

Surry County Senior Center

A North Carolina Certified Senior Center of Excellence

Mission Statement

“To improve or maintain independent wellness for the older adult through advocacy and vigorous programming.”

April / May / June 2015

From the Director’s Chair.....



Spring by Camile Gotera

When the cold, harsh winter has given its last breath, When the sky above shows life instead of death, When the claws, reaching to the frozen sky becomes decorated with leaves, When the animals-long in hiding- scurry from trees, We know winter has ended.

When the frost on grass is replaced with sweet dew, when the fields become dotted with flowers, reminding me of you, when the lonely silence becomes filled with melodies, when you feel warm air, erasing bad memories we know winter has ended.

When the hard, bare ground becomes painted with green, when the frost-bitten air becomes fresh and clean, when the coats and boots are all stored away, when the playgrounds become occupied again with child's play, we know winter has ended.

When you hear the pleasant sound of children's laughter, when the air is filled with joy- long sought after, when the world is filled with sunlight, brighter and longer, when the song of Mother Nature becomes stronger and stranger, spring has begun.

Older Americans Month 2015: “Get into the Act”

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

Calendar of Events – April / May / June 2015

Weekly

- Monday - Yoga Lite, 10:00 a.m. in the Conference Room, No charge.
Dance Mix w/ Tracie, 11:15 a.m. in the Conference Room, No charge.
The Granite City Kickers, 12:30 p.m. in the Conference Room, No charge.
Scrap-a-Lattes (Scrapbooking), 1:30 to 4:30 p.m., Senior Center Room B
- Tuesday - Painting w/Phyllis, 9:00 a.m. Senior Center Room B, \$2.00 per class.
Busy Fingers (Crochet) 1:00 p.m. in Senior Center Room B, No Charge.
Ballroom Dance Practice (No Lesson), 7:00 to 9:00 p.m., Conference Room
\$1.00 Senior Center Fee for Ballroom Dance Practice
- Wednesday- Blended Bingo, 10:00 a.m. in the Senior Center. No charge.
Tai-Chi, \$4 per class, 10:30 a.m.
Senior Bowling at Mt. Airy Lanes, 1:00 p.m., only \$1.50 per game.
Rook, 1:30 p.m. in Senior Center Room A, No Charge.
- Thursday - Bridge Club, 9:30 a.m. in Senior Center Room A, No Charge.
Ballroom Dance Class –7:00 to 9:00 p.m., \$1.00 Senior Center Fee.
- Sunday - Square Dance Club, 7:00 p.m., Senior Center, Call for class fee.
*Hosted by Mayberry Squares Square Dance Club (Modern Western Style)

Monthly

- Chrismon Class: Second Thursday of each month from 1:00 to 5:00 p.m. (Floating),
\$1.00 Senior Center Fee. *No instructor, just a supportive group.
- Compassion Circle Outreach Ministry:
Third Thursday of each month at 6:00 p.m. Senior Center Room A. Open to all ages.
- Mayberry Mad Hatters (Red Hat Club):
Times & locations will vary depending on activity. Call for schedule.
- Chapters Book Club: Third Thursday of each month. 11:30 a.m. in Senior Center Room A.
- Lifelong Learning Series: Time/date varies. Brack Llewellyn and guest speakers, will share their
knowledge about history, literature, travel, art and more!
- Free Blood Pressure Checks: Last Friday of each month in Senior Center Room B. 9:30 to 10:30 a.m.
Courtesy of Mt. Valley Hospice and Palliative Care.
- FREE Drop-In Activities:** Available to adults 50 plus to enjoy onsite while the center is open to the public. These activities include:
- Public Computer with High-Speed Internet Access. Available in Senior Center Room B when scheduled activities are not taking place.
 - Board Games including checkers, chess, puzzles, and more. Grab a friend or two and play one of our games. Games are stored in Senior Center Room A.
 - Television, Books & Magazines.
 - Ping Pong Table & Access to Gym when scheduled activities/rentals are not taking place.

Questions about Medicare? SHIIP can help! 800-443-9354

Medicare is a confusing topic for most people, but the Seniors' Health Insurance Information Program. (SHIIP) is available to help you work through your options. If you have any questions or concerns about your Medicare options, call SHIIP at 1-800-443-9354.

One-on-One Insurance Counseling is available at the Senior Center through **SHIIP** upon request. The Senior Center can assist with making these appointments. **NOTE:** Appointments are available by appointment only and are subject to the availability of a certified SHIIP Counselor.

