

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 2016



From the Director's Chair.....

In our complex, fast-moving world, it's easy to believe that our words, our opinions and our actions don't really matter.

Nothing could be further from the truth. If we act together, if we are unafraid to speak truth to power and we are persistent, positive change can come for our seniors.

But we must speak, and your Senior Center is here to help you make your voice heard. If you wish to express your thoughts or opinions on any local, state or federal issue affecting your life but you are uncertain how to proceed, the answer is as close as your Senior Center. We have constantly updated lists of local, county, state and federal elected officials, including their names, addresses, e-mails (when available) and office phone numbers. You can pick up a copy at the Center, or we can mail or e-mail you a copy. Then write your letter or e-mail, make your phone call or schedule a meeting with the official you need.

Don't be timid. It's your right as a citizen to be heard.

As a senior, YOU are the best advocate for our "50 and better" population. There are almost 29,000 seniors in Surry County. Imagine the power of all those voices. Call. Write. Advocate. VOTE!

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” – Margaret Mead, Anthropologist

Please see our upcoming **Lunch & Learn “Advocacy 101”** class in this newsletter.

Weekly Events

- Monday - Yoga Lite, 10:00 a.m., Conference Room
Dance Mix w/ Tracie, 11:15 a.m., Conference Room
The Granite City Kickers, 12:30 p.m., Conference Room
Scrap-a-Lattes (Scrapbooking), 1:30 to 4:30 p.m., MR Room
Shag Practice (when lessons are not taking place) 7:00 p.m., Conference Room, \$1.00
- Tuesday - Painting w/Phyllis, 9:00 a.m. MR Room, \$2.00 per class.
Busy Fingers (Crochet) 1:00 p.m., MR Room
Ballroom Dance Practice (No Lesson), 7:00 p.m., Conference Room, \$1.00
- Wednesday- Blended Bingo, 10:00 a.m., MR Room
Tai-Chi w/Brack, 10:30 a.m., Conference Room
Line Dance w/Blanche, 12:00 p.m., Conference Room
Senior Bowling at Mt. Airy Lanes, 1:00 p.m., \$1.50 per game.
Shag Practice (when lessons are not taking place) 3:30 p.m., Conference Room, \$1.00
- Thursday - Bridge Club, 9:30 a.m., AD Room
Rook Club, 12:30 p.m., AD Room
Ballroom Dance Class, 7:00 p.m., Conference Room, \$1.00
- Sunday - Square Dance Club, 7:00 p.m., Conference Room. Call for class fee.

Monthly Events

- Compassion Circle Outreach Ministry: Third Thursday of each month at 6:00 p.m., AD Room.
Chapters Book Club: Third Thursday of each month. 11:30 a.m., AD Room
Mayberry Mad Hatters (Red Hat Club): Times & locations will vary each month. Call for schedule.
Free Blood Pressure Checks: Third Monday each month. 9:30 to 10:30 a.m. Senior Nutrition Center
BP Checks are Courtesy of Mt. Valley Hospice and Palliative Care.

CR ~ Conference Room (202)

RR ~ Rabbit Room (212)

AD ~ Annalisa Davis Room (204)

MR ~ Maxine Reynolds Room (205)

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 Room 205 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 the AD Room.
- Television, books, magazines, and adult coloring material.
- Access to gym when scheduled activities and rentals are not taking place.

No charge for activities, unless noted.

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

*Volunteers are always the heart
of any successful program.*

Here are just a few programs / agencies below that have opportunities for those who wish to volunteer.

Grace's Closet
Meals on Wheels
Yokefellow Ministries

Mountain Valley Hospice
SHIP (Insurance Counseling)
Between the Covers Bookshop

Please call Debra Caudle, our R.S.V.P. Field Specialist,
at 786-6155 x232.



