



Surry County Senior Center

A Quarterly Publication for Participant's, Staff, and Community

APRIL/MAY/JUNE 2018

Mission Statement

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

Holiday Schedule

May 28th
Memorial Day



Raffle



Handcrafted birdhouse,
made and donated by
John Wetmore

\$2 per ticket or 3 tickets for \$5

All proceeds go to the Surry
County Senior Centers

Drawing of the winning ticket
will be June 13, 2018

Tickets can be purchased at the
Surry County Senior Center
and at the Pilot Mountain
Senior Center.

Raffle

Volunteer Spotlight On...



This time our
Volunteer Spot-
light shines on
John Wetmore.

John serves on
the Surry Coun-
ty

Advisory Council and heads up the Surry
County Senior Center Bowling League.

John is a master wood crafter and has do-
nated several of his beautiful handmade
birdhouses to the senior center as well as to
the Yadkin Valley Senior Games to be raf-
fled off for donations. He made the bird-
house which is featured in this newsletter
and which is being raffled off with proceeds
going to the Surry Senior
Center.

John also bakes cookies at Christmas and
along with his wife, Sheryl and their Maine
Coon cat, Dylan, can be seen delivering
cookies on Main Street downtown to the
merchants of Mt. Airy during the Christmas
holidays.

John, Sheryl, and Dylan live in Mt. Airy.

Thank you, John, for all you do for the Surry
County Senior Center.

MOUNT AIRY CENTER

MONDAYS

10:00am: Yoga Lite (Conf. Room)
11:15am: Dance Mix w/Tracie (Conf. Room)
12:30 pm: Granite City Kickers (dance) (Conf. Room)
1:30 pm: Scrap-a-Lattes (scrapbooking) (Rm. 205)
7:00 pm: Shag Dance practice (when lessons are not in session) (Conf. Room)

TUESDAYS

9:00 am: Painting with Phyllis (Room 205) \$
1:00 pm: "Busy Fingers" Crochet (Room 205)
7:00 pm: Ballroom Dance practice (Conf. Room) \$

WEDNESDAYS

10:00 am: Blended Bingo (Room 205)
10:00 am: Tai Chi (Conf. Room)
1:00 pm: Recycled Teenagers Senior Bowling (Mount Airy Lanes-off site) \$
3:30 pm: Shag Dance practice (Conf. Room.)
7:00 pm: Friends of Dance (Conf. Room.)

THURSDAYS

9:30 am: Bridge Club (Room 204)
1:00 pm: Open Cards (Rook, etc) (Room 204)

FRIDAYS

10:00 am: Tai Chi (held off site at the Mt. Airy Public Library)
11:00 am: Line Dance with Blanche
12:00 pm: Line Dance practice

SUNDAYS

6:00 pm: Mayberry Squares (Square Dancing) (Conf. Room)

MONTHLY ACTIVITIES/EVENTS

2nd Thursday, 7:00 pm: Narcolepsy Support Group, Room 204

2nd Thursday, 10:00 am: NCDHHS Deaf/Hard of Hearing Equipment Sessions, Room 205

3rd Thursday, 11:30 am: "Chapters" Book Club, Room 205

3rd Thursday, 6:00 pm: Compassion Circle Support Group, Rooms 204 & 205

1st and 3rd Fridays, 1:00 pm: Writers' Group, Room 204

Mayberry Mad Hatters (times and locations vary; call us for information)

Free Drop-In Activities

Available at the Mount Airy Center during regular center hours

- Public computers with internet access
- Board games
- Television with local channels and DVD player
- Magazines
- Puzzles
- Playing cards (Rook, bridge, etc.)
- Access to the Family Resource Center gymnasium (when scheduled activities are not taking place)

ACCOMMODATION STATEMENT

For accommodations for persons with disabilities, contact the Senior Center at (336) 786-6155 extension 225, no fewer than five business days before the event.

