

Mission Statement

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

Surry County Senior Center A North Carolina Certified Senior Center of Excellence

JULY / AUGUST / SEPTEMBER 2015

From the Director's Chair...



THE NEXT 20 YEARS

Just a few weeks ago your Surry County Senior Center celebrated its 20th anniversary. Over the past two decades your Senior Center has grown dramatically, expanding its reach, defining its purpose and establishing itself as a proactive advocate for seniors throughout Surry County. The Surry Senior Center of 2015 is an energetic place, buzzing with activity, opportunity and shared experiences.

Now it's time to look to the future, for as Henry David Thoreau said, "Never look back unless you are planning to go that way." The next 20 years will see changes for seniors never before imagined. By 2035 one fourth of North

Carolina's population will be age 60 or older. Here in Surry County, an estimated 30 percent of our citizens will be over 60. The demand for all senior services will continue to grow at an ever-increasing rate as well.

And that's where your Senior Center comes in. We want the next 20 years to be an era of growth and evolution to meet the needs and wants of our seniors. We're planning increased and more diverse programming, more community outreach, a stronger presence online and in traditional media and more vigorous advocacy efforts for older adults, plus lots of "outside the box" thinking about fundraising and program sustainability.

Yes, that's going to be a lot of work, and most likely we will be undertaking that work in an environment of decreased funding. That's why we need *everyone* to be a part of our future. Your support, your participation and your volunteerism are all key ingredients in the recipe of our future growth. Together we can make your Senior Center's next 20 years true "golden years."

So, happy 20th birthday, Surry County Senior Centers. Our best days are ahead of us. Let's get started.

~ Brack Llewellyn ~

Holiday Schedule

July 3rd
Independence Day

Sept. 7
Labor Day

Volunteer Spotlight

Our Volunteer Spotlight shines on the Staff of the Yadkin Cultural Arts Center



This time our Volunteer Spotlight shines on a true North Carolina treasure: The beautiful Yadkin Cultural Arts Center and its amazing staff of professionals. In June the Yadkinville-based YCAC hosted the Silver Arts component of the Yadkin Valley Senior Games for the first time. Everyone at YCAC gladly shared their time and their talents to make the Silver Arts and the Follies our best shows ever. No detail was overlooked. The folks at the YCAC put in many hours to make our event special. Plus, our Follies participants had the opportunity to perform in the state-of-the-art Willingham Theatre, which was filled to capacity. The organization also generously underwrote the cost of the event, which was a real boon to the Senior Games' budget this year! Our sincere thanks to the staff and management of the Yadkin Cultural Arts Center for welcoming the Silver Arts/Follies and all our seniors with open arms. Feels like home to us!

Senior Centers



H	X	D	C	Q	J	N	X	U	V	M	F	U	N	S
U	E	K	A	R	E	C	R	E	A	T	I	O	N	K
B	C	A	Z	N	G	Z	F	T	Z	J	T	M	V	S
F	S	E	L	N	C	R	I	C	S	N	T	U	O	V
N	E	X	L	T	U	E	D	J	Y	P	R	C	L	F
F	M	L	F	E	H	T	S	L	O	K	I	X	U	R
G	A	W	L	F	B	J	R	T	K	A	P	B	N	I
E	G	E	D	O	K	R	L	I	L	R	S	L	T	E
F	A	L	S	J	W	U	A	I	T	B	L	B	E	N
W	A	L	M	I	C	S	Z	T	V	I	W	Z	E	D
S	G	N	M	K	C	A	H	L	I	I	O	O	R	S
L	W	E	I	U	T	R	U	I	A	O	G	N	S	F
T	E	S	H	I	M	Y	E	E	P	C	N	B	J	H
O	F	S	O	X	K	P	W	X	H	B	I	S	V	H
R	D	N	F	J	J	U	Q	I	E	P	B	S	J	K

- BINGO
- CELEBRATIONS
- DANCES
- EXERCISE
- FELLOWSHIP
- FRIENDS
- FUN
- GAMES
- HEALTH
- NUTRITION
- POTLUCK
- RECREATION
- SOCIALIZATION
- TRIPS
- VOLUNTEERS

The Well-Seasoned Players

the Theatre Group of the Surry County Senior Center

proudly present

Twain by the Tale

by Dennis Snee

A Reader's Theatre revue of Mark Twain's stories, sketches and monologues celebrating the wit and timeless perceptions of America's greatest humorist!