Volunteer Spotlight.....SUE THOMAS

When local families in need visit Grace's Closet at the YVEDDI Jones Family Resource Center, the first thing they're likely to see is the smiling face of **Sue Thomas**. Sue volunteers more than fifty hours a month at our faith-based clothes closet, which provides much-needed garments for kids and adults free of charge. Sue is much more than just a volunteer clerk at Graces' Closet. She spends hours sorting, hanging and displaying the donated clothes, and pitches in to help keep the closet looking tidy and well-organized. Sue is also an avid "Grace's Closet ambassador," recruiting new volunteers and spreading the word about this unique and valuable community resource. Each day we receive compliments on Grace's Closet and what a blessing it is to the less fortunate. Much of the credit for that must go to Sue Thomas, front and center this time in our Volunteer Spotlight!



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 Annalisa Davis at 786-6155 x 222 or adavis@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'll 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

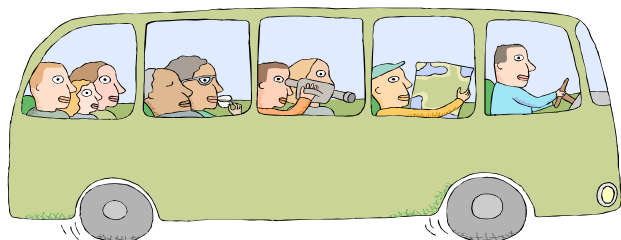
- Monday, May 30th, 2016 – Memorial Day

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 and Health Promotion
Insurance Counseling
Tax Preparation/Counseling
Legal Services
General/Medical Transportation
Support Groups/Caregivers Classes
Housing Assistance
Reverse Mortgage Counseling
Home Repair/Modification
Home Health Services
In-home Aide Services
Medicaid Benefits
Medicare A, B, and D
Social Security Benefits
Job Training/Placement

Congregate Meals
Home Delivered Meals
Adult Day Care/Day Health
Mental Health
Disaster Services
Durable Medical Equipment/ Assistive Devices
Hospice Care
Long Term Care/AAA Ombudsman
Rehabilitation Services
Report Suspected Abuse, Neglect, or Exploitation
Respite
Senior Games
Telephone Reassurance
Energy Assistance
Food Distribution

Upcoming Trip



Tuesday, May 3rd

Hamrick's, K&W and Hobby Lobby

\$15.00 covers

YVEDDI transportation.

This trip is expected to fill up fast!
Limited Seating.

Pick-up in Mt. Airy at 9:00am.

Pick-up in Pilot Mountain at 9:15am.

Yard Sale

(White Sulphur Springs Extension Group)



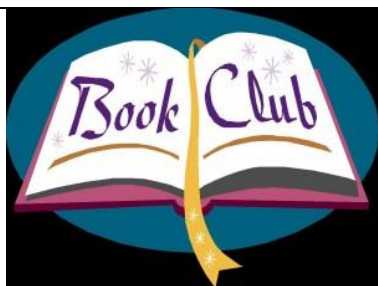
Friday, May 6th at 8 a.m.
Conference Room

SHAG CLASSES FOR BEGINNERS:

Every Monday night, April 4th through May 9th (6 weeks), at 7:00 pm 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, call your Senior Center at 336-786-6155 ext. 225, or e-mail Brack Llewellyn at brack@yveddi.com



11:30 AM

April 21st
May 19th
June 16th

Chapters Book Club

Our group leader is Pat Gwyn, Branch Librarian at the Mount Airy Public Library. We'll talk about all the great books we're reading, favorite authors, and what's on our reading list.



Watercolor Classes

Adults of any age or artistic experience are welcome. Focus is on using watercolor paint on drawn or traced objects and learn techniques for making corrections. \$60 fee includes all supplies for a 4-week series. Refunds are not given for missed classes. If interested, contact Andrea at 276-755-3040 or rtsbrush@hotmail.com

Upcoming Series

Tuesday's
2:00 – 4:00 pm

April 12, 19, 26, May 3
and
May 17, 24, 31, June 7

The Well-Seasoned Players present

“On Golden Pond” June 24 and 25

“On Golden Pond” is the love story of Ethel and Norman Thayer, who are returning to their summer home on Golden Pond for the forty-eighth year. He is a retired professor, nearing eighty, with heart palpitations and a failing memory—but still as tart-tongued, observant and eager for life as ever. Ethel, ten years younger, and the perfect foil for Norman, delights in all the small things that have enriched and continue to enrich their long life together.