PILOT MOUNTAIN SATELLITE CENTER

MONDAYS

11:15 Breathe, Stretch, Balance, and Relax

12:00 pm: Knitting Group

12:30 pm: Quilting Club

TUESDAYS

12:00 pm: Rook Club

1:00 pm: Dance Mix with Tracie

WEDNESDAYS

11:30 am: Tai Chi with Rick Baudino

THURSDAY

12:30 pm: Bridge Club

MONTHLY ACTIVITIES/EVENTS

2ND Friday: Potluck Lunch, 11:30am

Pilot Mountain Center Project Specialist: Shirley Key

Phone number: (336) 368-2012 ext. 203

Fax number: (336) 368-4115

Email: pmseniorcenter@yahoo.com

General Operating Hours: Mon-Fri. 10:00am to 3:00pm

Health Care Decision Planning



Learn about the 5 Wishes document

April 24, 2018 at 1:00 PM

You're invited to learn about Health Care Decisions Planning

- The 5 Wishes Document is easy to complete and is a legal document in which you can express your wishes at the end of life if you are unable to do so.
- The 5 Wishes document not only serves as a living will but lets you have some control over how you are treated if you get seriously ill and are unable to communicate your wishes.
- The 5 Wishes document allows you to dictate what kind of **treatment you want or don't want; the person you want to make health care decisions for you; things you want to make you comfortable; what you want your loved ones to know.**

Allison Hemrick with Mountain Valley Hospice will discuss the 5 Wishes document and answer any questions you may have about making your end of life decisions.

L. H. Jones Family Resource Center
Conference Room

Hearing Impaired Equipment Sessions

The NC Division of Services for the Deaf and Hard of Hearing schedule for this quarter is:

- April 12
- May 10
- June 14

The sessions begin at 10:00am in Room 205 at the Senior Center in Mount Airy.

To schedule an appointment, call the NCDHHS Greensboro Regional office at (336) 273-9692.



VIP (Visually Impaired Support Group)

VIP is a non-profit organization that aids the blind and visually impaired along with all those with handicaps that need support. The group tries to meet quarterly at the Jones Family Resource Center on the second Thursday. Lunch begins at 11:00am, followed by a meeting, special speakers, games like Bingo or an open forum. VIP always welcomes new faces.

There is no charge to participate. They do not solicit donations. VIP is run on friendship and blessings.

To learn more about VIP contact Beth Bowman at 336-648-0802

Want Friendly Reminders?

The Surry Senior Center has an email address book for updates and announcements.

Send an email to jsurratt@yveddi.com with "ADD TO EMAIL LIST" in the subject heading to be added to our list.

You can unsubscribe at any time.



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.

FIRE UP THE GRILL!

Raffle



Tickets
\$2.00 each

Tickets on Sale Now!

\$250 Gift Certificate from



Drawing held
Thursday
June 21, 2018

215 Jones School Road
Mount Airy, NC 27030
(336) 786-6155 ext. 233

336.786.2023



All proceeds benefit YVEDDI Meals-on-Wheels of Surry County



CONNECTED

*Retired &
Senior Volunteer
Program (RSVP)
Telephone
Reassurance
Program*

This program matches trained volunteers with Meals-on-Wheels recipients who call the home-bound senior at a scheduled time to make sure he or she is healthy and safe and provide connections to resources for meeting urgent needs.

Program Services

- A brief telephone call to a homebound person
- Calls may be made up to 5 days a week, Monday through Friday
- Calls are made by friendly, trained volunteers
- This service is offered at no cost to the client but contributions are accepted. There is no obligation to contribute. Contributions are entirely voluntary. Calls will not be reduced or terminated for failure to contribute. Contributions or lack of contributions is confidential.
- If the recipient does not answer the phone, a procedure of safety checks is followed before emergency response system (911) is activated

If you would like to participate in this program please contact (336) 786-6155 ext. 224.

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:

- | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ▪ Health Screenings ▪ Senior Games ▪ Legal Services ▪ Caregivers Class ▪ Housing Assistance ▪ Home Repair/Modification ▪ In-home Aide Services ▪ Social Security Benefits ▪ Congregate Meals/Home Delivered Meals ▪ Disaster Services | <ul style="list-style-type: none"> ▪ Fitness & Health Promotion ▪ Tax Preparation/Counseling ▪ Transportation Medical/General ▪ Family Support Groups ▪ Reverse Mortgage Counseling ▪ Home Health Services ▪ Medicaid Benefits/Medicare Benefits ▪ Food Distribution ▪ Adult Day Care/Day Health ▪ Durable Medical Equipment/Assistive Devices | <ul style="list-style-type: none"> ▪ Long-term Care ▪ Facilities Rehabilitation Services ▪ Mental Health ▪ Insurance Counseling/SHIIP ▪ Telephone Reassurance ▪ Job Training/Placement ▪ Energy Assistance ▪ Respite ▪ Report Suspected Abuse, Neglect, or Exploitation ▪ Hospice Care |
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Ukulele "Class and Sing Along"

Every 2nd and 4th Wednesday

11:00 AM - 12:00 PM

We'll gather to play and sing familiar songs.

Ukulele instruction will be offered to beginners by Dot Shikenjanski (Bring a tenor, concert, or soprano uke) Experienced musicians welcome. Come sing, even if you don't play.

Surry County Senior Center
Room 204
215 Jones School Road
Mount Airy, NC 27030
(336) 786-6155 ext. 225



1st Annual Classic CAR Show & Live Band

APRIL 21st 12:00 - 5:00 PM

2018

A Fundraiser Event to support the programs of YVEDDI!

RAFFLE • PRIZES • MUSIC • FOOD TRUCKS

Bring a lawn chair
NO COOLERS ALLOWED

Entertainment By
"too MUCH SyLvIA"
2:00 PM - 5:00 PM

\$5 ADMISSION OR FREE ADMISSION WITH PURCHASE OF A \$10 RAFFLE TICKET (children under 12 free)

RAFFLE PRIZES
1st Prize - Hams, Silverware, Breakfast & Pendant
2nd Prize - Gas Grill
3rd Prize - \$200.00 Cash

Yadkin Valley Economic Development District Inc. (YVEDDI)
533 N. Carolina Ave. Hwy. 801N • Boonville, NC
(336) 367-7251

Questions about Medicare? SHIIP can help! 855-408-1212

The Seniors' Health Insurance Information Program (SHIIP) is available to help you work through your Medicare options. If you have any questions or concerns call SHIIP at 1-855-408-1212. One-on-One Insurance Counseling is available at the Surry Senior Center through SHIIP upon request. The Senior Center can assist in making these appointments. *(Appointments subject to the availability of a certified SHIIP Counselor.)*

Prescription Drugs: Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. Seniors may apply online at www.socialsecurity.gov, or contact the SHIIP office. The Senior Center can assist you with completing the on-line application process or with a paper application or contact:

NC Cooperative Extension Service in Dobson
(336) 401-8025

Mount Airy Satellite Site in the Human Services Building
(336) 783-8500



YVEDDI Surry Senior Centers

215 Jones School Road
Mount Airy, NC 27030

For more information about any
Senior Center event, activity or
program, please contact:

Jane Surratt, Manager
Phone: 336.786.6155 ext. 225
jsurratt@yveddi.com
Fax: 336.786.1951

Pilot Mountain Senior Center
Edward M. Armfield, Sr. Civic and
Recreation Center
873 Old US 52 Bypass
Pilot Mountain, NC 27041

Shirley Key, Project Specialist
Phone: 336.368.2012 x 203
Fax: 336.368.4115
Email: pmseniorcenter@yahoo.com



*Need a dress
for Prom?*

Grace's Closet
A Free Community Clothing Closet

We have a large selection of beautiful prom dresses and shoes to share at no cost.

To accommodate school schedules we will extend our hours on Tuesdays and Thursdays for prom shoppers to 5:00 p.m.

Please check in at the front desk and someone will be glad to help you shop.

You may try on the dresses.

Grace's Closet is located inside the
L. H. Jones Family Resource Center
215 Jones School Road
Mount Airy, NC 27030
(336) 786-6155 ext. 222



Rental Space Available

The YVEDDI L.H. Jones Family Resource Center located at 215 Jones School Road in Mount Airy is seeking occupants for several available office spaces.

Lease fees are based on cost sharing of monthly expenses.

Non-profit agencies that would enhance the services provided by current occupants should contact Bristol Mitchem at (336) 786-6155 ext. 222.

Call and schedule your tour today!

Available Spaces: 280 sq. ft. / 615 sq. ft. / 553 sq. ft.

New Inclement Weather Policy:
The Surry County Senior Centers
will be closed for activities if the
Surry County School System
is closed.



Senior Health & Wellness Fair

Friday, April 20, 2018

9:00 a.m. to 12:00 p.m.

Reeves Community Center
Gymnasium

Health Screenings and Information for
ages 50 and older

Sponsored by Mount Airy Parks and
Recreation

For more information, call
(336) 786-8313



How You Can Give...



The YVEDDI Senior Centers of Surry County are proud
United Fund Agencies!

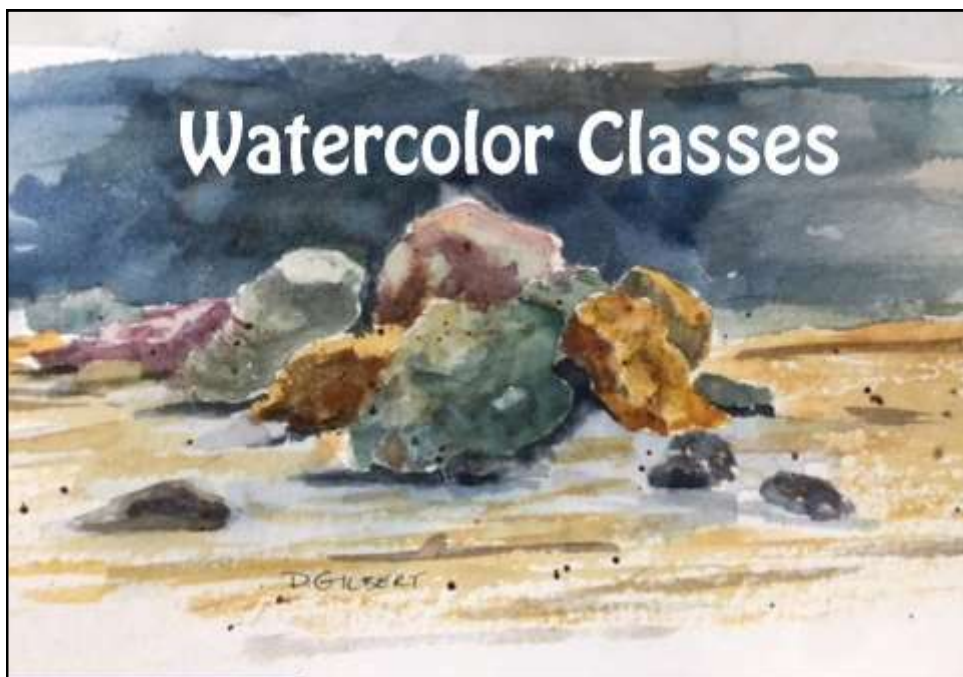
We encourage you to SUPPORT THE UNITED FUND OF SURRY

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



SCHEDULE

Adults of any age or artistic
experience or none are welcome

We focus on using
watercolor paint on drawn or
traced subjects and learn tech-
niques for making corrections,

\$60 fee for each series
Includes all supplies
(Refunds are not given for
missed classes.)

Reservations Requested
Contact Andrea Morrison at
(276) 755-3040 or
rstbrush@hotmail.com



Series A MONDAYS
March 19 9:30 am - 12:30 pm
March 26 9:30 am - 12:30 pm
April 2 9:30 am - 12:30 pm
April 9 9:30 am - 12:30 pm

Series B MONDAYS
April 16 9:30 am - 12:30 pm
April 23 9:30 am - 12:30 pm
April 30 9:30 am - 12:30 pm
May 7 9:30 am - 12:30 pm

L. H. Jones Family Resource Center
215 Jones School Road • Mount, Airy, NC 27030
(336) 786-6155

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

BINGO Bash

Please Join Us...

Friday
April 27
2018

Doors Open at 5:00 p.m.
Games Begin at 6:00 p.m.

In Advance: \$25
At the door: \$30
Packet includes 20 games, 1 coverall, and 5 door prize tickets

L. H. Jones Family Resource Center
(Auditorium)
215 Jones School Road
Mount Airy, NC
(336) 786-6155 ext. 222



Proceeds will benefit the L. H. Jones Family Resource Center

FOOD FUN DOOR PRIZES RAFFLES

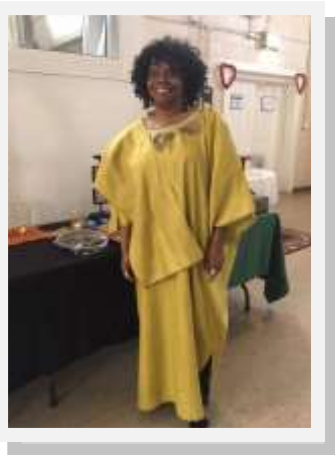
Donations to the Surry County Senior Center Consumers donations are accepted, appreciated, and are tax-deductible. Donations are entirely voluntary and there is no obligation to contribute. Donations collected will be used to expand our services. Clients' participation in consumer donations shall be confidential.

Scrapbooking

Every Monday at 1:30 PM
Come and have fun with the
"Scrap-a-lattes"

Surry Senior Center
215 Jones School Road
Mount Airy, NC

To celebrate February as Black History Month, the Surry County Senior Center collaborated with the J.J. Jones Alumni and the National Association of University Women for a program entitled, "Jubilee 1968-2018, Great Struggles, Great Strides".





