



Surry County Senior Center

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

JAN. / FEB. / MARCH 2019

Mission Statement

To improve and maintain independent wellness for the senior community through advocacy, nutrition, volunteerism and vigorous programming to promote healthy minds, bodies and spirits.

Holiday Schedule

January 1st
New Year's Day

January 21st
Martin Luther King Jr. Day



19th ANNUAL

Yadkin Valley Senior Games

And Silver Arts

April — June 2019



NORTH CAROLINA Senior Games



REGISTRATION: March 1st - March 31, 2019

TO REGISTER ONLINE, VISIT: torch.ncseniorgames.org
TO REGISTER ON PAPER, VISIT ONE OF THE LISTED REGISTRATION SITES. YOU MAY ALSO MAIL FORM TO YOUR LOCAL COORDINATOR AT THE ADDRESS BELOW.

COST: **\$10.00**

Includes t-shirt, goody bag, snacks/meals at events, medals, and sports/arts events. (There are additional fees for Golf, 3 on 3 Basketball, Bowling events, and \$0.75 extra for online registration)

REGISTRATION DEADLINE: March 31, 2019



NC DEPARTMENT OF
INSURANCE
SENIORS' HEALTH INSURANCE
INFORMATION PROGRAM



YVEDDI
YADKIN VALLEY ECONOMIC
DEVELOPMENT DISTRICT, INC.

Surry Health & Rehabilitation Center
542 Alfred Mill Road, Mount Airy, NC 27030
336-789-5076 Phone / 336-789-0309 Fax

MOODY
Funeral Service

RIDGECREST

Home Instead
SENIOR CARE
to us, it's personal.

Humana

REGISTRATION SITES

- Surry County Parks and Recreation
- Armfield Civic and Recreation Center
- East Bend Senior Center
- Elkin Recreation and Parks Department
- Mount Airy Parks and Rec. Department
- Northern Wellness and Fitness
- Senior Centers of Surry County
- Yadkin County Parks and Recreation
- Yadkin County Senior Center
- Yadkin Valley Senior Center
- Yadkin County YMCA
- Yadkin Cultural Arts Center

Yadkin Valley Senior Games
Coordinator: Bradley Key
Surry County Parks and Recreation,
122 Hamby Road, Dobson, NC 27017
Phone: (336) 401-8235
E-mail: keyb@co.surry.nc.us

Visit www.ncseniorgames.org for more information on the Senior Games Program, 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.



HOW ARE WE DOING?

Please see your Senior Center Manager to take a short survey.



Senior Center Manager, Jane Surratt, trying to convince Santa that she has been good this year.

A message from Surry Senior Center Manager, Jane Surratt

I have come “of age” and am able to join that elite group of people who can draw their social security (hooray!). So, I will be retiring and leaving the Surry County Senior Center effective December 31, 2018.

*It has been an amazing “ride”, one that I wish I had jumped on years ago, but God had different plans for me. However, the last 3 years as a senior center manager with YVEDDI, the last 2 ½ at the Surry County Senior Center, have been such a joy and wonderful learning experience for me, that I cannot begin to describe. I have met some of **the most wonderful people that I’ve ever met in my life.** I have worked with the greatest group of folks ever. The friendships that I have developed over the last 3 years have shaped my life and made it so much fuller. I will continue to work, as I am not a stay at home person, because God has plans for my future. In fact, I intend to spend some time at the Surry Senior Center participating in some of the many wonderful programs that the senior center has to offer.*

Thank you for giving me the opportunity to work in a field that is so rewarding. I hope that the New Year brings you all happiness and good health.

Jane



Welcome

Missy Whitaker will be joining the Senior Center as Manager beginning Jan. 2nd.

Missy comes from a background in adult and senior services having served 21 years as a Social Worker with agencies in Surry County and most recently as the RSVP Manager with YVEDDI since

2016.

Missy has a bachelor’s degree in Social Science from Gardner-Webb University.

Missy is a member of Antioch Baptist Church where she serves as Sunday School teacher and AWANAS leader.