Featuring Joe Dellinger, Jane Tesh, Jane Tucker and Brack Llewellyn Musical accompaniment by Dottie Hiatt

Thursday, August 6th at 2:00 p.m. - Free

A "Meet the Cast" social with light refreshments will follow.

Friday, August 7th at 7:30 p.m. - \$5.00 per person

The Jones Family Resource Center

215 Jones School Road

Mount Airy NC 27030

Learn more by calling the Surry Senior Center at 786-6155 ext. 225 or e-mail Brack Llewellyn at brack@yveddi.com.



TWAIN BY THE TALE is produced by special arrangement with Samuel French, Inc.
235 Park Avenue South, New York, NY

The Well-Seasoned Players present "Twain by the Tale"

The wit and wisdom of legendary American author Mark Twain comes to life on the stage August 6th and 7th as the Surry Senior Center's theatre group presents two performances of Dennis Snee's play "Twain by the Tale."

This production of "Twain by the Tale" will be performed by our "Well Seasoned Players" as reader's theatre, wherein the actors spin their dramatic tales with their scripts in hand. The play is simply staged and includes live music of the early 20th century, plus photographs from Twain's era projected on a large screen.

The cast includes local senior theatre veterans Joe Dellinger, Jane Tesh, Jane Tucker and Brack Llewellyn. The accompanist is Dottie Hiatt.

The opening performance of "Twain by the Tale" is Thursday August 6th at 2:00pm and is free of charge.

The second and final performance is Friday August 7th at 7:30pm. Admission to the Friday performance is \$5.00 per person, to help cover the cost of the fees and royalties associated with the play.

Tickets will be sold at the door only.

Both performances will be held in the Conference Room at the Jones Family Resource Center, 215 Jones School Road, Mount Airy. More information is available by calling the Surry Senior Center at 336 786-6155 ext. 225, or e-mail Center director Brack Llewellyn at brack@yveddi.com.

Volunteers Needed!

Volunteers are always the heart of any successful program.

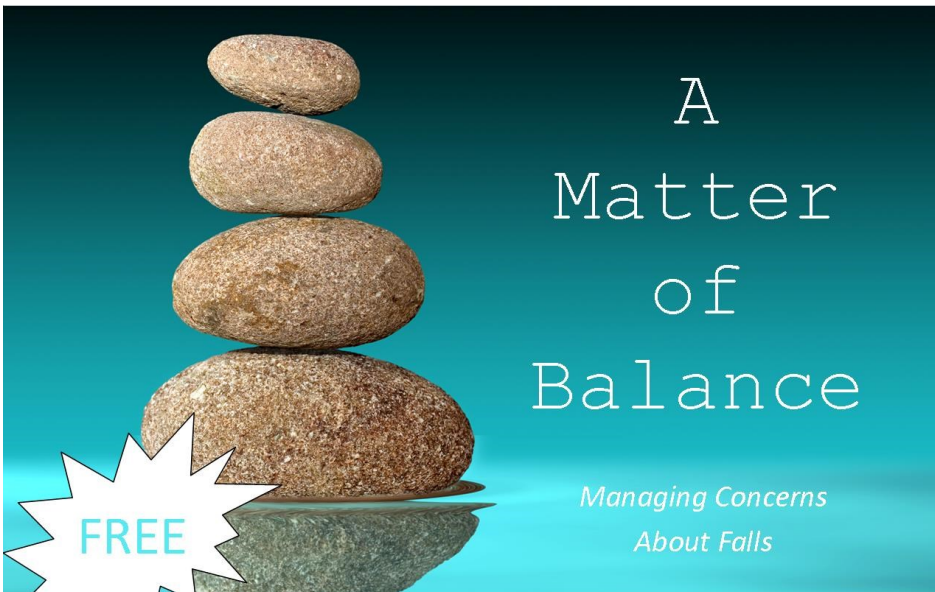
The programs/agencies below have opportunities for those who wish to volunteer.

YVEDDI Meals on Wheels 786-6155 x 233

YVEDDI R.S.V.P 786-6155 x232

Mt. Valley Hospice 789-2922

SHIIP - Insurance Counseling 401-8025



Every Tuesday - July 7th through August 25th
(eight two-hour sessions)

- Learn Valuable information about falls and fears of falling.
- Set realistic goals to increase activity.
- Change your environment to reduce the risk of falls.
- Learn exercises to increase strength and balance.

