



# Surry County Senior Center

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

JULY/AUGUST/SEPTEMBER 2018

## Mission Statement

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

## Holiday Schedule

Independence Day  
July 4th

Labor Day  
September 3rd





Free Admission

# Senior Fun Day

for ages 55 and older

Friday | SEPT 14, 2018

12:00 PM - 2:00 PM

## Health Fair from 10 am- 1 pm

Door Prizes • Goodies • Refreshments • Contests



Live Entertainment by  
**Dennis Tolbert Band** (A Local Favorite)

Grand Prize includes a beautiful rocking chair donated by Brannock & Hiatt Furniture (Must be present to win)



Special Guest, Bob from 109 U-Pull-It!

Faith Baptist Church Fellowship Hall

217 Faith Baptist Church Rd, Mount Airy, NC 27030 (beside Franklin Elementary School)

Senior Fun Day is made possible to the seniors of our community by the following organizations:







September is National Senior Center Month

## Volunteer Spotlight On...



Our Volunteer Spotlight shines on Hazel Wilmoth. Hazel serves on the Surry County Senior Center Advisory Council and is an alternate Senior Tar Heel Legislator, representing and advocating for seniors throughout Surry County. She travels to Raleigh twice a year with the Senior Tar Heel Legislator Delegate, Marsha Lowery, bringing back important information for our seniors.

Hazel is active in many of the activities at the Surry County Senior Center. She heads up the weekly Bridge Club as well as the Open Cards Club.

Hazel also volunteers her time to tutor students who attend Dobson Elementary School. Hazel is a retired educator herself, and enjoys giving her time to help children.

Over the last 6 months, Hazel has outdone herself in selling raffle tickets to benefit the Surry County Senior Center as well as selling raffle tickets to benefit the Meals on Wheels program. She has put a great deal of time and effort in helping these two programs continue to exist.

One never sees Hazel without a smile on her face and something positive and uplifting to say. She loves to travel and is very helpful in getting senior day trips together, offering fun and enjoyable places for our seniors to travel.

When you see Hazel, please offer a thank you for the many things that she does for the Surry Senior Center and the Meals on Wheels program.

Thank you, Hazel, for all you do for the seniors, as well as for the children of Surry County.



**And the winner is..... Margaret Hauser!!**

**Margaret's name was drawn on June 13<sup>th</sup>** as the winner of the handmade bird house donated by John Wetmore.

The Surry County Senior Center was able to raise \$573 by selling raffle tickets for the birdhouse. Many thanks to all of the people who purchased tickets, the many wonderful volunteers who sold the tickets, and of course, to John Wetmore, who donated the beautiful birdhouse.

Congratulations Margaret! We know you will enjoy your beautiful new birdhouse.

## 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.)

### 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, 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

MONDAY-FRIDAY Coffee Club 8:30 –9:00 am

### 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  
2nd Thursday, 7:00 pm: Narcolepsy Support Group

Pilot Mountain Center Project Specialist: Shirley Key  
Phone number: (336) 368-2012 ext. 203  
Fax number: (336) 368-4115  
Email: [pmseniorcenter@yahoo.com](mailto:pmseniorcenter@yahoo.com)  
General Operating Hours: Mon-Fri. 10:00am to 3:00pm

### 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

### Hearing Impaired Equipment Sessions

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

- July 12
- August 9
- September 13

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.



*There will be two opportunities in July to speak with a licensed sales representative with United Health Care at your local senior centers.*

*David Simms, a licensed sales representative with United Health Care, will be at the Surry County Senior Center located at the Jones Family Resource Center, on Wednesday, July 11<sup>th</sup>, from 9:00 am until 11:00 am to answer your questions about your Medicare Options.*

*Joseph Barnes, a licensed sales representative with United Health Care will be at the Pilot Mountain Senior Center on Thursday, July 12<sup>th</sup> from 10:30 until 12:30 to answer your questions about your Medicare Options.*

*If you are on both Medicare and Medicaid, you could qualify for extra benefits such as Vision, Dental, Hearing and Silver Sneakers. Both of these speaking opportunities are open to the public and free of charge. There will be no high pressured sales talk. With open enrollment coming up in the fall, this is a great opportunity to get your questions answered.*

*For more information, call Jane Surratt, Surry Senior Center manager at 336-415-4225.*



#### 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.

# CHILI'S IS PROUD TO SUPPORT



more GIVING BACK happens here

## YVEDDI Surry County Senior Center

Let Chili's do the cooking while we support Surry County Senior Center at the same time.

*With each table that lets their server know they are at Chili's for **YVEDDI Surry County Senior Center** on **Tuesday July, 24th**, Chili's will donate 10% of the event day sales back to this great organization.*

The YVEDDI Surry County Senior Center Give Back Event is:  
**July 24, 2018 from 11am - 10pm**  
only at:  
Mount Airy  
2101 Rockford St  
Mount Airy, NC 27030-5205  
336-789-4199 - [www.chilis.com](http://www.chilis.com)

We look forward to seeing you at Chili's!