Missy has been married to Phil for almost 24 years and they have three sons Jed, Will and Nate and one daughter-in-law Sydney.

Missy enjoys cooking, crafting and gardening.

Missy is very excited to begin her journey at the Surry Senior Center and looks forward to meeting and working with all of you.



Volunteer Spotlight On...



Our volunteer spotlight falls on Mr. Edward McDaniels. Edward, or Eddie as he is also known as, has been a familiar sight at the Jones Family Resource Center and the Surry County Senior Center for almost 7 years. Although he is officially an employee of the JFRC, Edward does so much more than “work” at the JFRC.

Edward graduated from J.J. Jones High School, in which the Jones Family Resource Center is now housed. Retired from a local textile mill, Edward has a hard time sitting still, and so, he came back to work at his old “stomping grounds” at the Jones Family Resource Center.

He has been an active member of the Ararat Missionary Baptist Church for many years. He loves his community and is often seen around the community doing small acts of kindness.

Edward loves history and has a large collection of pictures and articles about the local Black Community. He loves his former school, which is now the Jones Family Resource Center. At the drop of a hat, Edward will share a story about his experiences as a student at the old school. Oh, how his eyes twinkle as he does so.

As a member of the J.J. Jones High School Alumni, Incorporated, Edward is invaluable. He works tirelessly to keep the legacy of the school alive. He works very hard at making sure the L.H. Jones Auditorium is attractive for those who enter.

Edward loves the tunes of yesteryear and regularly makes CD's of his favorite sounds to give to others. His favorite singer of all time is the late James Brown.

Edward has been very supportive of the activities of the Surry County Senior Center and he has been called on numerous times to help ready the auditorium for dances, Veterans Day events, just to name a few events. **Edward, being a veteran himself, happily brings out his war time memorabilia to display for the senior center's Veterans Appreciation event.** He takes special pride as a veteran.

Edward is quick to apologize if he thinks he has wronged anyone, and he has an easy smile, a kind, giving spirit and a loving heart.

Thank you, Eddie, for all you do for the Surry County Senior Center and the Jones Family Resource Center.



[Want Friendly Reminders?](#)

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

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

You can unsubscribe at any time.

MOUNT AIRY CENTER

MONDAYS

10:00 am: Yoga Lite (Conf. Room)
11:15 am: Dance Mix w/Tracie (Conf. Room)
1:30 pm: Scrap-a-Lattes (scrapbooking) (Room 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 (held at Mount Airy Lanes) \$
3:30 pm: Shag Dance practice (Conf. Room)
5:30 pm: Line Dance with Jene

THURSDAYS

9:30 am: Bridge Club (Room 204)
11:30 am: Line Dance Practice with Blanche
1:00 pm: Open Cards (Rook, etc.) (Room 204)
3:00 pm: TOPS \$

FRIDAYS

10:00 am: Tai Chi (held 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 Monday of each month, 9:00 AM: Yoga With Heather Elliott , Conference Room

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

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

1st and 3rd Fridays, 1:00 pm: Writers' Group, Room 204
Mayberry Mad Hatters (times and locations vary; call us for information)

Every 2nd and 4th Wednesday at 11:00, Ukulele practice, room 205

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) 415-4225, no fewer than five business days before the event.

PILOT MOUNTAIN SATELLITE CENTER

Drop In Activity: Adult Coloring

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

MONDAYS

11:15 am 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

1:00-3:00 pm: Acrylic Painting Classes

THURSDAY

12:30 pm: Bridge Club
5:30 pm: Weight Watchers \$

MONTHLY ACTIVITIES/EVENTS

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

1st & 3rd Friday, 10 am: Open Acoustic Jam Sessions

Pilot Mountain Center Project Specialist: Shirley Key

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

Fax number: (336) 368-4115

Email: skey@yveddi.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:

January 10th

February 14th

March 14th

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.



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.



