



Surry County Senior Center

A Quarterly Publication for Participants, Staff, and Community

JULY/AUGUST/SEPTEMBER 2019

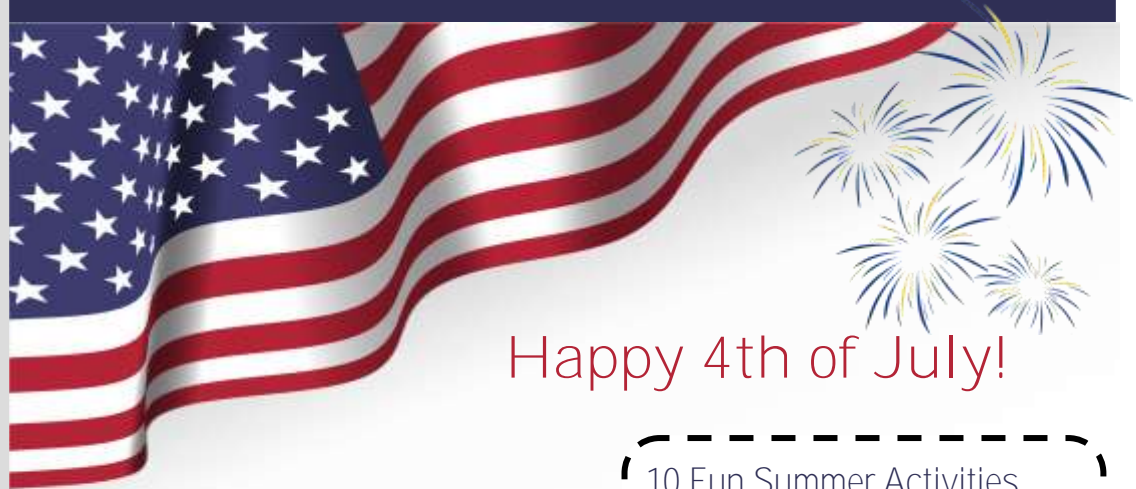
Mission Statement

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

July 4th
Independence Day

September 2nd
Labor Day



Happy 4th of July!



We are excited to announce that the YVEDDI Surry County Senior Center received a \$500 grant from Walmart Giving!

We can't wait to offer more exercise and art classes to Surry County Senior Center participants.

Thank You Walmart!



We are so proud of Susan Lawrence, Mount Airy Nutrition Specialist.

She continues to work hard to keep our seniors safe!

Thank you for going above and beyond!

10 Fun Summer Activities

1. Take a Nap in a Hammock (provided along the beautiful greenway trail behind Roses and Lowe's Foods in Mt. Airy)
2. Go Fishing (also available along the greenway)
3. Try your hand at Bird Watching
4. Visit the Museum
5. Take a Ghost Tour through the Mt. Airy Museum of Regional History
6. Visit a local park for a picnic
7. Visit your local library
8. Take in a July 4th parade or Fireworks Display
9. Take an early morning or late evening walk
10. Check out your local Senior Center



YVEDDI RSVP VOLUNTEER APPRECIATION AND AWARDS

April 29, 2019

April is National Volunteer Recognition Month, and on Thursday, April 25th, the Yadkin Valley Economic Development District, Inc. (YVEDDI) Senior Services team assisted the Retired Senior Volunteer Program (RSVP) and Carolyn Gentry, RSVP Manager, in recognizing the volunteers registered through RSVP who provide so many valuable services to the people of Surry and Yadkin Counties.

A banquet was provided for the volunteers, and each one was presented a goody bag.

Last year 158 RSVP volunteers provided more than 19,861 hours of service with an economic value of more than \$490,000.00!

Surry County Commissioner and Chairman of the YVEDDI Board of Directors, Eddie Harris recognized the top volunteers who had each logged more than 600 hours of service this past year at the YVEDDI board meeting that evening:

- Dr. Ed Stevens, YVEDDI Board member and Pilot Mountain Nutrition Site volunteer

Others included:

- Henry Hutchens, who volunteers at the Yadkin County Nutrition Site
- **Ivan Orta-Gonzalez**, who volunteers at the Jonesville Nutrition Site
- **Jimmy Bowman**, who volunteers at the Yadkin County Nutrition Site

Also recognized was Barbara George, who volunteers with the American Red Cross. Barbara has volunteered 1,948 hours of her time in the last year and was selected to receive the **Governor's Medallion Award**. Barbara was recognized at the Governor's Medallion Award ceremony in Raleigh on May 6th.

If you are age 55 or older and are interested in a rewarding volunteer opportunity in your community, please call YVEDDI RSVP Manager, Carolyn Gentry at 336.786.6155, ext. 224.



Eddie Harris & Dr. Edward Stephens



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Tune into WSYD 1300 AM on Friday mornings at 9:30 am for "Prime Time Live" for the latest updates on the Senior Center and other local senior resources and activities.

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.

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.