Prescriptions Drugs? Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. You may apply online at www.socialsecurity.gov, or contact the SHIIP (Senior Health Insurance & Information Program.) office toll free at 800/443-9354 and we may assist them with completing the on-line application process or send them a paper application.

How you can give:



By Mail:

United Fund of Surry
PO Box 409, Mount Airy, NC 27030

Contact:

office@unitedfundofsurry.org
www.unitedfundofsurry.org

www.NC211.org

Need Help, But
Don't Know Where
To Turn?

- Free
- Confidential
- 24 Hours a Day
- Any Language

DIAL 2-1-1

Your connection to:

- Basic Needs –food, clothing, shelter.
- Child Care Services
- Consumer Help
- Counseling
- Crisis Intervention
- Health Care
- Housing
- Senior Services
- Support Groups
- Volunteer Opportunities

SILVER ARTS COMPETITION GETS A NEW HOME FOR 2015!

For the first time, the Silver Arts and Follies component of the Yadkin Valley Senior Games in June will be held in Yadkin County, specifically at the beautiful Yadkin Cultural Arts Center in downtown Yadkinville.

The YCAC is an amazing facility that includes expansive gallery spaces, working studios for artists, a full-service café and the state-of-the-art Willingham Theatre, where the Follies will take place.

Plans are forming to provide transportation for participants to and from Yadkinville at no cost. Stay in touch with your Senior Center for more details.

DEADLINE TO REGISTER FOR YADKIN VALLEY SENIOR GAMES HAS BEEN EXTEND UNTIL APRIL 10TH

Contributions to the Surry County Senior Center

- Consumers contributions are accepted, appreciated, and are tax-deductible.
- Contributions are entirely voluntary and there is no obligation to contribute.
- Contributions collected will be used to expand the service(s).
- Client's participation in consumer contributions shall be confidential.
- The Surry County Senior Center financial report is available for viewing upon request.
- Contact Brack Llewellyn at 786-6155 x 225 or brack@yveddi.com if you have any questions regarding consumer contributions.

Senior Advocacy:

- Check out the **Advocacy Bulletin Board** at the center. Current contact information for all Surry County elected officials is available for your use along with current election calendars and information.
- Voter registration forms are available for you at the center. You may pick one up free of charge and fill it out on your own or assistance is available if needed.

Volunteer Opportunities:

- Volunteer opportunities are available at the Senior Center and throughout the community. We will be glad to assist you in finding a rewarding volunteer position to enjoy.

Inclement Weather Policy:

- If the Mt. Airy City Schools are closed due to inclement weather, the center will be closed also. If the schools are operating on a delayed schedule, the center will be delayed by the same amount of time.

Senior Center Closed

- Friday, April 3, 2015 – Good Friday
- Monday, May 25, 2015 – Memorial Day

Service Connections: The center has a system that connects older adults to a broad range of services that are available by providing information and referral for regional, state, and/or national resources. Please call the center if you need information, referral or assistance with any of the following services:

Health Screenings	Fitness & Health Promotion	Long-term Care Facilities
Senior Games	Tax Preparation/Counseling	Rehabilitation Services
Legal Services	Transportation Medical/General	Mental Health
Caregivers Classes	Family Support Groups	Insurance Counseling / SHIP
Housing Assistance	Reverse Mortgage Counseling	Telephone Reassurance
Home Repair/Modification	Home Health Services	Job Training/Placement
In-home Aide Services	Medicaid Benefits/Medicare Benefits	Energy Assistance
Social Security Benefits	Food Distribution	Respite
Congregate Meals/Home Delivered Meals		Adult Day Care/Day Health
Report Suspected Abuse, Neglect, or Exploitation		Disaster Services
Durable Medical Equipment/Assistive Devices		Hospice Care

Beach Music Is In The Air At Your Senior Center!

If you love Beach Music and dancing the Shag, your Senior Center is the place to be this spring! Save the dates for these Beach Music events and classes:

SHAG DANCE PARTIES: Friday April 10th beginning at 6:30pm in the Jones Family Resource Center Conference Room. Admission is only \$5.00 per person. Please bring a covered dish to share. Coffee, tea and water will be provided. Dance the night away to great Beach Music sounds!

SHAG CLASSES FOR BEGINNERS: Every Monday night, May 4th through June 8th, 7:00pm in the Conference Room at the Jones Family Resource Center. Classes are \$5.00 each. You may pay at each class you attend. Your instructor is Thurman Hollar.

