

Surry County Senior Center

APRIL / MAY / JUNE 2017

Mission Statement

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

17th ANNUAL

Yadkin Valley Senior Games

May 5th - June 8th, 2017



REGISTRATION: February 1 - March 31, 2017 (on paper)
 March 1st - March 31, 2017 (on paper, or online)
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 and Bowling events and \$0.75 extra for online registration)

REGISTRATION DEADLINE March 31, 2017

- 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 Recreation 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

Humana



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

Holiday Schedule

April 14
 Good Friday

May 29
 Memorial Day

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.

MOUNT AIRY CENTER

MONDAYS

10:00am: Yoga Lite (Conf. Room)

10:00 am - 1:00 pm Computer Basics Class (Please call to register)

11:15am: Dance Mix w/Tracie (Conf. Room)

12:30PM: Granite City Kickers (dance) (Conf. Room)

1:30pm: Scrap-a-Lattes (scrapbooking) (Rm. 205)

7:00pm: Shag Dance practice (when lessons are not in session) (Conf. Room)

TUESDAYS

9:00am: Painting with Phyllis (Room 205) \$

1:00pm: "Busy Fingers" Crochet (Room 205)

7:00pm: Ballroom Dance practice (Conf. Room) \$

WEDNESDAYS

10:00am: Blended Bingo (Room 205)

10:00am: Tai Chi (Conf. Room)

12:00pm: Line Dance with Blanche (Conf. Room)

1:00pm: Recycled Teenagers Senior Bowling (Mount Airy Lanes-off site) \$

3:30pm: Shag Dance practice (when lessons are not in session) (Conf. Room.)

7:00pm: Friends of Dance (Conf. Room.)

THURSDAYS

9:30am: Bridge Club (Room 204)

12:00pm: "Silver Voices" Senior Choir (Rm. 212)

1:00pm: Open Cards (Rook, etc) (Room 204)

7:00pm: Ballroom Dance Class (Conf. Room)

SUNDAYS

7:00pm: Mayberry Squares (Square Dancing) (Conf. Room)

MONTHLY ACTIVITIES/EVENTS

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

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

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

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

1st Friday, 1:00pm: 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)

PILOT MOUNTAIN SATELLITE CENTER

MONDAYS

12:00pm: Knitting Group

12:30PM: Quilting Club

TUESDAYS

12:00pm: Rook Club

1:00pm: Dance Mix with Tracie

WEDNESDAYS

10:30am: Tai Chi with Rick Baudino (held offsite at the Living Room)

THURSDAY

12:30pm: 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



Volunteer Spotlight



From left to right, elder Jarman, elder Zesiger, Master Gardener Joe Sloop, elder Cannon, elder Banda.

Volunteer Spotlight On...

This time our Volunteer Spotlight shines on these men who are making it possible for some of our seniors to have a nice raised bed garden here at the Surry County Senior Center at the Jones Resource Center. The young men are elders from the Church of Jesus Christ of Latter-day Saints. They volunteer their time at the Jones Family Resource Center 2 days each week and do just about anything they are asked to do. On this day, they, along with Master Gardener Joe Sloop, who is also volunteering his time to help our gardeners, were unloading compost for the gardens on one of the windiest and coldest days of March. Many thanks to the young elders and to Joe Sloop, some of our seniors will have fresh vegetables this summer.

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

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.

FIRE UP THE GRILL!



Raffle

\$250 Gift Certificate to Mount Airy Meat Center

Tickets on Sale Now!

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

Tickets \$2.00 each

Drawing will be held Wednesday June 21



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



Interested in a
 Veteran's Support
 Group?
 Please let us know!
 Call (336) 786-6155
 ext. 225

Mondays
10:00 AM - 12:00 PM
April 17 & 24
May 1 & 8

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

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

Adults of any age or artistic experience are welcome

Reservations Requested

Contact

Andrea Morrison at (276) 755-3040 or
rtstbrush@hotmail.com



For more information about any Senior Center event, activity or program, call 336-786-6155 ext. 225, or e-mail manager Jane Surratt at JSurratt@yveddi.com.



Life Line Screenings Offered
May 19

Life Line Screening, a leading provider of community-based preventive health screenings, will offer their affordable, non-invasive and painless health screenings at Surry County Senior Center.

Five screenings will be offered that scan for potential health problems related to: blocked arteries which is a leading cause of stroke; abdominal aortic aneurysms which can lead to a ruptured aorta; hardening of the arteries in the legs which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis.

Register for a Wellness Package which includes 4 vascular tests and osteoporosis screening from \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete.

In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit www.lifelinescreening.com/communitycircle or text the word circle to 797979

BINGO Bash

Please Join Us...

