

Surry County Senior Center

A North Carolina Certified Senior Center of Excellence

Mission Statement

“To Enhance the Quality of Life for Senior Adults”

October / November / December 2014

From the
Director’s Chair.....



WE NEED YOUR HELP!

We’re requesting that everyone who takes part in any Senior Center activity, class, group or event fill out a brief Registration Form. The form asks for some basic information, and will take only a few minutes. You can even take it home with you and return it to us later. All information on the form is confidential. Why do we ask this? Your Senior Centers in Mount Airy and Pilot Mountain are non-profit groups. Much of our funding comes from agencies like the United Fund of Surry, Surry County and the Home and Community Care Block Grant, a state agency. The more seniors who attend our programs, the better our chances of getting the funding we need. Many agencies compete for limited funds. The competition is tough and getting tougher. You can make a real difference for us simply by completing one of our Registration Forms and coming to our Centers every time you can. Your participation will show our grantors and funders that our Senior Centers are vital parts of our communities. Our new Registration Forms are available at the Senior Centers in Mount Airy and in Pilot Mountain. There’s a copy inside this newsletter as well.

PLEASE NOTE: Filling out the form is voluntary, NOT mandatory. If you choose not to fill it out, it will NOT affect your standing with our Senior Centers in any way. But we’d certainly appreciate it if you would take the time. Thanks!

Calendar of Events – October / November / December 2014

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.
Open Cards, 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 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

In Person:

182 West Independence Blvd
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

United Fund of Surry Fundraiser

Belk Charity Sale

Saturday, November 8th,
from 6:00am to 10:00am

Please get your \$5.00 ticket from Annalisa to save \$\$\$ at Belk's during this special four hour event.

The United Fund of Surry will get to keep 100% of all ticket sales!

Monthly Stroke Support Group

1st Monday of each month at

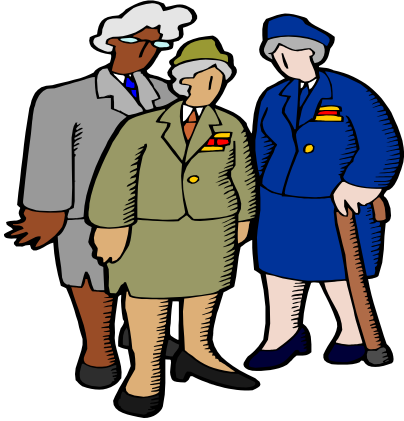
First Presbyterian Church (Fellowship Hall) at
7:00 PM. For more information, contact
Steven Lowe at slowe410@aol.com or at
704-661-0540 NAACP

Special thanks to Leo and Caroline Jones of 183 Page Farm Road in Mt. Airy for donating the wood for the Senior Center Community Garden!

November

Saluting Our Veterans

Appreciation / Recognition Program



**Friday, November 7th
at 2:00 PM**

L.H. Jones Auditorium
215 Jones School Road, Mt. Airy N.C.

Emcee: Brack Llewellyn

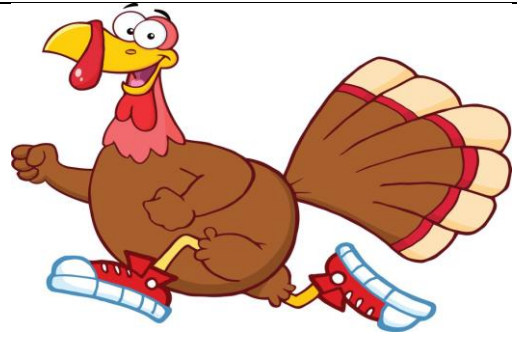
2:00 PM ~ Program Begins
2:30 PM ~ Refreshments & Fellowship

All veterans, their families and friends and the entire community are welcome.

Sponsored by:



YVEDDI Surry Senior Center



Drumstick Dash

5K/10K Run

Walkers Welcome

Saturday, November 22, 2014
8:00 a.m.