Brack Llewellyn (Play Director) and the Surry Senior Center are organizing a senior theater group, **“The Well Seasoned Players”**

If you are interested in joining our group, please call (336) 415-4225
No experience necessary.

All plays will be performed at the L.H. Jones Family Resource Center.

Fundraiser proceeds benefit the Surry Senior Center

Peach Pie Yogurt Cups

Yield: 4

Prep Time: 15 minutes

Total Time: 15 minutes

- 3 cups peeled and chopped peaches (roughly 3-4 peaches)
- 1/2 cup Greek yogurt
- 1/4 cup packed brown sugar
- 1 tablespoon lemon juice
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/4 cup milk (optional)
- 2 tablespoons graham cracker crumbs



Instructions

In a blender, blend together the peaches, yogurt, brown sugar, lemon juice, cinnamon, vanilla, and almond extract until smooth, 1-2 minutes. If the peaches aren't very juicy, you may need to add 1/4 cup milk to help it blend smoothly. Pour through a fine mesh strainer into a large bowl, discarding any solids.

Pour peach mixture into 5-ounce plastic cups. Cover the tops with foil then make a small hole in the center to insert wooden popsicle sticks. Alternatively, you can use a popsicle mold. Freeze until firm, preferably overnight. Before serving, roll in graham cracker crumbs



Hearing Impaired Equipment Sessions

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

- July 11th
- August 8th
- September 12th

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.

Carolyn Gentry, RSVP Manager attended the 2019 Governor's Medallion Award for Volunteer Service Recognition Ceremony and Reception that was held on May 6, 2019 in Raleigh, North Carolina.



Alexandria Cooley, Barbara George, Caroline Simpson, and Carolyn Gentry

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: Tai Chi (Conf. Room)
11:00 am: Ukulele Practice Room 205
1:00 pm: Recycled Teenagers Senior Bowling (held at Mount Airy Lanes) \$
3:30 pm: Shag Dance practice (Conf. Room)

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

1st Tuesday of each month 9 am –4 pm: All day Scrapbooking Room 212
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)

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

10:00 am: BINGO
1:00-4:00 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: M-Th 9:30am to 4:15pm



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



Our beautiful gardens at the Surry County Senior Center

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)
 - Men's clothing (all sizes)
 - Blankets
 - Children's clothing (2T to Junior sizes)
 - Shoes (especially men's)
 - 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.



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. | 280 sq. ft. |
| 615 sq. ft. | 556 sq. ft. |
| 586 sq. ft. | 162 sq. ft. |
| 553 sq. ft. | |



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.



Watercolor Classes

Painting by Sandi McCallum

SCHEDULE

	Series I	Series II
	MONDAYS	MONDAYS
June 17th	9:30 am - 12:30 pm	August 5th 9:30 am - 12:30 pm
June 24th	9:30 am - 12:30 pm	August 12th 9:30 am - 12:30 pm
July 1st	9:30 am - 12:30 pm	August 19th 9:30 am - 12:30 pm
July 8th	9:30 am - 12:30 pm	August 26th 9:30 am - 12:30 pm

Adults of any age or artistic experience are welcome!

We focus on using watercolor paint on drawn or traced subjects and learn techniques for making corrections.

\$60.00 per series
Includes all supplies
(Refunds are not given for missed classes.)

Reservations Requested

Instructor: Andrea Morrison
(276) 755-3040 or
rstbrush@hotmail.com

YVEDDI
YOUNG VETERANS EDUCATIONAL DEVELOPMENT INSTITUTE

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

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



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

Hot Hot Weather Is Here!
Are You And Your Family Ready?
Are you in need of a new HVAC system?

YVEDDI Weatherization, Inc. may be able to help you obtain the *financing* you need for an affordable, energy-efficient heating and cooling unit.

**For more information,
please call (336) 367-3535**

YVEDDI Weatherization, Inc.
3800 River Road • Boonville, NC 27011

Equal Opportunity Employer and Service Provider

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:

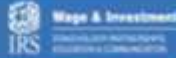
NC Cooperative Extension Service “
915 Atkins Street Suite 300
Dobson, NC 27017
(336) 401-8025

Surry County Government Resource Center
1218 State Street
Mount Airy, NC 27030
(336) 783-8500



VITA 50 ANNIVERSARY

VITA - One Tax Season At A Time Since 1969



MT AIRY MEAT CENTER \$200 GIFT CERTIFICATE RAFFLE

Drawing held on June 21, 2019

Winner: Marsha Brady

Raised: \$589

Benefits: Meals on Wheels (Surry County)



VIP (Visually Impaired Support Group)

The Visually Impaired Support Group no longer meets at this location.

For more information on services for the blind, please contact the local Services for the Blind Social Worker, Hope Sprinkle at (336) 783-8500.

Happy 50th Anniversary VITA, One Tax Season at a Time Since 1969!

Congratulations to the IRS certified volunteer tax preparers from Mount Airy Public Library/Surry County Senior Center. This was the 1st year partnering with the IRS to provide free tax preparation through the Volunteer Income Tax Assistance (VITA) program. VITA offers free tax help to people who generally make \$55,000 or less, persons with disabilities and limited English-speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals.