They are visited by their divorced, middle-aged daughter Chelsea and her dentist fiancé, who then go off to Europe, leaving his teenage son behind for the summer. The boy quickly becomes the "grandchild" the elderly couple have longed for, and as Norman revels in taking his ward fishing and thrusting good books at him, he also learns some lessons about modern teenage awareness—and slang—in return.

In the end, as the summer wanes, so does their brief idyll, and in the final, deeply moving moments of the play, Norman and Ethel are brought even closer together by the incidence of a mild heart attack. Time, they know, is now against them, but the years have been good and, perhaps, another summer on Golden Pond still awaits.

The Well-Seasoned Players’ production of this modern classic features Gary Maxey as Norman, Jane Tucker as Ethel, Rachel Miller (Jane’s real-life daughter) as Chelsea, Brian Greene as Chelsea’s fiancé Bill and Addison Blackwelder as Bill’s son Billy.

Performances of “On Golden Pond” are Friday June 24th at 2:00pm and 7:30pm and Saturday June 25th at 7:30pm. All performances will be held at the L.H. Jones Auditorium, 215 Jones School Road in Mount Airy.

Tickets are \$10.00 each. Advance tickets are available at the YVEDDI Surry Senior Centers in Mount Airy and Pilot Mountain. Tickets will also be available at the door. To learn more call the YVEDDI Surry Senior Center at 336-786-6155 ext. 225.

NEW! Self-Care Support Group 2nd Wednesday of Each Month **Beginning, Wednesday, April 13th at 10:00 am**

Self-care is an important part of the healing process, but so often we feel guilty if we pause to consider our own needs.

Self-care isn’t selfish; rather it is foundational to maintaining ones health and wellbeing. Please allow me to join you on your journey towards mental, emotional and spiritual healing, through educational, physical and emotional support. This group is open to anyone who is currently a caregiver or has experienced the loss of a loved one. Room 212. Refreshments served.

New! **Foothills Narcolepsy Support Group**

2nd Thursday of each month,
beginning April 14th.
7:00 pm to 8:00 pm.
Room 212.

For more information, contact
Tracie Artim at 351-6037 or
dancemixwithtracie@gmail.com

**Older Americans Month 2016:
“Blaze a Trail”**



BLAZE A TRAIL: MAY 2016

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation’s economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

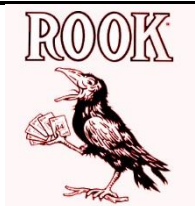
In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation’s older citizens. This year’s theme, “Blaze a Trail,” emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages.

June 9, 2016

Silver Arts, Silver Follies, and Closing Ceremonies 2016!

Literary, Visual, and Heritage Arts Check-In – 10:00am / Silver Arts Judging – 12:00 noon
 Silver Follies Dress Rehearsal – 1:00pm / Silver Arts Follies – 3:00pm
 Silver Arts Social – 5:30pm / Closing Ceremonies – 6:00pm

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.



SPECIAL
ROOK
EVENT

1:30 PM
 Thursday, May 5th
 Senior Center Room 204
 Refreshments Served. No Charge.

SPECIAL
WHIST
EVENT



1:30 PM
 Friday, June 3rd
 Senior Center Room 204
 Refreshments Served. No Charge.

**Our Rook and Whist Events are not associated with Senior Games.*

Building Better Balance Screenings

Learn more about your state of balance!

The screening will take about 10 minutes and includes a few questions and completion of one balance activity. Participants will then receive information on resources to continue to build better balance and reduce the likelihood of a fall.

Two dates to choose from: Thursday, May 12th or Thursday, May 26th

2:00 to 4:00 p.m., both dates. JFRC Conference Room

No charge for the screening.

Each person who participates in a screening will be eligible to win a door prize!