For more information on any of these Beach Music programs, call your Senior Center at 336-786-6155 ext. 225, or e-mail Brack Llewellyn at brack@yveddi.com.



Saturday, April 11th

Start Location:

Dobson First Baptist Church on
Crutchfield Street in Dobson

Run the 10K: 8:00am / Run the 5K: 8:15am
(please note the time difference)

WALKERS WELCOMED!

For more information contact:
Tom Beckom (336) 367-3531
tbeckom@yveddi.com

Online Registration www.itsyourrace.com
OR

Visit www.yveddi.com to download registration form.
All proceeds from this event benefit
YVEDDI Meals on Wheels in Surry County



Welcome Aboard!



We are excited to announce the opening of the YVEDDI Senior Nutrition Site (Congregate Meals, Meals on Wheels) here at the YVEDDI Jones Family Resource Center.

Nutritionally-balanced noon-time meals are served five (5) days a week, Monday through Friday to seniors 60 years of age and older.

To make referrals or to obtain information about needed volunteer services, contact the Congregate Nutrition Center at 786-6155 x233.



Senior Centers of YVEDDI Registration Form



(Please complete with black or blue ink)

Name (First) (Last)

Gender: Male ___ Female ___ Date of Birth: _____

Address _____

City State Zip County

Phone: (Home) (Cell/Work) (E-mail)

EMERGENCY CONTACT PERSON: _____

EMERGENCY CONTACT PHONE: _____

In the event of a medical emergency, to which Hospital do you prefer to be taken:

Liability Waiver:

I understand that the activities/ programs held within the Senior Center may include physical activity and exercise with the possibility of physical contact and bodily injury to myself and that the Senior Center/YVEDDI and its staff, are not undertaking responsibility to oversee activities that are free from the risk of injury, loss or damage to person or property, and I hereby assume all of said risks for myself.

In consideration of the use and availability of the services and facilities by me, I hereby agree to release, relieve, hold harmless, and indemnify the Center and their respective officers, agents, instructors and employees from all liability and claims arising out of any accident or injury suffered or incurred by me or while enrolled in any class or program sponsored, organized or supervised by the Center or YVEDDI, except for acts of gross negligence or intentional acts of the said officers, agents, instructors, and employees.

Further, in case of accident, injury or sudden illness, I authorize any first-aid or emergency medical care which may become necessary for myself while enrolled in any activity or program administered by the Center.

I also authorize that I may be transported to a local medical facility. I hereby grant permission to be given all appropriate medical treatment necessary. By executing this document, I hereby assume all risk or injury or loss to which I may be exposed.

Participant's Signature

Date

Ethnicity: (Check One)

African-American

White

Hispanic or Latino

Asian

American Indian/Alaska Native

Pacific Islander

This response is optional. Your selection will assist us in tracking our service delivery among diverse ethnic groups.

Doctor Name: _____

Doctor Phone: _____

Blood Type: _____

Allergies: _____

Current Medications: _____

Medical Conditions: _____

Please list any disabilities you have: _____

Please list any activities, trips or events you would like to see at the Senior Center: _____

Mission Statement: *“To improve or maintain independent wellness for the older adult through advocacy and vigorous programming.”*

VOLUNTEER SPOTLIGHT



Our Volunteer Spotlight shines on
Rita Rowe!

Not only is Rita Rowe one of our most active seniors at the Surry Senior Center, she's also a treasured volunteer! Rita serves our Center and its participants in many ways, large and small. You can count on her to bring tasty snacks to the Wednesday Card Group. Looking for door prizes for an upcoming event or fundraiser? Rita comes through every time. Need an extra pair of hands to help out with a program? Rita Rowe is always ready and willing to help. Rita also brings something else to our Senior Center—smiles. She surrounds herself and others with happiness wherever she may be, and that's truly priceless. Thanks, Rita, for reminding us that we need each other and that we are stronger and better when we work and play together!

Volunteers Needed!

Volunteers are always the heart of any successful program.

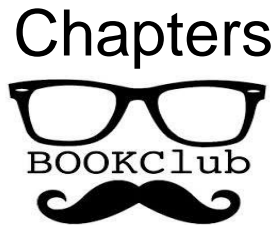
The programs / agencies below have opportunities for those who wish to volunteer.