Weight Watchers

meets at the Armfield Civic Center in Pilot Mountain each

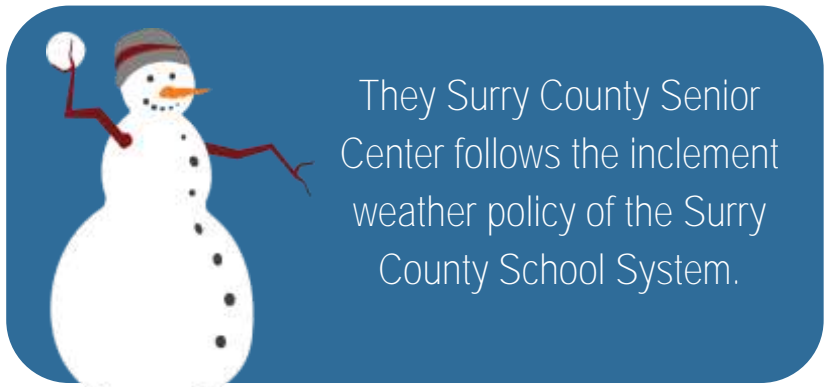
Thursday evening with weigh-ins starting at 5:30 p.m. and the meeting starting at 6:00 p.m.

New members are welcome.

There is no need to call and register.

Open to the public. There is a fee.

For more information, call (336) 368-0175.



They Surry County Senior Center follows the inclement weather policy of the Surry County School System.

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.

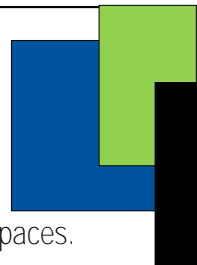
Lease fees are based on cost sharing of monthly expenses.

Non-profit agencies that would enhance the services provided by current occupants should contact Bristol Mitchem at (336) 786-6155 ext. 222. or (336) 415-4256.

Call to schedule your tour today!

Available Spaces:

- 796 sq. ft.
- 615 sq. ft.
- 586 sq. ft.
- 553 sq. ft.
- 280 sq. ft.
- 556 sq. ft.
- 162 sq. ft.



The YVEDDI Retired Senior Volunteer Program & the Surry County Senior Center

Are proud to announce that we are partnering with the IRS to provide

FREE Tax Preparation at the Mt Airy Public Library !!

VITA sites provide *free* income tax preparation for low-to moderate-income taxpayers (generally those who make \$54,000 and below) who need help filing their returns.

Call (336) 415-4225 to see if you qualify and to schedule an appointment



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 |
|--|--|--|

Scrap-a-lattes



Scrapbooking


Join Us...Every Monday
at 1:30 to 4:30 PM

Come and have fun with the
“Scrap-a-lattes”

There is no charge for this activity and newcomers are always welcome, even you if are new to the world of scrapbooking.

Surry Senior Center
215 Jones School Road
Mount Airy, NC

SCHEDULE

<p>Adults of any age or artistic experience or none are welcome</p> <p>We focus on using watercolor paint on drawn or traced subjects and learn techniques for making corrections.</p> <p>\$60.00 per series Includes all supplies (Refunds are not given for missed classes.)</p> <p>Reservations Requested</p> <p>Contact Andrea Morrison at (276) 755-3040 or rstbrushy@hotmail.com</p> 	<p>Series I MONDAYS</p> <p><u>January 7</u> 9:30 am - 12:30 pm</p> <p><u>January 14</u> 9:30 am - 12:30 pm</p> <p><u>January 28</u> 9:30 am - 12:30 pm</p> <p><u>February 4 (practical)</u> 9:30 am - 12:30 pm</p> <p><u>February 11</u> 9:30 am - 12:30 pm</p>	<p>Series II MONDAYS</p> <p><u>February 18</u> 9:30 am - 12:30 pm</p> <p><u>February 25</u> 9:30 am - 12:30 pm</p> <p><u>March 4</u> 9:30 am - 12:30 pm</p> <p><u>March 11</u> 9:30 am - 12:30 pm</p>
--	---	---

L. H. Jones Family Resource Center
215 Jones School Road • Mount, Airy, NC 27030
(336) 415-4225

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





Please Join Us...

Bash

Friday
2019
April 26

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

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



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.

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



Adult Coloring

This is a drop in activity anytime during regular business hours

CALMING ▪ SOOTHING ▪ STRESS-RELIEF

Pilot Mountain Senior Center
873 Old US 52 Bypass ▪ Pilot Mountain, NC 27041

Shag Dance Practice

**Monday's at 7:00 pm
Wednesday's at 3:30 pm**

L. H. Jones Family Resource Center
(Conference Room)

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

** Shag Dance practice will not be offered when other activities are scheduled in the conference room during same days and hours*

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 Girls 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



“Foothills Narcolepsy Support Group co-facilitator, Tracie Artim, delivered yoga mats to senior center manager, Jane Surratt at YVEDDI Surry County Senior Center. These yoga mats were donated by The Narcolepsy Network.”





EVERY WEDNESDAY

from 1 p.m. to 3 p.m.



Acrylic Painting Classes

No experience needed!

No fee for classes

All participants will be responsible for their own supplies

Instructor: Betty Ann McKinney

Pilot Mountain Senior Center
873 Old US 52 Bypass
Pilot Mountain, NC
(336) 368-2012 ext. 203



YVEDDI Jones Family Resource Center is sponsoring a new support group:
 Every Thursday from 6:30 P.M. – 8:00 P.M.
 Jones Family Resource Center
 Room 202
 215 Jones School Road
 Mount Airy, NC 27030

Must be 18 years or older to attend.

PAL – Parents of Addicted Loved ones.
 The primary goal is to provide hope through education and support for parents dealing with addicted loved ones by offering confidential peer support.
 Other family members of addicted loves ones are also welcome to attend.
 For more information contact the Jones Family Resource Center at (336) 415-4256, visit our Facebook Page [PAL / Parents of Addicted Loved Ones in Surry County](#), or visit www.pal-group.org

By attending these meetings, you learn proven ways to help your loved one toward recovery from addiction.

THERE IS HOPE
 PAL meets very week and provides continuing education along with support, at no charge, for parents with a son or daughter suffering from alcohol or drug addiction.

YOU ARE NOT ALONE
 Many families are affected by addiction. PAL will allow you to give and receive support from others who are facing the same challenges you are. The guiding principles of PAL are confidentiality, respect, acceptance and support.

FOR SPOUSES TOO
 PAL can also assist spouses who are sometimes forced into acting like a parent to their addicted partner who is abusing alcohol or drugs.

Parents of Addicted Loves Ones (PAL) is a national organization founded in Arizona by a Licensed Independent Substance Abuse Counselor.



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 Presents...

Love, Loss, and What I Wore

an intimate collection of stories by

Nora and Delia
Ephron and Ephron

based on the book by Ilene Beckerman



Admission
\$10
per person - at the door

Local theatre group The NoneSuch Playmakers kick off their 2019 mainstage season at the Jones Family Resource Center with the award-winning production of *Love, Loss and What I Wore*.

Love, Loss, and What I Wore is a play written by Nora and Delia Ephron based on the 1995 book of the same name by Ilene Beckerman. The 90-minute production is a series of monologues dealing with women's relationships and wardrobes and at times the interaction of the two, using the female wardrobe as a time capsule of a woman's life.

The show has been produced on six continents and more than eight countries. The NoneSuch Playmakers' production marks the Surry County premiere of the play.

Love, Loss and What I Wore is a perfect "girls night out" for women from all walks of life.

A portion of the proceeds will benefit the YVEDDI Senior Center of Surry County.

Please note: this play contains adult language and situations. It is not recommended for children under age 13.

Saturday

FEB 16

★ 7:00 PM ★

L. H. Jones Family Resource Center
Conference Room
215 Jones School Road
Mount Airy, NC 27030



In collaboration between the NoneSuch Playmakers and the Surry County Senior Centers

The Armfield Civic Center and
the Pilot Mountain Senior
Center presents

Senior Health & Wellness Fair

(for ages 50 and older)

FRIDAY

FEB. 22, 2019

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

Door Prizes • Health Screenings

Learn how you can **AGE STRONG** at our
Health and Wellness Fair!



(If your organization would like to be a vendor at the fair, apply with Shirley Key at 336-368-2012 ext. 203 or email skey@yveddi.com)



Pilot Mountain Senior Center
873 Old US 52 Bypass
Pilot Mountain, NC 27041



Let's Garden!

Garden Meeting

Tuesday, February 19, 2019

The new year means that gardening time is just around the corner! If you'd like to participate in our Senior Center Community Garden in 2019, plan to attend our first meeting on Tuesday, February 19th at 1:30pm at the Senior Center in Mount Airy. Our Master Gardener and advisor Mr. Joe Sloop will be on hand to share his wisdom with us as we begin a new growing season in "Peabody's Patch" on the Family Resource Center campus.

We welcome our returning gardeners as well as anyone interested in participating in Spring of 2019.

215 Jones School Road
Mount Airy, NC 27030

(336) 786-6155



These lovely ladies had a wonderful time playing Whist in their Christmas sweaters at the December Whist Party



Help eliminate food
insecurity for our
Seniors in Surry
County

Call
(336) 367-3531

Sponsored by Dragon Slayers

All proceeds will go to the Surry
County Meals on Wheels Program

Saturday

MARCH 30, 2019

10K - 8:00 AM

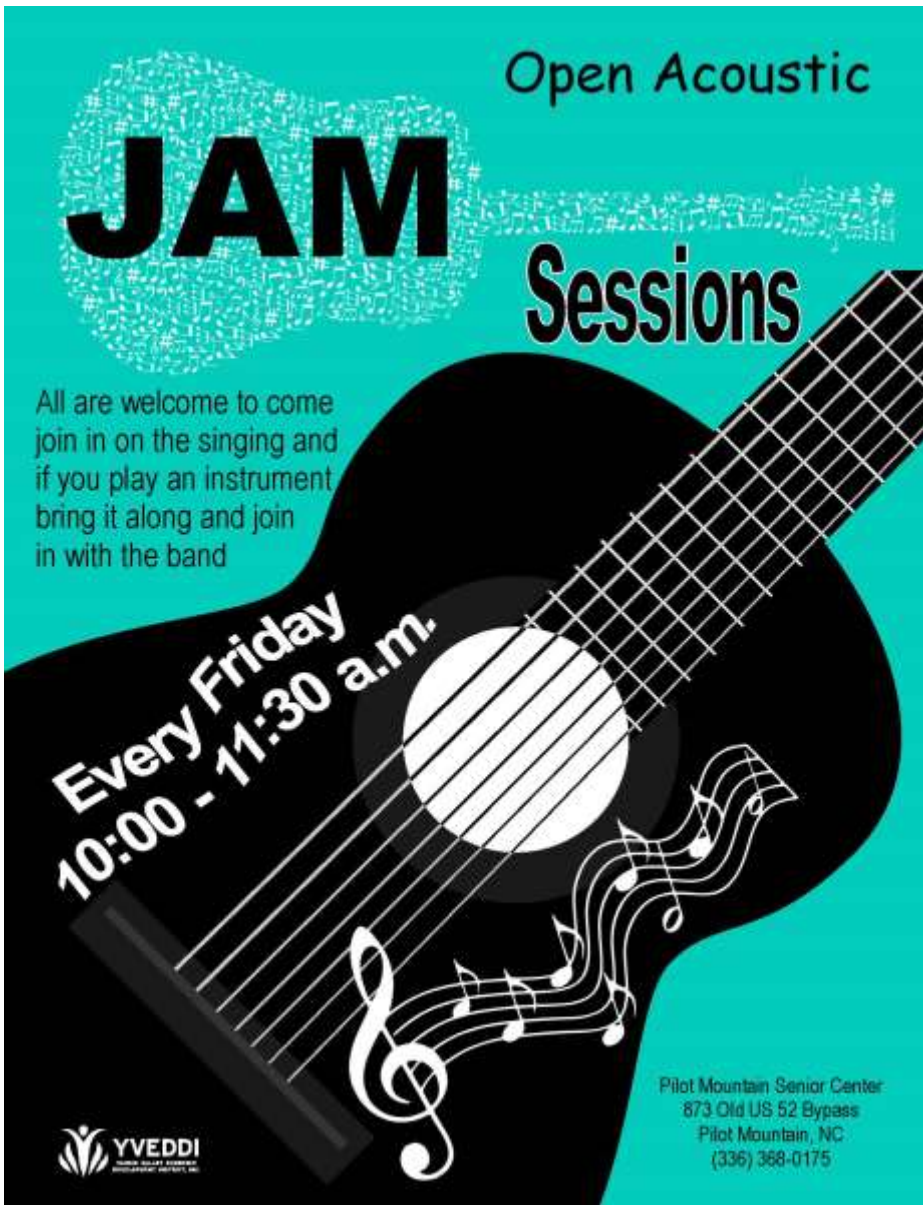
5K - 8:15 AM



Start Location: Folger Street beside City Park • Dobson, NC

Facebook: www.facebook.com/DragonSlayers5k/10kforSurryMealsonWheels





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:

Missy Whitaker, Manager
Phone: 336.415.4225
mwhitaker@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: skey@yveddi.com

TOPS weight loss support group is now meeting weekly in the Surry Senior Center at the Jones Family Resource Center.

TOPS stands for Take Off Pounds Sensibly.

TOPS focuses on making small, steady lifestyle changes that provide lasting weight loss and better health.

TOPS members learn to eat better, move more and stay motivated through engaging educational programs that their experts prepare and that volunteers present at weekly meetings. In addition, many members enjoy the weekly camaraderie and make lifelong friends in TOPS.

The TOPS club meets at the Surry Senior Center every Thursday at 3:30 p.m.

There is a fee to join TOPS. While there is an annual fee, anyone can attend a meeting for free, to see if TOPS is for them.

For more information, call Susan Messick at (910) 540-7652.

Interested in a Veteran's Support Group?

Please let us know!
Call (336) 415-4225

**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**

Advertising space is available in this newsletter.

Low Rates!

Call (336) 415-4225 for prices.

**CALL TODAY
TO START PLANNING FOR
TOMORROW**



**PAGLEN
LAW OFFICE**

Louise M. Paglen, Attorney at Law
Licensed in NC and VA

ELDER LAW & SPECIAL NEEDS • TRUSTS • WILLS
ESTATES • ADOPTION • DIVORCE • CUSTODY

883.372.6555 • office@paglenlaw.com

ALLEGHANY OFFICE **SURRY OFFICE**
114 S. Main St. | Sparta, NC 124 W. Kapp. St. | Dobson, NC



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

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.

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

Call for a free,
no-obligation appointment
(336) 789-4472



172 West Independence Blvd. ▪ Mount Airy, NC 27030

The advertisement for Mountain Valley Hospice & Palliative Care is set against a black and white photograph of an elderly couple walking away from the camera on a path. The man is on the left, wearing a light-colored jacket and a cap, and is using a cane. The woman is on the right, wearing a light-colored jacket. In the upper right corner of the ad, there is a logo consisting of a stylized house with a heart above it. Below the logo, the text 'Mountain Valley' is written in a large, white, serif font, with 'Hospice & PALLIATIVE CARE' in a smaller, white, sans-serif font underneath. To the right of the map, the text 'We are with you every step of the way' is written in a white, cursive font. At the bottom right, the phone number '888.789.2922' and the website 'mtnvalleyhospice.org' are displayed in a large, white, sans-serif font. A map of North Carolina is overlaid on the lower left, with several counties labeled: FULASK, WYTHE, FLOYD, FRANKLIN, GRAYSON, CARROLL, PATRICK, HENRY, PITTSVILLE, ALLEGANY, SURRY, STOKES, WILKES, YADKIN, FORSYTH, and DAVIE. Stars are placed on the map to indicate service areas in Carroll, Patrick, Henry, Surry, and Yadkin counties.