Friday April 28

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, 2 coverall, and 10 door prize tickets

Prizes include items from:

- Pampered Chef
- Sabika
- Origami Owl
- Thirty One
- LuLaRoe
- and more.

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

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.

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:

April 13th

May 11th

and **June 8th**

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.

NoneSuch Playmakers Presents

Steel Magnolias

By Robert Harling

Directed By Brack Llewellyn

Friday, May 12th

7:00 PM

Admission \$10

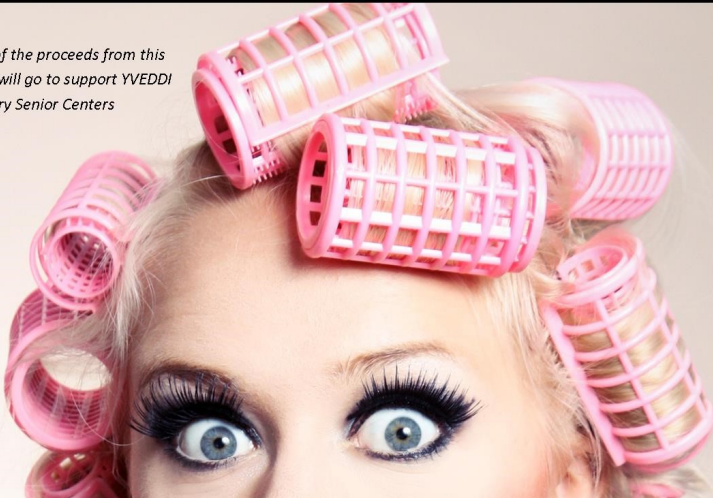
Saturday, May 13th

7:00 PM

Purchase Reserved Tickets At:
YVEDDI Surry County Senior Centers in
Mount Airy and Pilot Mountain

The L. H. Jones Auditorium 215 Jones School Road | Mount Airy, NC 27030 (336) 786-6155

A portion of the proceeds from this production will go to support YVEDDI Surry Senior Centers



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.



Master Gardener Joe Sloop gives planting tips to Dot Shikenjanski, Jane LaPrade, and Connie Hennis.

Powerful Tools for Caregivers class to be offered.

This program will help you take care of yourself while caring for a relative or friend. *Powerful Tools for Caregivers* is a nationally awarded and recognized educational program designed to help family caregivers. No "professional" caregivers, please.

CLASS SCHEDULE:

Fridays, April 21 – May 28 from 9:00 am until 11:00 am

LOCATION: Yadkin Valley Senior Center
21 Delos Martin Drive, Jonesville, NC

REGISTRATION INFORMATION:

You **must** sign up by APRIL 14, 2017 by contacting: Allison Brown at 336-504-1568 or atbrown@mtnvalleyhospice.org or Mary Jane Jenkins at 336-783-8807 or jenkinsm@co.surry.nc.us



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



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



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.

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.

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



Is it time for your annual mammogram?

Novant Health Breast Center mobile unit will be on-site

Do I need an appointment? An appointment is required. Call Shirley Key at 336-368-2012 ext. 203

Is this covered by insurance?
Mammograms are covered as a preventive screening under most insurance plans. For your convenience, we will file a claim with your insurance provider on your behalf.

What if my last mammogram was not at a Novant Health facility?
You can still receive a mammogram on our mobile mammography unit. Our team will contact your previous provider to obtain films from your most recent mammogram. Past results are necessary to ensure

April 4, 2017

Pilot Mountain Senior Services

Armfield Civic Center, Pilot Mountain

9am to 4pm

Benefits of the Novant Health Breast Center mobile unit

- Expert team of female technologists
- State of the art digital mammography
- On-site convenience with the luxury & privacy of a traditional imaging center



YVEDDI Surry Senior Centers

215 Jones School Road
Mount Airy, NC 27030

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



Senior Advocacy:

Check out the **Advocacy Bulletin Board** at the center. Current contact information for all Surry County elected officials is available for your use along with current election calendars and information.

Voter registration forms are available for you at the center. You may pick one up free of charge and fill it out on your own or assistance is available if needed.



Volunteer Opportunities:

Volunteer opportunities are available at the Senior Center and throughout the community.

We'll be glad to assist you in finding a rewarding volunteer position to enjoy.

Advertising space is available in this newsletter.

Low Rates!

Call 786-6155 x225 for prices.

**YOUR AD
HERE**

**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!



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

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.

you have a choice . . .
we can help

Mountain Valley
Hospice & PALLIATIVE CARE

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



172 West Independence Blvd.
Mt. Airy, NC 27030

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**