In partnership with the Piedmont Triad Regional Council Area Agency on Aging

Dancin' to the DeeJay!
(Tax Deadline Edition)

Thursday, April 14th
6:30 to 9:00 PM



If you're feeling OVER-TAXED by mid-April, shake off the "IRS Blues" with our next "Dancin' With The DeeJay" event at the YVEDDI Senior Center in Mount Airy! Gather with us in the Jones Family Resource Center Conference Room from 6:30 until 9:00pm on THURSDAY APRIL 14th for a fun and exciting evening of dancing, food and fun! Please bring a dish to share. We'll provide coffee, tea, water, plates, cups, forks and so forth. Admission is only \$5.00 per person. Join us for nonstop dance favorites, and we'll have you home in time to do that last minute filing!

Senior Health &
Wellness Fair
Friday, April 8th
9:00 am to 12:00pm

Reeves Community Center
Gymnasium

Health Screenings and Information
for Ages 50 & Better. Bring any
unused medications to drop off with
the Mt. Airy Police Department.

Sponsored by
Reeves Community Center
& YVEDDI Surry Senior Center.

For more information, call
Fonda at 786-8313.

Here are **TWO** exciting **Lunch & Learn** events coming up. No charge to attend, but please RSVP to Annalisa at 786-6155 x222 or Brack at x 225.

Lunch & Learn
Advance Directives



Thursday, April 21st at 12 NOON

What are they and what do I need to know?

All adults can benefit from thinking about what their healthcare choices would be if they are unable to speak for themselves. Attend this free informational seminar and learn the importance of:

- Healthcare Power of Attorney
- Living Wills
- Durable Power of Attorney
- MOST (Medical Orders for Scope of Treatment)

*In partnership with Mountain Valley
Hospice and Palliative Care*

Lunch & Learn
ADVOCACY 101 Workshop



Thursday, May 5th at 12 NOON

ADVOCACY: The act of pleading or arguing in favor of something, such as a cause, idea, or policy; active support. Attend this powerful workshop to learn the do's and don'ts of advocacy. What you say matters!

*In partnership with the Piedmont Triad
Regional Council Area Agency on Aging*

**Deaf and Hearing-Impaired
Equipment Sessions**

Our monthly sessions continue each month in 2016. In the first quarter of the year representatives will be at the Surry County Senior Center in Mount Airy on **April 14th, May 12th and June 9th.**

All sessions will take place in **Room 205**

These sessions are provided by the **NC Division of Services for the Deaf and Hard of Hearing.** To learn more or to schedule an appointment at one of the sessions held at the Senior Center, call the DSDHH **336-273-9692.**

**PEABODY'S
PATCH**



Calling all gardeners! We still have several garden plots available for spring planting! If you'd like to take part in our raised Community Gardens, contact the YVEDDI Surry Senior Center at 336-786-6155 ext. 222 or 225. Each plot is 4 feet by 4 feet and the soil will be prepared for planting. There is no charge to use the space, but you must provide your own seeds, tools and labor. First come, first served.

YVEDDI ~ Pilot Mountain Satellite Senior Center

Quilting Club



Every Monday at 12:30 p.m.
Bring your sewing machine & materials with you.



Knitting

Every Monday
at 12 p.m.



Tuesdays at
12:00 p.m.

Unless otherwise noted, there is not a charge for activities.

Tai-Chi



Every
Wednesday
10:30 a.m.

Living Room Coffeehouse
215 A East Main Street
Pilot Mountain

Free to ages 60 and older.

Rick Baudino, Instructor.

Potluck Luncheon



2nd Friday of Each Month

Bring a covered dish
for everyone to enjoy.
11:30 a.m. in the Senior Center.



Dance Mix With Tracie

1:00 to 2:00 p.m.

Every Tuesday

Tracie Artim, Instructor

Bridge Club



Every Thursday
at 12:30 p.m.
Refreshments Served.

Blazin' Bingo!

Wednesday May 18th, 1:30-3:00pm

Only 25 cents per game; the winner gets the pot! \$5.00 added for each cover-all game for bigger winnings! Coffee and snacks provided.
Bring your quarters and come on down!



