



# Pass it on...

The Pender-Topsail  
**POST**  
& Voice

May  
2020



## Older Americans Month 2020 Make your mark

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors, and advocates. They offer their time, talents, and experience to the benefit of our communities.

For 57 years, Older Americans Month (OAM) has been a special time to recognize these contributions. Led by the Administration for Community Living (ACL) each May, OAM also provides resources to help older Americans stay healthy and independent, and materials to help communities support and celebrate their citizens.

This year's OAM theme, Make Your Mark, highlights older adults' unique and lasting contributions to their communities—everything from sharing a story with grandchildren to leaving a legacy of community action. In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer your time. Help a neighbor by prepping a meal, picking up groceries, or giving them a ride. Or, take time to pass on your knowledge. Why not tutor a student who could use extra help in

math, music, or science? Do you sew or crochet? Perhaps you can contribute by making masks for support staff.

Share your story. There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or, assemble a photo album of important moments in your life.

Get involved in your neighborhood. Get outside and speak to your neighbors (but socially distance!) Join a homeowner or resident association, organize a block party, or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Please join Pender Adult Services in strengthening our community – reach out to your neighbors and friends; send postcards to friends from long ago; mail thank you cards to nurses at care homes; send thank you's to your grocery store cashiers. Make your Mark!!



We miss seeing all of our gorgeous grandmas.

## UNCW sponsors loneliness research project

Loneliness is a significant concern for older adults, made worse by our staying at home restrictions. I would like to invite you to participate in a research project exploring loneliness, intergenerational connections, and use of technology during this time.

UNCW is looking for adults aged 18 and older to participate in a short online research survey about how you are using technology to connect during this unique time of social distancing. Would you please answer this 10-minute survey by University of North Carolina Wilmington researcher, Dr. Anne Glass? It will help them (and us)

These are things to ease loneliness and you may have already used some:

- Complete your Census info either by mail or online.
- Write your family history.
- Start a journal of thoughts, prayers, wishes or hopes.
- Call a friend, neighbor, hairstylist tell them how much you miss them.
- Organize; cabinets, drawers, pocketbook.
- Make that meds list you need in your purse or wallet.
- Try a new recipe, old fashioned kind with ingredients you have already.
- Listen to music.
- Write letters to friends and loved ones, even if you can't mail them right now.
- Write a poem about how you feel, doesn't have to rhyme.
- Count your blessings, write the down.

understand how this period of staying at home is affecting you and your connections. Participation is completely voluntary and anonymous. This research

study has been reviewed by the UNCW Institutional Review Board #20-0266.

If you are interested, please type this link into an internet browser directly: [https://uncw.az1.qualtrics.com/jfe/form/SV\\_d7pKuiPKVCEZJNX](https://uncw.az1.qualtrics.com/jfe/form/SV_d7pKuiPKVCEZJNX)

We want wide participation by adults of all ages! Please share the survey with anyone you know aged 18 and older who may

be willing to complete the survey.

If you have any questions, please contact the Principal Investigator, Dr. Anne Glass, at [gerontology@uncw.edu](mailto:gerontology@uncw.edu)

Thank you for your time!

Anne P Glass, PH.D.  
UNC-W Professor and Gerontology Program Coordinator



Don Powell

## Making your mark: Don Powell at Topsail Center

Mr. Powell is an RSVP volunteer and also a regular at Topsail Senior Center. He moved to Hampstead from Medina, Ohio where he spent the majority of his adult life. A proud graduate of Ohio State University where he received a civil engineering degree and worked in that profession until his retirement. Donna Murphrey conducted a phone interview with Don. Here are his responses:

•What would you like to tell your 22-year-old self?

Answer: Study hard, be honest, helpful, go to church, believe in God and be kind to all.

•What do you think your 22-year-old self would want to tell you?

Answer: I wish you would have studied and worked harder, but you did well with your wife and children; three adopted and three natural.

•What are the best and worst pieces of advice you've received?

Answer: Best advice to be friendly, help people

and believe in them. Worst advice I can't remember even though I'm sure there was some but I try to concentrate on the good and forget the bad.

•What's your hidden talent?

Answer: I played sports as a youngster and bowling

•What are you most proud of?

Answer: Raising my six children, my marriage of 53 years and my profession in Civil Engineering. I am pleased with where I am today.

•Looking back, is there something you wish you had done that you did not?

Answer: I wish I had invested in property and had read more, I very much enjoy reading now.