Dobson, NC

(Begins at First Baptist Church)

If you would like to participate,
sponsor or volunteer at this event,
please contact:

Van Lankford (336) 789-4472
vanlankford@homeinstead.com

Online Registration
www.itsyourrace.com
OR

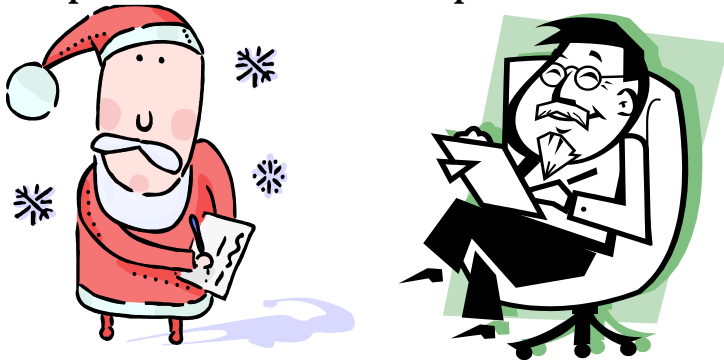
Visit www.yveddi.com to download
registration form

All proceeds from this event benefit YVEDDI
Meals on Wheels in Surry County



December

The Well-Seasoned Players
present Christmas production



The Surry Senior Center's Drama group is back with an original play for the holiday season!

The play, entitled "**Santa Finds Santa**" is a new work written by group member **Donn Key** of Pilot Mountain. The story revolves around Santa Claus, who is feeling down and defeated in these fast-paced modern times where no one seems to believe any more. In desperation he visits a psychiatrist, who sets Santa on a journey that just might make him a "Jolly Old Elf" again. Key's script has moments of humor as well as scenes that will touch your heart. It's a great addition to your holiday plans!

The Well-Seasoned Players will perform "**Santa Finds Santa**" on **Thursday, December 11st at 2:00pm and 7:00pm, and again on Friday, December 12th at 7:00pm only.**

All performances will be held in the Conference Room at the Jones Family Resource Center, 215 Jones School Road Mount Airy. Admission to the 7:00pm performances is \$5.00 per person.

The 2:00pm show on December 11th is free of charge. Donations will be gratefully accepted.

To learn more, call your Senior Center at 336-786-6155 ext. 225.

2014

"Reindeer Hop!"



The Surry Senior Center & Reeves Community Center are partnering together to host a **Senior Christmas Dance** for adults ages 50 & better.

This event will consist of live entertainment by the **Classic Country Band**, food, door prizes and lots of **Holiday Cheer!**

Admission Ticket: \$15.00
(Sold in advance)

Location: Jones Auditorium

Time: 7:00 to 10:00 PM

Date: Friday, December 19th

Only a certain number of tickets will be sold.

Get yours before we sell out!

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

- Tuesday, November 11, 2014 – Veteran's Day
- Thursday, November 27, 2014 – Thanksgiving
- Friday, November 28, 2014 – Thanksgiving
- Wednesday, December 24, 2014 – Christmas
- Thursday, December 25, 2014 – Christmas
- Friday, December 26, 2014 – Christmas
- Thursday, January 1, 2015 – New Year's 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



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 Enhance the Quality of Life for Senior Adult

VOLUNTEER SPOTLIGHT

Our Volunteer
Spotlight shines on
Idalina Musso!



Idalina Musso is a ray of light at the Senior Center! You may have met Ida this summer as she served as our temporary receptionist at the Family Resource Center. She brought a smile, professionalism and great customer service to our office every day. Ida also brought her talents and energy to a couple of our most important events, volunteering at our annual Senior Fun Day at the Park and our Fundraising Dance for the United Fund of Surry.

In a very short time, Ida charmed everyone she encountered and made the Senior Center and the FRC a more efficient and welcoming place.

Ida has found full-time employment now, but she still volunteers whenever she can. She's a one-of-a-kind person and she'll always be welcome with us!

Volunteers Needed!

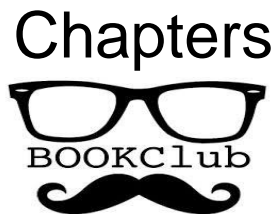
Volunteers are always the heart of any successful program. The programs / agencies below have opportunities for those who wish to volunteer.

Meals on Wheels
786-6155 x 233

Mt. Valley Hospice
789-2922

R.S.V.P
786-6155 x232

SHIIP
(Insurance Counseling)
401-8025



October 16th
November 20th
December 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.

Our popular Lifelong Learning Series has returned after a summer vacation! Mark your calendars for these fun and exciting talks:

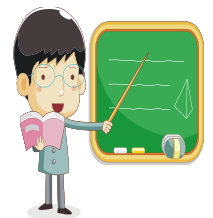
Thursday October 16, 10:00am: "Haunted North Carolina." Tar Heel tales of ghosts, goblins and things that go bump in the night!

Tuesday November 25, 10:00am: "Check Out The Library" Pat Gwyn, Branch Librarian at the Mount Airy Public Library will bring us information about the library and some of the institution's history.

Thursday December 18, 10:00am: "Reindeer Tales" A special program of Christmas stories and readings, plus some little-known facts about the holidays.

All of our upcoming Lifelong Learning Series programs are held in the Surry Senior Center at the Jones Family Resource Center in Mount Airy. They're free and open to everyone. Light refreshments will be served at each talk.

LIFELONG LEARNING SERIES



Welcome to the "Scrap-a-Lattes!"

There's a brand-new **scrapbooking group** meeting at your Surry Senior Center! The "**Scrap-a-Lattes**" get together in Senior Center Room "B" each Monday afternoon from **1:30pm until 4:30pm** for some scrapbooking, fellowship and great conversation. New members are always welcome, and good times are guaranteed! To learn more about the "Scrap-a-Lattes," please contact **Janet Head** at **336-789-9306**, or janethead67@gmail.com.

"Prime Time"

Your Surry Senior Center's

RADIO PROGRAM

with your host

JACKIE LEWIS

WEDNESDAYS AT 6:30PM

AM 740 WPAQ

Mount Airy's 10,000 watt station

Listen for information and updates
on your Surry Senior Center!

Veteran's Day Potluck at The Mount Airy Public Library



Your Surry Senior Center is teaming up with the Mount Airy Public Library for a special **Veteran's Day Potluck and Recipe Swap** on Tuesday November 11th. The event will be held in the library's **Multipurpose Room** at **6:00pm**. You're invited to cook up one of your favorite dishes for the potluck and join the fun. **(Be sure to make enough to share!)** Please bring along your recipe so others can take a copy home. The library will provide plates, cups, napkins, utensils, coffee and tea.

At our **Veteran's Day Potluck and Recipe Swap**, we'll honor our veterans with some special live music performed by members of the **NoneSuch Playmakers**. There will also be written tributes and a flag-waving salute to all of our armed forces. The dinner is open to one and all—veterans, their families, friends and the entire community. Bring your covered dish and be a part of it! If you'd like to participate, please contact **Angela Llewellyn** at the Mount Airy Public Library at **336-789-5108**, or e-mail her at angelamapl@hotmail.com. Or, call Senior Center Director **Brack Llewellyn** at **336-786-6155**, ext. 225.



you have a choice . . .
we can help

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Hospice & PALLIATIVE CARE



789-2922
www.mtnvalleyhospice.org

We're here for you 24/7
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Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA

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For the Best In-Home Aide Service
Call us at 789-2273

We have **ONE** price no matter what day, activities, hours or shifts you choose!! We are not a franchise company; we are a **FULLY** dedicated, locally owned and operated business with your complete **Satisfaction** as our goal! We accept Private Pay, VA, Voucher, Chore Respite, Medicaid, Long Term Care Insurance, and Workers Comp.

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

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

<h2>Quilting Club</h2>  <p>Every Monday at 12:30 p.m. No Charge. Bring your sewing machine & materials with you.</p>	<h2>Yoga Lite</h2>  <p>Every Tuesday, 12:00 p.m.</p> <p>Instructor: Blanche Waddell</p> <p>No charge! Open to all ages.</p> <p>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.</p>	<h2>Tai-Chi</h2>  <p>Every Wednesday 10:30 a.m.</p> <p>Living Room Coffeehouse at 215 A East Main Street in Pilot Mountain</p> <p>No charge! Open to all ages.</p>
 <h2>Knitting Club</h2> <p>No Charge! Every Monday at 12 p.m.</p>	 <h2>Dance Mix</h2> <p>With Tracie</p> <p>FREE 1:00 to 2:00 p.m. Every Tuesday Tracie Artim, Instructor Come and learn different dance moves each week!</p>	<h2>Bridge Club</h2>  <p>Every Thursday at 12:30 p.m. No Charge. Refreshments Served.</p>

BINGO FUN (and maybe CASH!)

Come play **BINGO** with us at the Pilot Mountain Senior Center on **WEDNESDAY DECEMBER 3rd** from 1:30 until 3:00pm. We'll put on a pot of coffee, round up some tasty snacks and play some BINGO! Each game will be only **25 cents** per player. The winner of each game takes home the pot, so the more players we have, the bigger the cash prize! **ALSO!** We'll play two cover-all games during the afternoon, where the Senior Center will "sweeten the pot" with an additional **\$5.00!** You could win a little extra Christmas cash by playing **BINGO** with us! So grab some quarters and come to your Pilot Mountain Senior Center on **WEDNESDAY, DECEMBER 3rd, 1:30-3:00pm!**

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 Enhance the Quality of Life for Senior Adults

Senior Center Closed

- Tuesday, November 11, 2014 – Veteran's Day
- Thursday, November 27, 2014 – Thanksgiving
- Friday, November 28, 2014 – Thanksgiving
- Wednesday, December 24, 2014 – Christmas
- Thursday, December 25, 2014 – Christmas
- Friday, December 26, 2014 – Christmas
- Thursday, January 1, 2015 – New Year's Day

"Halloween Dance"



Friday, October 31st

from 6:00pm until 9:00pm

THE STAN BOBBITT BAND!

Admission is only \$5.00 per person, and we'll have some spooky refreshments for everyone, including ice cream donated by Mt. Valley Hospice & Palliative Care.

**Prize for best costume!
(costumes are optional)**

Candlelight Reflections



**Thursday,
November 6th
6:30pm**

This statewide event is an opportunity to remember those whose lives have been lost to Alzheimer's as well as to honor those individuals and families who are presently living with the disease. It is also an important time to express gratitude and appreciation to all family caregivers for their invaluable service. For more information, contact Shirley Key at 368-2012 x203 or pmseniorcenter@yahoo.com.

Pickleball Comes To Mount Pilot!

Your Senior Center has partnered with the Armfield Civic and Recreation Center in bringing Pickleball to Pilot Mountain! Pickleball equipment is now available for playing Monday through Friday, 9:00am until 1:00pm and a regulation Pickleball court has been set up in the Armfield gymnasium. It's fun, and it's great exercise! If you'd like to be part of the fastest growing sport in America, contact the Armfield Center at 336-368-2012, or talk to Shirley Key at the Pilot Senior Center. Her extension is 203.

Senior Centers of Surry County

215 Jones School Road, Mt. Airy, NC 27030

www.surryseniorcenters.org



**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



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

Newsletter Distribution

You can receive this newsletter by the following ways:

- 1) Free by email. Please share your email address with us, if you have one, so you can receive your newsletter by email. You may also view the newsletter on-line at www.surryseniorcenters.org
- 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 "Surry Senior Centers" and click on the "like" button.
- Visit our website: surryseniorcenters.org
- 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