-beautifully wrapped in what others

may consider a small one.

Life may not be the party we hoped for, but while we are here, we might as well dance.

TIPS FOR SENIORS, HIGH-RISK ADULTS

The CDC has recommended that older adults and those at higher risk for COVID-19 complications:

- Stay home as much as possible to avoid being infected
- Avoid crowds, family events, and going out to see a movie or shopping
- Limit close contact with others, especially if they are sick
- Avoid traveling on cruise ships and planes, if possible

IF YOU OR SOMEONE ELSE IS SICK

The CDC has advised people, especially those 65 and older or who have chronic health conditions to:

- Avoid close contact with people who are sick
- Cough or sneeze into a tissue, and throw the tissue in the trash
- Avoid touching your eyes, nose and mouth
- Clean and disinfect your home and objects that you touch frequently
- Stay home if you are sick and don’t need medical care
- Wash your hands often with soap and water for at least 20 seconds
- Self-quarantine for 14 days if you have traveled to an area affected by COVID-19 to ensure you don’t develop symptoms

If you suspect that you may have COVID-19, seek medical care right away. Call your medical provider or Pender County Health Department at 910-259-1230, tell the front desk that you would like to talk to someone about testing and they will transfer you to a nurse. PCHD is doing curbside testing.

The CDC has recommended calling a doctor if you develop a fever, cough and shortness of breath. Get immediate help if you have trouble breathing, chest pain or pressure, confusion or “bluish lips or face,” they said.

Meals for senior clients

Curbside Meals

Mon - Thurs

Drive-thru now available 11:30am-12
Monday, Tuesday, Wednesday & Thursday

The senior must call the Friday prior by 10:00 am
to receive a meal. Call (910) 259-9119, press 0
and speak to the receptionist or leave a message.

An updated Client Intake Form is required
Consumer contributions are appreciated

Call in by 10 am on Fridays



**CNA & Caregiver
Positions Available**

Pender Adult Services is hiring CNA’s and Caregivers. All areas including Burgaw, Rocky Point, Currie, Maple Hill and Hampstead.

Must have reliable transportation.

Contact Anna or Cathy at 259-9119 ext. 2