•What did you admire most about your best friend?

Answer: My best friend through high school and college was outgoing and friendly, close to my fam-

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## Make your Mark: Making a difference in so many ways

By Barbara Mullins  
RSVP Director

In celebration of Older Americans Month this May, we are excited to share with you the adventures of Pat Davenport, a retired nurse, retired teacher, mother, grandmother, great grandmother, and a very active and enthusiastic volunteer with our Pender Retired Senior Volunteer Program (RSVP). Pat also helps friends and family members who have unmet nursing care needs from time to time. She is a very smart, active, and caring person and we are very fortunate that she has chosen to share her time and talents with our Pender RSVP!

Pat has volunteered with RSVP since 2012. She is currently a Reading Buddy at Rocky Point Elementary School and she has previously worked in a couple of other schools, as well. She also enjoys working with our quilting group as they make masks and carry bags that fit on walkers for our RSVP homebound clients.

"My favorite thing when working with the children in the Reading Buddies program is seeing them at that moment when they 'get it'," Pat tells us. "This is my second year working with some of these students. We have become good friends. Some of them even call me g'mama!"

Pat, who lives in the Twin Oaks area of Pender County, tells us that she volunteers because she loves people and she believes in

helping others. "My grandmother told me that you must always help others because you never know when you may need help, too," she notes. When it comes to volunteering, Pat shares that "people need to follow their heart and they will find what makes them happy." I agree with her 1,000 percent!

Pat, thank you for all that you do for our Pender County friends and neighbors. You are truly making a difference – every day and in so many ways!

If you are interested in learning more about volunteering with one or more of our Pender RSVP programs, please visit our Facebook page: @PenderCountyRSVP and email me at [bmullins@penderpas.com](mailto:bmullins@penderpas.com).



Diane and Ann help put together goodie bags for home delivered clients.

## Thanks Hampstead Women's Club

By Donna Murphrey  
Topsail Center

Though Topsail Senior Center is closed for activities, we are assisting our local seniors during this

Covid-19 crises. One of the ways, is delivering meals each week to our home bound seniors; hot meals, frozen meals, cold plates

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## Tuesday Take Out Hot meal for senior clients

A drive-thru meal will be available 11:30am-12 noon  
For current senior clients (60 & up)

The senior must call the Monday prior by 10:00 am  
to receive a meal.

Call (910) 259-9119, press 0  
and speak to the receptionist or leave a message.

*Consumer contributions are appreciated*

## Call in by 10 am on Mondays





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

# Heritage Place Happenings

**By Jennifer Mathews,**  
*Heritage Place Coordinator*

Volunteers, we appreciate you! In April we would normally have our volunteer appreciation banquet hosted by RSVP. Even though we are essentially closed because of the virus you are still busy making contacts and helping others feel less alone! We appreciate your efforts.

Seniors, we love and miss your smiling faces so much!! We hope you are staying home and staying safe. We cannot wait to exercise and sit down at lunch with you again! We just want to be as safe as we can and are realizing that our new normal needs to be quite different from our old normal until a vaccine is created and administered.

May is Older American's month. This year's theme is Make Your Mark!! We are encouraging you to share your stories! Many times we know each other in the now and there is nothing wrong with that but often we don't know your story – your past; who you were when you were working full time.

## Hampstead *Continued*

and shelf stable items. In addition to this delivery each week is a special bag provided by the Hampstead Women's Club. These bags have contained a variety of items from breakfast cereals, packaged muffins and fresh fruits to paper towels and toilet tissue. Easter week, pastel colored cloth bags were delivered filled with candy and a hand crafted washcloth bunny to make the recipient smile.

This started when Diane Mangus, a Hampstead Women's Club volunteer and also RSVP volunteer at Topsail asked what the Women's Club could do during this Covid-19 outbreak to assist our Meals on Wheels clients. Each week Diane shops the area for contents while Lisa Steinkamp acquires bags and items online and another volunteer, Ann Liven-good, helps stuff the bags. They have also received donations from people in the area that found out what they were doing and wanted to help: Melissa Collins donated handmade soaps, lip balms and hand sanitizers, Kim Veronesi and Darci Upham have do-



Our quilters have been busy sewing and donating masks. Thank you Teresa and ladies.

minated items such as toilet tissue, etc.

The Hampstead Women's Club's main source of funding is their thrift shop located at 14435 Hwy 17 in Hampstead. They also have donated financially to the local food banks during this crises, are giving college scholarships to seniors at

Topsail High School this year, as they have annually, and we at Topsail Senior Center have been grateful recipients of their financial donations each year. We are truly blessed to have the support of these wonderful ladies and sincerely thank you for all you do!