Meals on Wheels
786-6155 x 233

Mt. Valley Hospice
789-2922

R.S.V.P
786-6155 x232

SHIIP
(Insurance Counseling)
401-8025



April 16th
May 21st
June 18th

"Chapters" will meet on the 3rd Thursday of each month at **11:30 a.m.** in **Senior Center Room "B"**

Our group leader is Pat Gwyn, Branch Librarian at the Mount Airy Public Library.

We'll serve up some tasty treats and talk about books we're reading, favorite authors, and what's on our reading list.

Several times during the year, we'll welcome a local author for a guest appearance.

Surry Senior Centers **20 Year Anniversary Celebration!**

Thursday, June 25th - 6:00 to 8:00 PM

Conference Room and Senior Center Rooms

Door Prizes - Refreshments

Please join us and bring a friend! No charge!

Live Entertainment by

The Reunion Band

Featuring

Tim Callaway

Rick Caudill

Jim Collins

and

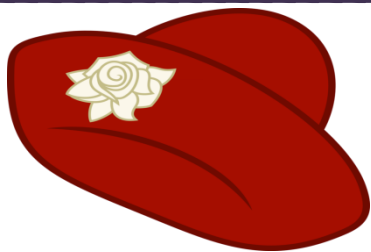
Greg Williamson

Yard Sale

(White Sulphur Springs
Extension Group)



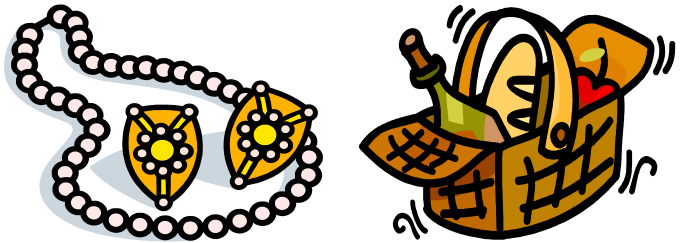
Friday, May 1st at 8 a.m.
Conference Room



*Our Mayberry Mad Hatters
(Red Hat Club) is now accepting
and encouraging new members.*

*For more information, please contact
Queen Mother Marguerite Hixson
at 789-4327.*

Bingo Bash Fundraiser



When: Friday, May 29th

Where: Jones Auditorium
215 Jones School Road

Time: Doors Open at 5:30pm
Games Begin at 6:30pm

AT THE DOOR

\$25 Packet Includes 20 Games, 1 Coverall,
and 5 Door Prize Tickets.

IN ADVANCE

All of the Above **PLUS** 10 Additional
Door Prize Tickets!

Silent Auction / Raffles
Concessions / Nice Door Prizes

This fun and exciting event is to raise funds for the
L.H. Jones Family Resource Center.

*"Restricted grants, fundraisers and donations only support
designated or specified projects or programs allowed by the
contributor; resources cannot be disbursed or comingled with other
projects or programs to offset any expenditures."*

ROOK TOURNAMENT JUNE 17th!

Your Surry Senior Center is proud to sponsor a special Seniors Rook Tournament on WEDNESDAY JUNE 17th, 1:30pm in our own Senior Center Room A (also known on Wednesdays as our Card Room). We're inviting Rook players from all over Surry County to attend. There's no charge to play. We'll provide decks of cards, score pads, coffee, tea and light refreshments throughout the afternoon, plus we'll have some fun prizes and other treats as well. Mark your calendar for WEDNESDAY JUNE 17th, 1:30pm at your Surry Senior Center, located in the Jones Family Resource Center in Mount Airy. If you'd like to play, visit or contact Brack Llewellyn or Annalisa Davis at the JFRC. The number is 336 786-6155, ext. 225 or 222.

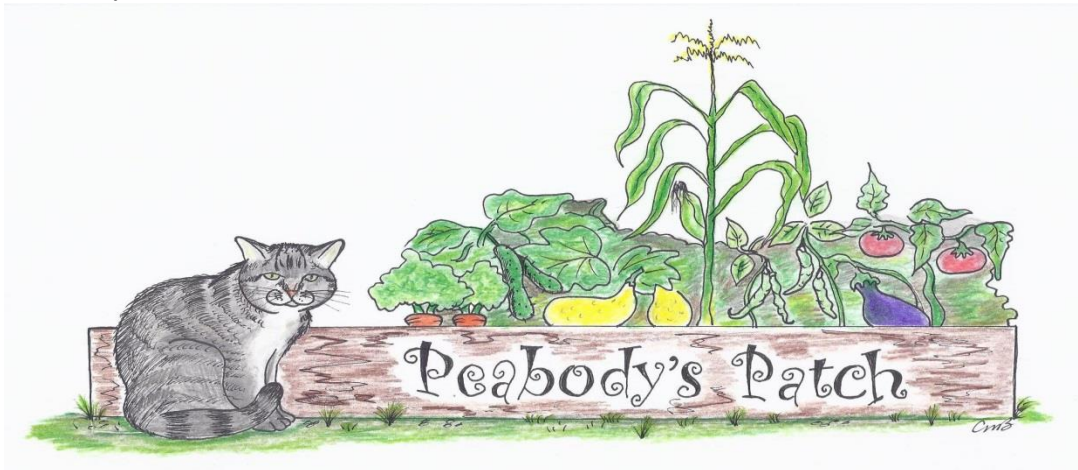
BLACK HISTORY AT HOME

PART 2



“BLACK HISTORY AT HOME” RESCHEDULED FOR APRIL 30th Thanks for your patience! The winter weather and some health issues caused us to delay our annual Black History event, “Black History at Home” not once, but twice this year. Finally, we have a date! Join us in the historic L.H. Jones Auditorium on THURSDAY APRIL 30th at 10:00am as we talk with a panel of local African-American citizens about their experiences growing up during the Civil Rights movement in the 1960s.

This year’s “Black History at Home” program will be a “brunch” event. We’ll serve up biscuits, coffee and tea as we interview our panel members. The format will be informal, but the subject matter will be serious and important. Please join us: THURSDAY APRIL 30th, 10:00am in the L.H. Jones Auditorium on the campus of the Family Resource Center in Mount Airy. To learn more about “Black History at Home,” call the Surry Senior Center at 336-786-6155 ext. 225.



Peabody’s Patch, the new Senior Community Gardens Comes to Life!

The first crops in our new Surry Senior Center Community Gardens are in the ground! Our senior gardeners got their hands dirty in late March, filling six of our eight raised garden boxes with a variety of vegetables and herbs.

There are still two boxes available for enterprising small gardeners.

If you’d like to join us, just call the Senior Center (336-786-6511 ext. 225). The garden boxes are 4 feet by 4 feet and prefilled with a mixture of compost, peat moss and vermiculite—ready to plant! It’s first-come, first-served.

As we plant our first crop, there are some people without whom our gardens would not exist. A big tip of the Senior Center hat to garden designer and builder John Wetmore (who also procured our lumber at no cost!); many thanks also to Master Gardener Joe Sloop, who’s been our “garden guru” from the beginning. Our appreciation to the FRC’s own Tim Bingman, Eddie McDaniel and Annalisa Davis, as well as Michella Huff (the best friend Mother Nature ever had). And of course, thanks to our Community Gardeners—long may your gardens grow!



you have a choice . . .
we can help

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Hospice & PALLIATIVE CARE



789-2922
www.mtnvalleyhospice.org

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- Shopping & Errands

172 West Independence Blvd.
Mt. Airy, NC 27030

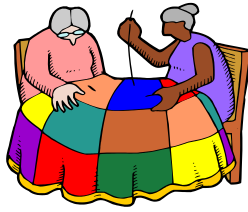


Call for a free, no-obligation appointment **336.789.4472**

Disclaimer: The information in this newsletter is for informational purposes only. The Surry County Senior Centers does not endorse any products, programs or services that are presented. Every individual is responsible for making informed decisions regarding these services, programs or products.

YVEDDI ~ Pilot Mountain Satellite Senior Center

Quilting Club



Every Monday at 12:30 p.m.
No Charge. Bring your sewing machine & materials with you.



Knitting Club

No Charge! Every Monday at 12 p.m.

Yoga Lite



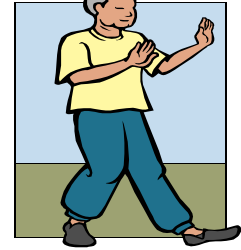
Every Tuesday, 12:00 p.m.

Instructor: Blanche Waddell

No charge! Open to all ages.

Bring your own mat for Yoga Lite, if you have one. The Senior Center will have a few available if needed. Class is located in the Aerobics Room of the Armfield Center.

Tai-Chi

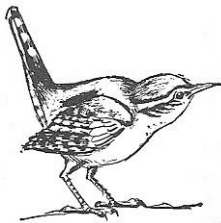


Every Wednesday 10:30 a.m.

Living Room Coffeehouse at 215 A East Main Street in Pilot Mountain

No charge!
Open to all ages.

Rook Club



Tuesdays at 12:00 p.m.

No Charge.



Dance Mix

With

Tracie

FREE

1:00 to 2:00 p.m.

Every Tuesday

Tracie Artim, Instructor
Come and learn different dance moves each week!

Bridge Club



Every Thursday at 12:30 p.m.

No Charge.
Refreshments Served.

Senior Health & Wellness Fair *(for ages 50 and better)*

Friday, April 17th - 9:00 a.m. to 12:00 p.m.

To be held in the gym of the Armfield Center.

For more information, contact Shirley Key at 368-2012 x203.

YVEDDI ~ Pilot Mountain Satellite Senior Center

General Information

Senior Center Project Specialist: Shirley Key

Phone number: 368-2012 x203

Fax number: 368-4115

Email: pmseniorcenter@yahoo.com

General Operating Hours:

Monday through Friday, 10:00 a.m. to 3:00 p.m.

Office Hours: Varies

Location:

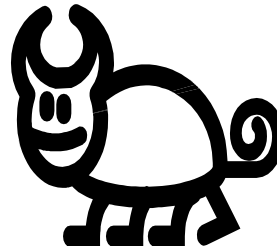
Edward M. Armfield, Sr. Civic and Recreation Center

Mission Statement:

"To improve or maintain independent wellness for the older adult through advocacy and vigorous programming."

Senior Center Closed

- Friday, April 3, 2015 – Good Friday
- Monday, May 25, 2015 – Memorial Day



The
June Bug
Dance

Friday, June 5th

6:30 to 8:30 p.m.

Tickets are only \$5.00 and sold at the door.

Live Entertainment by
The Stan Bobbitt Band

Light Refreshments and
Coffee will be Served.

For more information call Shirley Key at
336-368-2012 extension 203.

PICKLEBALL IS HOT IN PILOT!

Call it "Pickleball Mania!"

In the few short months since your Surry Senior Center and the Armfield Civic and Recreation Center teamed up to offer Pickleball to the seniors in Pilot Mountain, the indoor court at Armfield has been almost constantly occupied. Both men and women are flocking to the center to play, get a great workout and have fun. In the month of December more than 50 seniors enjoyed Pickleball in Pilot, and more are taking up the game every month. Small wonder that it's America's fastest-growing sport! You can be part of "Pickleball Mania" in Pilot Mountain too! Paddles, a ball and a net are provided, or bring your own paddles. There's no charge to play, but you'll need to schedule some time on the court—it's that popular! See Shirley Key at the Pilot Senior Center for more information.

POT LUCK



Lunch

11:00 a.m. on the
2nd Friday of Each Month.

Please bring a covered dish
for everyone to enjoy.

Senior Centers of Surry County

215 Jones School Road, Mt. Airy, NC 27030

www.yveddi.com



**Brack Llewellyn,
Director**

786-6155 ext. 225
brack@yveddi.com

Annalisa Davis,
Support Staff

786-6155 ext. 222
adavis@yveddi.com

Fax: 336-786-1951

YVEDDI Public Transportation



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\$2.00 (each way) in town ▪ \$3.00 (each way) in county

\$5/\$10/\$15 (each way) out of county, depending on mileage

336-679-2071  **YVEDDI**
YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT, INC.

Serving Davie, Stokes, Surry and Yadkin counties

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- 2) Pick-up for free at various locations throughout our local area. Look for the newsletter rack that has our “**Off Our Rockers**” cartoon.

Advertising Space Is Available In

This Newsletter. **Low Rates!**

Call 786-6155 x225 For Prices.

Want Friendly Reminders?

The Surry Senior Center has an email address book for updates and announcements. Send an email to brack@yveddi.com with

“ADD TO EMAIL LIST”

in the subject heading to be added to our list. You can unsubscribe at any time.

Best Ways to Stay Informed:

- Supply your email address to receive friendly reminders by email.
- Find us on Facebook. Simply log onto Facebook, search for “YVEDDI Surry Senior Centers” and click on the “like” button.
- Visit our website: www.yveddi.com
- Look for articles and announcements in The Mt. Airy News and The Pilot Newspaper.
- Listen for announcements on local radio stations such as WSYD, WIFM & WBRF
- Look for announcements on the local Time Warner Cable Channel.
- Follow us on Twitter at twitter.com/SurrySnrCtrs