To register or to learn more, call the Surry Senior Center at (336) 786-6155, ext. 225

Space is limited.

All materials, snacks and water provided.



Surry County Senior Center ▪ 215 Jones School Road Mount Airy, NC 27030

2015 "Reindeer Hop!"

The Surry Senior Center's
Annual Christmas Dance

Friday December 18th

More details to come!

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

As a doctor for older people I thought I had heard it all until one day a older fella walked in and told me he has big problems. So I told him not to worry about a thing, I said let me guess, "You're having problems peeing in the morning?" "No," he replied. " I do it like clock work, every morning at 9 o'clock." "OK, so it must be you're having trouble with the bowel movements?" I questioned. " No," he tells me. " I do it every morning at 9:30 like clock work." So I said, "alright, you stumped me." He tells me, "the problem is I sleep till 10!!!"

A New Local Service for the Hearing Impaired at the SCSC

Your Surry Senior Center in Mount Airy is partnering with the North Carolina Division of Services for the Deaf and the Hard of Hearing to host monthly Equipment Distribution Service meetings. Beginning in September, representatives from the DSDHH will be at the Center each second Thursday from 9:30am until 12:30pm (see the schedule below).

At these gatherings, seniors with hearing challenges and their families can:

- Get information on products and services
- Obtain an assessment of their equipment needs
- See demonstrations of equipment for the deaf and hard of hearing
- Set up an in-home consultation
- Get application assistance for equipment and services
- Receive technical assistance ...and more!



The Equipment Distribution Service meetings for the rest of the year are:

TUESDAY SEPTEMBER 10, 9:30am-12:30pm

TUESDAY OCTOBER 8, 9:30am-12:30pm

TUESDAY NOVEMBER 12, 9:30am-12:30pm

TUESDAY DECEMBER 10, 9:30am-12:30pm

All these meetings will be held in Senior Center Room B at the Surry Senior Center, 215 Jones School Road, Mount Airy, NC. To learn more call the Center at 336 786-6155 ext. 225.

PLEASE CONTACT THE SENIOR CENTER AT
(336) 786-6155 EXT.225 IF YOU NEED MORE
INFORMATION ON ANY ACTIVITY OR EVENT.



FUNdraising Dance for the United Fund of Surry

Friday, September 25th

Entertainment by The Stan Bobbitt Band

7:00 to 10:00pm in the Auditorium.

Open to all ages. Only \$7 admission at the door.
Call Annalisa or Brack for more information.

Senior Fun Day at the Park

for ages 55 and older

Tuesday, September 15, 2015
2:00 to 4:30 p.m.

Veteran's Memorial Park Grandstand

691 W. Lebanon Street • Mount Airy, NC

No admission fee or parking fee for ages 55 and older!



Live Entertainment by **Dennis Tolbert & Friends** (A Local Favorite)

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



Door Prizes: Grand Prize includes a beautiful rocking chair donated by Brannock & Hiatt Furniture!

No outside chairs, please.

Sponsored by



Hosted by



YVEDDI Surry Senior Center



Door Prizes • Goodies • Refreshments • Contests

Newsletter Distribution

You can receive this newsletter by the following ways:

- 1) Free by email. Please share your email address with us, if you have one, so you can receive your newsletter by email. You may also view the newsletter on-line at www.yveddi.com
- 2) Pick-up for free at various locations throughout our local area. Look for the newsletter rack that has our "Off Our Rockers" cartoon.

Contributions to the YVEDDI Surry County Senior Center

- Consumers contributions are accepted, appreciated, and are tax-deductible.
- Contributions are entirely voluntary and there is no obligation to contribute.
- Contributions collected will be used to expand the service(s).
- Client's participation in consumer contributions shall be confidential.
- The Surry County Senior Center financial report is available for viewing upon request.

Contact Brack Llewellyn at 786-6155 x 225 or brack@yveddi.com if you have any questions regarding consumer contributions.

Questions about Medicare?

SHIIP can help! 800-443-9354

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

Medicare is a confusing topic for most people, but the Seniors' Health Insurance Information Program. (SHIIP) is available to help you work through your options. If you have any questions or concerns about your Medicare options, call SHIIP at 1-800-443-9354.

One-on-One Insurance Counseling is available at the Senior Center through **SHIIP** upon request. The Senior Center can assist with making these appointments. **NOTE:** Appointments are available by appointment only and are subject to the availability of a certified SHIIP Counselor.