## Powell *Continued*

ily.

•What do you wish the world knew about you?

Answer: That I was friendly, helpful & enjoyed life tremendously.

•Was there a time when an older adult helped you feel strong in a tough

time?

Answer: I was in a terrible automobile accident in college and my parents & sisters helped me out. I also spent many summers with my paternal grandparents and aunts & uncles.

•What does it mean to be a caregiver? What did you learn from the experience?

Answer: It's meaningful to me to be a caregiver through RSVP even during Covid-19 when I can't visit. I'm doing everything I can to help. Finding toilet tissue when they can't find it and bringing it to them, now trying to find Lysol. I miss being with them personally but I am calling and checking on them, trying to get anything they

need.

I have learned through being a caregiver that you can do what you want to do, but it's important to do what they need you to do. Sometimes just listening to someone, even if it's the same story you've heard many times before, laugh and react like it's the first time.

## Memorial and Honorary Giving Program

Contributions have been received recently from:

**Sherry & Erika Lewis**  
*In honor of Vilinda Fennel*  
*Thank you for your contributions*  
*We appreciate the assistance from*  
**Hampstead Women's Club**  
**PASTRAN drivers**  
**RSVP Volunteers**  
**Willarlea Ruritan Club**  
**PAS Certified Nursing Assistants & Staff**  
*In continuing to serve our home-bound clients*  
*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.*

## Make Your Mark: Spotlight on caregiver Elke Leahigh

**By Rebecca Boggs**  
*Pender Adult Services*

Pender Adult Services offers In-Home Aide to Private Pay and Medicaid clients. These trained CNA's assist clients in staying home and avoiding moving into a facility. These individuals have continued to work in this capacity despite the pandemic. Elke Leahigh has been with us for 19 years and serves in the Hampstead Area. As a part of Older Americans month we wanted to feature a caregiver from our agency. These caregivers make a difference!

Rebecca Boggs conducted a telephone interview:

What would you tell your 22 year old self? - I would tell her to be true to yourself. Always be honest. What are you most proud of? - My daughters, my grandchildren and my husband. I would say I'm most proud of my family. What does it mean to you to be a caregiver? - I love to care for people. It gives me fulfillment. I love to see them smile when I get there. What have you learned from being a caregiver? - People are all so different. You have to adapt to the differences and respect others. Just know that people have different values and beliefs and that's ok. You just have to accept others and adapt. Elke has been a CNA for PAS since 2001 and we have always had very good feedback from her clients. They all love her! Elke is very competent and dependable and very easy to work with. She is a great asset to our agency!

## Thank you's, news and notes

•Vilinda Fennell is my grandmother and Erika's great grandmother. She signed up to be a part of Pender Adult Services shortly after moving back to North Carolina from Philadelphia several years ago. We are so thankful that she did. The center has kept her busy moving and has given her purpose. She feels safe and loved there and enjoys the activities provided. My daughter, Erika and I are so thankful for all that the center has done for her and the caring given to her and the others. We felt moved to donate to such a great facility. Thank you so much for being a blessing. -Sherry & Erika Lewis, Snellville, Ga.

•Thank you for all you do for us seniors! God Bless you all; Love in Christ, Pat McKoy and Ruby Chadwick

One of our seniors loves to share a joke with us. Because she misses telling them to me she sent me a note recently with some laughs that I'll share:

•A five-year-old went for a weekend trip with his grandparents. On the way home they stopped at a country restaurant for lunch. The little boy left the table to go to the restroom by himself and a moment later he returned with a confused look on his face. He said, "Grandma, am I a hen or a rooster?"

•One night a father asked his young son to ask the family prayer. He started praying very loud, naming all the toys he wanted for his birthday. His dad said, "Son, God can hear you when you whisper!" He said, "I know but grandpa can't!"

•A local pastor was talking to five little boys. He asked them, "how many of you want to go to heaven?" They all held up their hands except for one. The preacher asked, "Tommy, what's wrong? Don't you want to go to heaven?" Little Tommy said, "Yes! Of course, I do! But I thought you were getting up a load to go right now!"

Please send email to  
Jmathews@penderpas.com  
SUBJECT: put your name in subject line

# OLDER AMERICANS MONTH

## MAKE YOUR MARK: MAY 2020

### 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