YVEDDI ~ Pilot Mountain Satellite Senior Center

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:

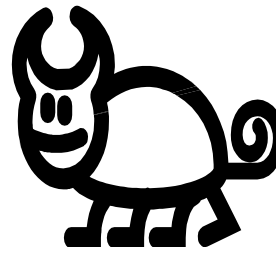
Edward M. Armfield, Sr. Civic and Recreation Center

Mission Statement:

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

Senior Center Closed

- Monday, May 30, 2016
Memorial Day



The
June Bug
Dance

Friday, June 3rd

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.

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.

YVEDDI Public Transportation



Need a Ride? Go Public...

\$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



Who Are We and What Do We Do

YVEDDI Weatherization Assistance Program is funded by annual grants from the NC Department of Environmental Quality and assists low-income families and individuals in reducing their energy usage. The funds are designated for two types of assistance—weatherizing homes and replacing or repairing non-functioning heating systems. Weatherization includes installing insulation, sealing air leaks, and performing measures that will reduce energy usage in houses and mobile homes. The Heating Appliance Repair & Replacement Program (HARRP) will repair or replace a heating system that isn't working or is performing below the manufacturer's standards.

For more information or to see if you qualify, call 336-367-3535

We Are Looking For Contractors

YVEDDI Weatherization Assistance Program is seeking HVAC, Electrical, and Plumbing Contractors for the Heating Appliance Repair & Replacement Program (HARRP). Minority and Women Owned contractor businesses are encouraged to apply. Contract year runs from July 1, 2016 to June 30, 2017. Deadline for sub-mitting bids is August 1, 2016, 8:00 a.m.

For more information, call 336-367-3535.





In Home Aide Services

Home is more than a place to stay! It is your favorite chair, your beloved pet, your treasured memory of someone you love. Today more people are choosing to receive care in the privacy of their own home.

We are a locally owned and operated in home aide agency with your satisfaction as our goal. From light housekeeping, medication reminders, errands, assistance with walking, and meal preparation to help with bathing and feeding, your plan of care is designed with you in mind to as-sure your needs are met.

Call today for more information. 336-789-2273

American Healthcare Services, Inc. your number one choice for homecare.

you have a choice . . .
we can help

Mountain Valley
Hospice & PALLIATIVE CARE

789-2922
www.mtnvalleyhospice.org

We're here for you 24/7
Mount Airy, NC • Pilot Mountain, NC • Dobson, NC (*Hospice Home*)
Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA

Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Shopping & Errands

711 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.

Senior Centers of Surry County

215 Jones School Road, Mt. Airy, NC 27030

www.yveddi.com



Annalisa Davis,
Director

786-6155 ext. 222
adavis@yveddi.com

Brack Llewellyn,
Project Specialist

786-6155 ext. 225
brack@yveddi.com

Fax: 336-786-1951

Best Ways to Stay Informed:

- Supply your email address to receive friendly reminders by email. Send an email to adavis@yveddi.com with "ADD TO EMAIL LIST" in the subject heading to be added to our list. You can unsubscribe at any time.
- 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. Click on "Senior Center" then scroll down to "Surry County Senior Center".
- Look for articles and announcements in The Mt. Airy News and The Pilot Newspaper.
- Listen for announcements on local radio stations such as WSYD, WPAQ, WIFM & WBRF. Look for announcements on the local TWC Channel and SYEMC Cable Channel.

I would like more information mailed to me for the following program(s):

Name: _____

Address: _____

- CSBG Self-Sufficiency Program
- Domestic Violence
- Head Start
- Migrant Head Start
- Family Resource Center
- Senior Centers of Excellence
- Senior Enrichment Program
- Meals on Wheels

- Congregate Nutrition
- Legal Services
- Transportation
- Retired and Senior Volunteer Program
- Public Transportation
- Weatherization
- Other _____

Please mail to YVEDDI • PO Box 309 Boonville, NC 27011 or drop off at your Senior Center.