Class will extend through April 9th

Beginners Shag Class

The class will be held on Monday nights from 7 pm until 8 pm.

There will be a small fee for the course. Call Jane Surratt at the Surry Senior Center for more information.



Interested in a Veteran's Support Group?

Please let us know!
Call (336) 786-6155 ext. 225



www.NC211.org

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

DIAL 2-1-1

Free ▪ Confidential ▪ 24 Hours a Day ▪ Any Language

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

\$2.00 each
\$2.00 each

RAFFLE

Tickets on Sale Now!

\$500 gift certificate

From Foothills Meat Center

Tickets available at: Pilot Mountain Nutrition Site, Mount Airy Nutrition Site, East Bend Nutrition Site, Yadkinville Nutrition Site, Jonesville Nutrition Site, YVEDDI District Office and Foothills Meat Center

Drawing will be held:

THURSDAY

JUNE 28

All proceeds benefit the YVEDDI Meals-on-Wheels Program

18th ANNUAL

Yadkin Valley Senior Games

And Silver Arts

Opening Ceremony: April 27, 2018

Silver Arts Program: June 7, 2018

All other activities will be held between April 27 - June 7

Visit www.ncseniorgames.org for more information on the Senior Games, including the Official Rules of the North Carolina Senior Games.

This program is sanctioned by North Carolina Senior Games, Inc. NCSG, Inc. is sponsored statewide by the North Carolina Division of Aging and Adult Services.

Powerful Tools for Caregivers

A class for family caregivers

Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

This class series meets once a week for six weeks. Class size is limited and registration is required.

Dates: Tuesdays, April 17th – May 22nd, 2018

Times: 1:00 - 4:00 p.m.

Location: Surry County Government Resource Center (Main Classroom_
1218 State Street ▪ Mt Airy, NC 27030

To register: Call (336)-783-8807

Cost: No charge

Sponsored by: Surry County Senior Services



Easy Spring Candy Bark

Prep time 10 mins

Cook time 15 mins

Total time 25 mins

Author: Kimberly Sneed

Recipe type: Dessert

Ingredients

½ pound (two sticks) butter

¼ cup brown sugar

¼ cup granulated white sugar

½ box (about) plain graham crackers (not crumbs)

2 cups white chocolate chips

1 cup Spring M&Ms

Spring sprinkles

Instructions

- **Preheat oven to 350 degrees.**
- **Line a 10 x 15-inch** jelly-roll pan with non-stick foil; arrange graham crackers to fit the bottom of the pan in a single layer, breaking up the last few to fit the space.
- **Melt the butter in a medium saucepan over medium heat and add the brown and white sugar.**
- **Stir to combine and bring mixture to a boil.**
- **Reduce heat and let the mixture gently bubble for 4 minutes and remove from heat.**
- **Carefully pour sugar/butter mixture evenly over the graham cracker layer, spread to cover.**
- **Bake for the graham crackers covered in sugar/butter mixture for 10 minutes.**
- **Once out of the oven, sprinkle white chocolate chips over the top.**
- **Wait about 2 minutes for chocolate to melt, then use a spatula to gently spread chocolate chips into an even layer on top of the graham crackers.**
- **Sprinkle with Spring colored M&Ms and festive Spring sprinkles.**
- **Cool to room temperature, then refrigerate for 2 hours.**
- **Peel foil from chilled bark and break into pieces.**

START YOUR
JOURNEY WITH
US...



YVEDDI PUBLIC TRANSPORTATION

The Surry • Yadkin Connector Operates

Monday - Friday

7:00 AM - 6:00 PM

Call 336-679-2071

Only \$2.00 per trip

Anyone can ride!



YOUR AD
HERE



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 assure your needs are met.

Call today! 336-789-2273

YOUR AD
HERE



Mountain Valley
Hospice & PALLIATIVE CARE

you have a choice . . .
we can help



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

Advertising space is available
in this newsletter.

Low Rates!

Call 786-6155 x225 for prices.

YOUR AD
HERE

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.

WHEN IT COMES TO MEDICARE, YOU HAVE CHOICES.



find the best plan to fit
your healthcare needs.

**Speak with a licensed agent and get
answers to your Medicare questions
today!**

**The Medicare Store
336-266-4558
124 W. Kapp Street
Dobson, NC 27017**



We can help you with:

- Medicare Supplement
- Prescription Drug Plan
- Life
- Dental

5.0 ★★★★★ 42 Google reviews



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