Prescriptions Drugs? Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. You may apply online at www.socialsecurity.gov, or contact the SHIIP (Senior Health Insurance & Information Program.) office toll free at 800/443-9354 and we may assist them with completing the on-line application process or send them a paper application.

A man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair. He spoke softly to her, "Honey, can you hear me?"

There was no response.

He moved a little closer and said again, "Honey, can you hear me?"

Still, there was no response.

Finally he moved right behind her and said, "Honey, can you hear me?"

She replied, "For the third time, Yes!"

How You Can Give...



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

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.

YVEDDI
 YADKIN VALLEY ECONOMIC
 DEVELOPMENT DISTRICT, INC.

Senior Bowling Luncheon

Sponsored by the Surry County Senior Center

FREE LUNCH!

**FUN!
 FUN!
 FUN!**

Open to all levels of abilities, ages 50+

Join Us

Spaces limited, sign-up by calling the Senior Center at 786-6155 ext. 225

**Wednesday, July 8th
 12:00 p.m.
 Mount Airy Lanes**

Participants will pay the bowling alley directly for games played and shoe rental (if any).

Mount Airy Senior Center Calendar of Events July/Aug/Sept 2015

Weekly Activities (activities are no charge unless noted below)

Sun	Mon	Tue	Wed	Thu
<u>7:00 p.m.</u> Square Dance Class (Modern Western Style) Call for class fee Hosted by Mayberry Squares Dance Club	<u>10:00 a.m.</u> Yoga Lite <u>11:15 a.m.</u> Dance Mix <u>12:30 p.m.</u> The Granite City Kickers <u>1:30 - 4:30 p.m.</u> Scrap-a-Lattes <u>7:00 p.m.</u> Shag Dance Practice	<u>9:00 a.m.</u> Painting with Phyllis \$2.00 per class <u>1:00 p.m.</u> Busy Fingers (crochet) <u>7:00 - 9:00 p.m.</u> Ballroom Dance Practice \$1.00 fee	<u>10:00 a.m.</u> Blended Bingo <u>10:30 a.m.</u> Tai-Chi \$4.00 per class <u>12:00 p.m.</u> Line Dance with Blanche <u>1:00 p.m.</u> Bowling at Mt. Airy Lanes \$1.50 per game <u>3:30 p.m.</u> Shag Dance Practice <u>7:00 p.m.</u> Friends of Dance	<u>9:30 a.m.</u> Bridge Club <u>1:30 p.m.</u> Rook <u>7:00 - 9:00 p.m.</u> Ballroom Dance Class \$1.00 fee

Monthly

▪ **Chrismon Class:** Second Thursday of each month from 1:00 to 5:00 p.m. (Floating)
\$1.00 Senior Center Fee. *No instructor, just a supportive group.

▪ **Compassion Circle Outreach Ministry**
Third Thursday of each month at 6:00 p.m. Senior Center Room A. Open to all ages.

▪ **Mayberry Mad Hatters (Red Hat Club)**
Times & locations will vary depending on activity. Call for schedule.

▪ **Chapters Book Club:** Third Thursday of each month. 11:30 a.m. in Senior Center Room A.

▪ **Lifelong Learning Series:** Time/date varies. Brack Llewellyn and guest speakers, will share their knowledge about history, literature, travel, art and more!

▪ **Free Blood Pressure Checks:** Last Friday of each month in Senior Center Room B. 9:30 to 10:30 a.m. Courtesy of Mt. Valley Hospice and Palliative Care.

FREE Drop-In Activities: Available to adults 50 plus to enjoy onsite while the center is open to the public. These activities include:

▪ Public computer with high-speed internet access available in Senior Center Room B when scheduled activities are not taking place.

▪ Board Games are available, including checkers, chess, puzzles, and more. Grab a friend or two and play one of our games. Games are stored in Senior Center Room A.

▪ Television, Books & Magazines are available.

▪ Ping Pong Table & access to gym when scheduled activities/rentals are not taking place.

Pilot Mountain Senior Center Calendar of Events July/Aug/Sept 2015

Weekly Activities (activities are no charge unless noted below)

Mon	Tue	Wed	Thu
<u>12:00 p.m.</u> Knitting Club	<u>12:00 p.m.</u> Yoga Lite	<u>10:30 a.m.</u> Tai-Chi	<u>12:30 p.m.</u> Bridge Club
<u>12:30 p.m.</u> Quilting Club	<u>12:00 p.m.</u> Rook Club		
	<u>1:00 p.m. - 2:00 p.m.</u> Dance Mix with Tracie		



Lunch

11:30 a.m. on the
2nd Friday of Each Month.