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

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.



Shag Dance Practice

Mondays at 7:00 pm
 Wednesdays 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*



**RSVP PROGRAM
 (RETIRED SENIOR
 VOLUNTEER PROGRAM)**

Giving & Receiving

There is a CRITICAL need for Volunteer Drivers to deliver meals to home-bound seniors in Mount Airy & Pilot Mountain.

Volunteer mileage reimbursement and volunteer insurance may be available.

If you are age 55 or older and are interested in a rewarding volunteer opportunity in your community, please call the YVEDDI RSVP Manager, Carolyn Gentry at (336) 415-4247 or email cgentry@yveddi.com.

On Friday, May 17th, 2019, NC MedAssist was on-site for a Free Over the Counter Medicine Give Away Event.

We had a good first time turnout!

We served a total of 507 people; 118 were uninsured and 52 were homebound seniors

The most impressive part is the total number of uninsured participants averages out to be 23%.

A special thanks to all the wonderful volunteers and vendors that came out to help make this event a great success!



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



Give blood.
Every 2 seconds someone in the U.S. needs blood.
American Red Cross




Blood Drive
Yadkin Valley Economic Development District, Inc.
Conference Room
533 N. Carolina Ave., Hwy 601
Boonville, NC 27011
Tuesday, July 2, 2019
12:00 p.m. to 4:30 p.m.

Help Save Lives! Give Blood!

Please contact Allison Chappell at 336-367-4993, ext. 231, or email awinters@yvheadstart.com. You may also visit redcrossblood.org and enter keyword: Yadkin Valley.

Please bring photo ID!



1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2018 The American National Red Cross



Acrylics Painting Classes

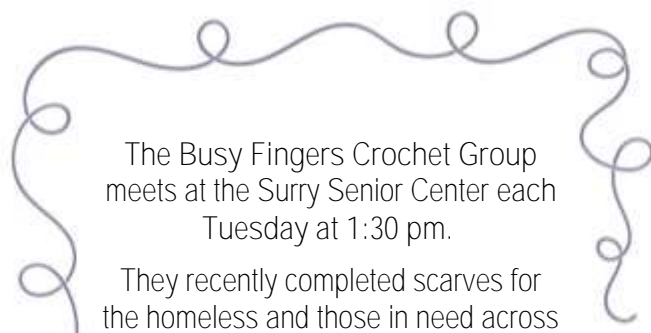
Beginning March 20th, 2019

Every Wednesday 1:00 –4:00 p.m.
\$5.00 per student/per class
Instructor Dr. Katherine Rose-Plum

If you have any supplies, please bring them to class. If you don't have art supplies, come anyway, we will have some available.

No experience is necessary!

Pilot Mountain Senior Center
 873 Old US 52 Bypass • Pilot Mountain, NC 27041
 (336) 368-2012 ext. 203

The Busy Fingers Crochet Group meets at the Surry Senior Center each Tuesday at 1:30 pm.

They recently completed scarves for the homeless and those in need across Surry County. The project was called, **“Scarves Across Surry”** and many local organizations came together to complete the project.

The Scarves were given to the **Shepherd’s House** who then distributed throughout the community.

Anyone of any skill level of knitting or crocheting is invited to attend this group.

You must bring your own supplies.

For more information please contact the senior center at (336) 415-4225.



BINGO Bash
 Event held on April 26, 2019
 Raised: \$3,001
 Benefits: L. H. Jones Family Resource Center
 Special thanks to all the JFRC staff and volunteers that helped make the event a success.



BINGO Every Wednesday at 10 AM
 Pilot Mountain Senior Center
 873 Old US 52 Bypass
 Pilot Mountain, NC 27041
 (336) 368-2012 ext. 203



Day Trip to *Shatley Springs*

We will eat breakfast at Shatley Springs, visit Holy Trinity Church in Glendale Springs to see the Fresco, visit the gift shop at the church, visit the Ashe County Cheese Factory and Store and enjoy an ice cream at McDonalds in Wilkesboro on the way home.

\$20.00 per person

Includes transportation and breakfast (tax and tip)

Shopping and ice cream on your own.

Departs
From Roses parking lot at 7:30 a.m.

We do not have a set time to return.

THURSDAY

Sept. 5



This trip is expected to fill up fast!
Limited Seating
Reserve your seat today!

Surry Senior Center
(336) 415-4225



www.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.

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

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 as-sure your needs are met.

Call today! 336-789-2273

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 background image 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 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 the Mountain Valley region is overlaid on the lower left, showing various counties with stars indicating service areas. The counties shown are: FULASKI, WYTHE, FLOYD, FRANKLIN, GRAYSON, CARROLL, PATRICK, HENRY, PITTSYLVANIA, ALLEGANY, SURRY, STOKES, WILKES, YADKIN, FORSYTH, and DAVIE. IRREDELL is also partially visible at the bottom.