Offer only valid on the date and location stated above. Donations will not be given on sales made prior to or past this date. 10% of the event sales only includes those tables that inform their server about the Give Back Event.

## 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:

- 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
- 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
- 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

# Line Dance with Blanche Class



Join Us Every Friday for  
Line Dancing  
11:00 am to 12:00 pm  
for Seniors 50+ years

Instructor: Blanche Waddell

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



**FREE**

RAFFLE UPDATES:

Fire Up The Grill: \$250 Gift Certificate from Mount Airy Meat Center  
Drawing was held on June 21st  
Winner: Johnnie Travis  
Raised \$1,141.00  
All proceeds benefit the YVEDDI Meals-on-Wheels Program of Surry County

\$500 Gift Certificate from Foothills Meat Center  
Drawing was held on June 28th  
Winner: Angie Casstevens  
Raised \$994.00  
All proceeds benefit the YVEDDI Meals-on-Wheels Program



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](http://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](mailto:pmseniorcenter@yahoo.com)



## Upcoming Painting Classes

### 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 techniques for making corrections.

Includes all supplies (Refunds are not given for missed classes.)


**Reservations Requested**

Contact Andrea Morrison at (276) 755-3040 or [rstbrush@hotmail.com](mailto:rstbrush@hotmail.com)

**Acrylics Studio**  
Monday, August 6<sup>th</sup>, 9:00 am to 4:00 pm.  
All supplies will be provided.  
Fee: \$20. No experience necessary.  
Please bring your own lunch. Food to share is welcome.  
Reservation Requested by Monday, July 30<sup>th</sup>.

**Watercolor Class**  
Mondays, September 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, and October 1<sup>st</sup> from 9:30 am to 12:30 p.m.  
All supplies will be provided.  
Fee: \$60  
Reservations Requested by September 4<sup>th</sup>.

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



## 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 to schedule your tour today!

Available Spaces: 162 sq. ft. / 615 sq. ft. / 553 sq. ft.

## Interested in a Veteran's Support Group?

Please let us know!

Call (336) 786-6155 ext. 225



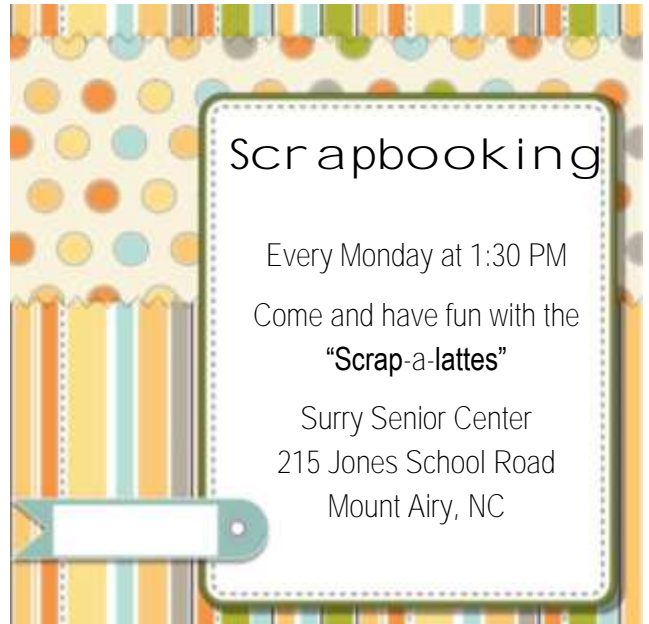
## Life Line Screenings Offered September 26th

Life Line Screening, a leading provider of community-based preventive health screenings will be in our community on Wednesday, September 26, 2018 at Surry County Senior Center. Ultrasound screenings to Identify risk factors for Cardiovascular disease include; Carotid Artery (plaque buildup-a leading cause of stroke), Abdominal Aortic Aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), Peripheral Arterial Disease (hardening of the arteries in the legs), a Heart Rhythm Screening (an EKG to detect Atrial Fibrillation-irregular heartbeat) and an Osteoporosis Risk Assessment for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

Register online TODAY at [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) and receive your **“Community Circle” discount** and your Preferred Appointment!

.....  
Want Friendly Reminders?

The Surry Senior Center has an email address book for updates and announcements. Send an email to [jsurratt@yveddi.com](mailto:jsurratt@yveddi.com) with **“ADD TO EMAIL LIST”** in the subject heading to be added to our list. You can unsubscribe at any time.



### 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

Shag Dance practice is held every Monday at 7:00 pm and every Wednesday at 3:30 pm in the Conference Room at the Jones Family Resource Center.

This is a great opportunity to brush up on your dance moves and to even learn how to shag.

### 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](http://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](https://twitter.com/SurrySnrCtrs)

## 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](mailto:office@unitedfundofsurry.org) [www.unitedfundofsurry.org](http://www.unitedfundofsurry.org)





## Ukulele "Class and Sing Along"

Every 2<sup>nd</sup> and 4<sup>th</sup> 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



Congratulations to Surry County YVEDDI Nutrition Specialist, Susan Lawrence for obtaining TWO IN A ROW 100 sanitation grades!

Way to go Susan!

We are so proud of you.

Thank you for your hard work and dedication to the seniors that you serve.

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.*

## Blood Drive

Wednesday, July 11th

12:00 PM - 4:30 PM

YVEDDI District Office  
Conference Room  
533 N. Carolina Ave.  
Hwy. 601N  
Boonville, NC 27011

Please contact Allison Winters at (336) 367-4993 ext. 231 or email [awinters@yveddi.com](mailto:awinters@yveddi.com).

You may also visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter keyword: Yadkin Valley

Please bring photo I.D.

Remember to eat iron-rich foods and hydrate well 1 week prior to donation.



## Free Over The Counter Medicine GiveAway!

**Date:** Friday, July 27, 2018

**Time:** 9:00 AM—2:00 PM

**Cost:** **FREE**

**Bring:** Friends, Family & Neighbors

**Where:** Brock Recreation Center  
622 N. Main Street, #200  
Mocksville, NC 27028

**Event Details:**

- Take Home **FREE** Medicine Cabinet (OTC) Items!
- Find out more about NC MedAssist *Free Pharmacy Program*
- Free Health Screenings

*OTC Items include: cold, cough and flu medicine, Band-Aids, pain and allergy relief, vitamins and children's medicine, and much more while supplies last!*

**No ID Required—Must Be 18 or Older**

To Volunteer, visit: [www.medassist.org/volunteer](http://www.medassist.org/volunteer)

Event Made Possible By:  
**NC MedAssist**  
Dispensing Hope for the Uninsured



For more information visit:  
[www.medassist.org](http://www.medassist.org)



# Grace's Closet Accepting Donations



**We Need Your Help!**

Our Clothing Closet is in need of the following items:

- NEW Men's, Women's, and Girl's and Boy's Underwear (all sizes) in high demand
- New and gently used socks (all sizes)
- Children's clothing (2T to Junior sizes)
- Men's clothing (all sizes)
- Shoes (especially men's)
- Blankets
- Sheets
- Towels

You can bring your donation directly to the Grace's Closet located at 215 Jones School Road, Mount Airy, NC 27030. Donations are accepted Monday – Friday 8:00 am – 4:30 pm.  
Your donation helps us make a difference in the lives of your neighbors in need!

For more information, please call (336) 786-6155 ext. 222



*All of the YVEDDI Senior Centers would like to express our gratitude to the many people who volunteered their time and expertise to the Yadkin Valley Senior Games for 2018. If it were not for the many volunteers, the Senior Games would not be possible. A big thank you to everyone who helped with the Yadkin Valley Senior Games this year. The games were a huge success.*



**[www.NC211.org](http://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

The NoneSuch Playmakers present

# DEATHTRAP

A Thriller...By Ira Levin

DIRECTED BY BRACK LLEWELLYN

GARRY WADELL ■ JOEY D. MARION ■ LESLIE WATTS ■

ANGELA LLEWELLYN ■ BRIAN PATTERSON

Friday JULY 13th at 7:30pm

Saturday JULY 14th at 7:30pm

Sunday JULY 15th at 2:00pm

L.H. JONES AUDITORIUM

215 JONES SCHOOL ROAD • MOUNT AIRY, NC

ADMISSION \$10.00 • TICKETS AT THE DOOR

Learn more at

[www.nonesuchplaymakers.com](http://www.nonesuchplaymakers.com)

A portion of the proceeds from this event will go to  
Surry County Senior Center



Deathtrap is produced by special arrangement with Dramatists Play Service, Inc. 440 Park Avenue South, New York, NY

## URGENT! We Need Your Help!

The L. H. Jones Family Resource Center and the Surry Senior Center are collecting canned food donations for **Yokefellow Food Ministry**.

*The shelves are dangerously low in the Yokefellow Food Ministry located at Jones Family Resource Center. In the summer, kids are home and not at school where many of them are able to participate in meal programs. This means that some children may only get one or two meals a day, and not always a healthy meal. Please help us restock the shelves at Yokefellow Food Ministry.*



## One CAN Make a Difference

Suggested Food Items:

- Canned Meats (tuna, chicken)
- Canned Fruits & Vegetables
- Peanut Butter
- Canned & Boxed Meals (soup, chili, Stew, Macaroni & Cheese)
- Canned or Dried Beans
- Pasta & Rice
- Cereal (Low sugar)

**Accepting Donations July 16-20, 2018**  
**8:00 am to 4:30 pm**

Items can be dropped off at the reception area at:

L. H. Family Resource Center  
215 Jones School Road • Mount Airy, NC 27030  
(336) 786-6155 ext. 222 or 504



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](http://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