Please bring a covered dish
for everyone to enjoy.

We provide tea, water, plates, cups,
folks, spoons, etc.

PLEASE CONTACT THE SENIOR CENTER AT
(336) 368-2012 EXT. 203 IF YOU NEED MORE
INFORMATION ON ANY ACTIVITY OR EVENT.

Senior Center Project Specialist: Shirley Key

Phone number: 368-2012 x203

Fax number: 368-4115

Email: pmseniorcenter@yahoo.com

General Operating Hours:

Monday through Friday
10:00 a.m. to 3:00 p.m.

Office Hours: Varies

Location:

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

PICKLEBALL IS HOT IN PILOT!

Call it "Pickleball Mania!"

In the few short months since your Surry Senior Center and the Armfield Civic and Recreation Center teamed up to offer Pickleball to the seniors in Pilot Mountain, the indoor court at Armfield has been almost constantly occupied. Both men and women are flocking to the center to play, get a great workout and have fun. In the month of December more than 50 seniors enjoyed Pickleball in Pilot, and more are taking up the game every month. Small wonder that it's America's fastest-growing sport! You can be part of "Pickleball Mania" in Pilot Mountain too! Paddles, a ball and a net are provided, or bring your own paddles. There's no charge to play, but you'll need to schedule some time on the court—it's that popular! See Shirley Key at the Pilot Senior Center for more information.

Volunteer opportunities are available at the Senior Center and throughout the community.
We will be glad to assist you in finding a rewarding volunteer position to enjoy.



*Farewell
to
Summer
Dance*



Entertainment by the Stan Bobbitt Band

Tuesday, August 25
7:00 - 9:00 PM
\$5.00 per person

DOOR PRIZES ■ REFRESHMENTS ■ FUN

Pilot Mountain Senior Center
873 West 52 Bypass ■ Pilot Mountain, NC
336-368-2012 ext. 203



Do you have a favorite joke, recipe or other information that you would like to share?

Please submit to
brack@yveddi.com



Poppy Seed Ham Rolls



3/4 cup melted butter
1 1/2 tablespoons Dijon mustard
1 1/2 teaspoons Worcestershire sauce
1 1/2 tablespoons poppy seeds
1 tablespoon dried minced onion
24 mini sandwich rolls
1 pound thinly sliced cooked deli ham
1 pound thinly sliced Swiss cheese

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
2. In a bowl, mix together butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion. Separate the tops from bottoms of the rolls, and place the bottom pieces into the prepared baking dish. Layer about half the ham onto the rolls. Arrange the Swiss cheese over the ham, and top with remaining ham slices in a layer. Place the tops of the rolls onto the sandwiches. Pour the mustard mixture evenly over the rolls.
3. Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve. 24 Servings



you have a choice . . .
we can help



789-2922
www.mtnvalleyhospice.org

We're here for you 24/7
Mount Airy, NC • Pilot Mountain, NC • Dobson, NC (Hospice Home)
Elkin, NC • Yadkinville, NC • Hillsville, VA • Stuart, VA

Advertising space is available in this newsletter.

Low Rates!

Call 786-6155 x225 for prices.

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



American Healthcare Services, Inc. In-Home Aide Services

For the Best In-Home Aide Service
Call us at 336-789-2273

We have **ONE** price no matter what day, activities, hours or shifts you choose!! We are not a franchise company; we are a **FULLY** dedicated, locally owned and operated business with your complete **Satisfaction** as our goal! We accept Private Pay, VA, Voucher, Chore Respite, Medicaid, Long Term Care Insurance, and Workers Comp.



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.

Need Help Getting There?



Ride
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!



YVEDDI
YADKIN VALLEY ECONOMIC
DEVELOPMENT DISTRICT, INC.



Advertising space is available in
this newsletter.

Low Rates!

Call 786-6155 x225 for prices.

Want Friendly Reminders?

The Surry Senior Center has an email address book for updates and announcements. Send an email to brack@yveddi.com with "ADD TO EMAIL LIST" in the subject heading to be added to our list. You can unsubscribe at any time.

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

YVEDDI

Surry Senior Centers

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Mount Airy, NC 27030

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Fax: 336.786.1951



PLEASE
PLACE
STAMP
HERE

TO:
