



# Surry County Senior Center

A Quarterly Publication for Participants, Staff, and Community

APRIL/MAY/JUNE 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

April 19th  
Good Friday

May 27  
Memorial Day

## Volunteer Spotlight On...



Our volunteer spotlight this quarter falls on Richard & Sheila Durham. Richard and Sheila are found quite often at the Surry Senior Center Line Dancing with Tracie Artim two times a week. Richard & Sheila volunteer much of their time for the Senior Center each week leading the **"Recycled Teenagers Senior Bowlers"**. Richard & Sheila serve as volunteers helping to recruit and register bowlers for the Yadkin Valley Senior Games. They both participate in bowling for Yadkin Valley Senior Games.

Richard & Sheila have lived in Mt Airy their entire lives. Richard is retired from the Postal Service and Sheila is retired from retail. **They've been married for 45 years and** have 3 children and 5 grandsons. They attend the Salvation Army Church and enjoy gardening, cooking, Sudoku puzzles and participating in senior center activities.

Thank you Richard and Sheila Durham for all you do for the Surry Senior Center!

## 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.



The Surry County Senior Center presents...

# Basic Carolina Shag Class

Every Monday  
7:00 - 8:00 p.m.

March 25th thru April 25th, 2019



To sign up or learn more,  
call the Senior Center at  
(336) 415-4225

Jones Family Resource Conference Room  
215 Jones School Road, Mount Airy

Instructors: Thurman Hollar and Kayla Ellis

Note: The class will need at least 10 people in attendance each week to continue.



## NORTH CAROLINA Senior Games



Senior Opening Ceremony  
April 18th at 9:30 a.m.  
Surry Community College



Silver Arts Program  
June 6th

Visit [www.ncseniorgames.org](http://www.ncseniorgames.org) for more information on the Senior Games Program including the Official Rules of the NC Senior Games

### FREE Over the Counter Medicine GiveAway Event!

**Date:** Friday, May 17, 2019  
**Time:** 9:00 AM—2:00 PM  
**Cost:** FREE  
**Bring:** Friends, Family & Neighbors  
**Where:** YVEDDI  
Jones Family Resource Center  
215 Jones School Road  
Mt Airy, NC 27030

No ID Required—Must Be 18 or Older

#### Event Details:

- Take Home **FREE** Over the Counter Medicine Items!
- Find out more about NC MedAssist Free Pharmacy Program
- Free Health Screenings

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



Event Made Possible By:



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



**2nd Annual Classic CAR Show & Live Band**

**APRIL 27th**  
**2:00 - 7:00 PM**  
**2019**

A Fundraiser Event to support the programs of YVEDDI

**SILENT AUCTION • RAFFLE • PRIZES • MUSIC • FOOD TRUCKS**

Bring a lawn chair  
NO COOLERS ALLOWED

**Silk Grove Band**  
4:00 PM - 7:00 PM  
Featuring Motown & Beach Music

**RAFFLE PRIZES**  
1<sup>st</sup> Prize - Myrtle Beach Weekend or \$500  
2<sup>nd</sup> Prize - \$200 Cash

Yadkin Valley Economic Development District Inc. (YVEDDI)  
533 N. Carolina Ave. Hwy. 601N • Boonville, NC  
(336) 367-7251

**YVEDDI**  
YADKIN VALLEY ECONOMIC DEVELOPMENT DISTRICT INC.

**\$5 ADMISSION OR FREE ADMISSION WITH PURCHASE OF A \$10 RAFFLE TICKET (children under 12 free)**



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*



### Hearing Impaired Equipment Sessions

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

- April 11
- May 9th
- June 13th

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.

### Want Friendly Reminders?

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

Send an email to [mwhitaker@yveddi.com](mailto: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: 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)  
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

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 Equip-  
ment 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 infor-  
mation)

## 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: M-Th 9:30am to 4:15pm

# Grace's Closet Accepting Donations



**We Need Your Help!**

**Our Clothing Closet is in need of the following items:**

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

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

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




## Raffle Tickets on Sale Now!

**\$200 Gift Certificate**

\$200 Gift Certificate donated by Mount Airy Meat Center

Drawing held  
Friday  
June 21, 2019

**Tickets \$2.00 each**

215 Jones School Road • Mount Airy, NC 27030  
(336) 415-4241



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



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.

### 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.	



# Painting with Phyllis


## Acrylics Painting Class

Offered every Tuesday at  
**9:00 AM**

- Painting on canvas or any recycled item of your choice
- No experience needed
- Painting supplies are provided

**Only \$2.00 per class**

Surry Senior Center  
Room 205  
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](http://www.yveddi.com)
- Look for articles and announcements in The Mt. Airy News and The Pilot Newspaper.
- Listen for announcements on local radio stations such as WSYD, WIFM & WBRF
- Look for announcements on the local Time Warner Cable Channel.
- Follow us on Twitter at [twitter.com/SurrySnrCtrs](https://twitter.com/SurrySnrCtrs)

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

# 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



## Walking Program

Every Thursday at 10 AM  
Beginning April 11<sup>th</sup> through Thursday June 27<sup>th</sup>

We will meet at Riverside Park picnic shelters to walk on the Greenway.

Kasey Summers, with Mt Airy Parks and Recreation is a certified Arthritis Foundation Walk with Ease Program Leader. Kasey will be joining us for several of our walks along with Kimberly Wilson, Family Specialist with Mt Airy Parks and Recreation and Missy Whitaker with the Surry Senior Center.

There will be NO CHARGE for these classes.  
Everyone age 50+ is invited to join us.

**FREE!**

A partnership between Mt Airy Parks and Recreation and the YVEDDI Surry Senior Center.

Surry County Senior Center  
215 Jones School Road • Mount Airy, NC 27030  
Phone: (336) 415-4223



## Questions about Medicare? SHIIP can help! 855-408-1212

The Seniors' Health Insurance Information Program (SHIIP) is available to help you work through your Medicare options. If you have any questions or concerns call SHIIP at 1-855-408-1212. One-on-One Insurance Counseling is available at the Surry Senior Center through SHIIP upon request. The Senior Center can assist in making these appointments. *(Appointments subject to the availability of a certified SHIIP Counselor.)*

Prescription Drugs: Medicare beneficiaries may be eligible for the federal Extra Help/Low Income Subsidy program if he/she has limited income and resources. Seniors may apply online at [www.socialsecurity.gov](http://www.socialsecurity.gov), or contact the SHIIP office. The Senior Center can assist you with completing the on-line application process or with a paper application or contact:

NC Cooperative Extension Service “  
915 Atkins Street Suite 300  
Dobson, NC 27017

Surry County Government Resource Center  
1218 State Street  
Mount Airy, NC 27030





Please Join Us...

Bash

Friday

April 26

2019

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

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.



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



## Classic Tangy Lemon Bars

### Ingredients

#### Crust:

- 3 ounces unbleached all-purpose flour (about 2/3 cup)
- 1.5 ounces white whole-wheat flour (about 1/3 cup)
- 1/4 cup powdered sugar
- 2 tablespoons cornstarch
- 2 teaspoons grated lemon rind
- 1/8 teaspoon salt
- 1/4 cup unsalted butter, chilled and diced
- 2 tablespoons canola oil

#### Cooking spray

#### Filling:

- 1.5 ounces unbleached all-purpose flour (about 1/3 cup)
- 1 1/3 cups granulated sugar
- 2 teaspoons finely grated lemon rind
- 3/4 cup fresh lemon juice
- 1/8 teaspoon salt
- 4 large eggs, lightly beaten
- 2 tablespoons powdered sugar

### How to Make It

#### Step 1

Preheat oven to 350°.

#### Step 2

To prepare crust, weigh or lightly spoon 3 ounces (about 2/3 cup) all-purpose flour and whole-wheat flour into dry measuring cups; level with a knife. Combine flours and next 4 ingredients (through 1/8 teaspoon salt) in the bowl of a food processor; pulse to combine. Add butter and oil; pulse 5 to 6 times or until mixture resembles sand. Pour the mixture into an 8-inch square light-colored metal baking pan coated with cooking spray. Lightly press mixture into bottom of pan. Bake at 350° for 20 minutes.

#### Step 3

To prepare filling, weigh or lightly spoon 5 ounces (about 1/3 cup) flour into a dry measuring cup; level with a knife. Place 5 ounces flour in a large bowl. Add granulated sugar, 2 teaspoons lemon rind, lemon juice, and 1/8 teaspoon salt; stir well with a whisk. Add eggs; gently stir with a whisk until combined. Pour mixture onto hot crust. Bake at 350° for 23 minutes or just until set. Cool completely on a wire rack. Refrigerate for 2 hours before slicing. Sprinkle with 2 tablespoons powdered sugar.

### Chef's Notes

MyRecipes is working with Let's Move!, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

## 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*



painting by Carol Spielvogel

### SCHEDULE

Adults of any age or artistic experience or none are welcome

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

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

#### Reservations Requested

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



#### Series I MONDAYS

March 25

9:30 am - 12:30 pm

April 1

9:30 am - 12:30 pm

April 8

9:30 am - 12:30 pm

April 15

9:30 am - 12:30 pm

#### Series II MONDAYS

April 22

9:30 am - 12:30 pm

April 29 (Practice Day)

9:30 am - 12:30 pm

May 6

9:30 am - 12:30 pm

May 13

9:30 am - 12:30 pm

May 20

9:30 am - 12:30 pm

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



## Acrylics Painting Classes

*Beginning March 20<sup>th</sup>, 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.



## [www.NC211.org](http://www.NC211.org)

Need Help, But Don't Know Where To Turn?

**DIAL 2-1-1**

Free ▪ Confidential ▪ 24 Hours a Day ▪ Any Language

**Your connection to:**

- Basic Needs (food, clothing, shelter)
- Child Care Services
- Consumer Help
- Counseling
- Crisis Intervention
- Health Care
- Housing
- Senior Services
- Support Groups
- Volunteer Opportunities



**Ukulele "Class and Sing Along"**

**Join Us...**

*Beginning January 24th  
Every 2<sup>nd</sup> and 4<sup>th</sup>  
Wednesday*

**11:00 AM - 12:00 PM**

We'll gather to play and sing familiar songs.

Ukulele instruction will be offered to beginners by Dot Shikenjanski (Bring a tenor, concert, or soprano uke)

Experienced musicians welcome. Come sing, even if you don't play.

The fun is contagious and who knows what health benefits may accrue from learning a new skill and making new social connections.

*Practice sessions held on the 1st and 3rd Wednesday at 11 AM in room 205.*

Good Times,  
Singing and Playing

Surry County Senior Center  
Room 204  
215 Jones School Road  
Mount Airy, NC 27030  
(336) 786-6155 ext. 225




**It's Farmer's Market Time!**

The following farmers market will be opening soon:

Mount Airy Opening April 19<sup>th</sup>

Friday 9am-1pm  
111 S Main Street  
Mt Airy, NC 27030  
Beside the Post Office

Elkin Opening April 20<sup>th</sup>

Saturday 9am-12 noon  
226 N Bridge St  
Elkin, NC 28621

Dobson Opening April 25<sup>th</sup>

Thursday 3-6 pm  
110 S Crutchfield St  
Dobson, NC 27017  
Dobson Square Park

King Opening April 24<sup>th</sup>

Wednesday 11 am-1pm  
YMCA lower parking lot

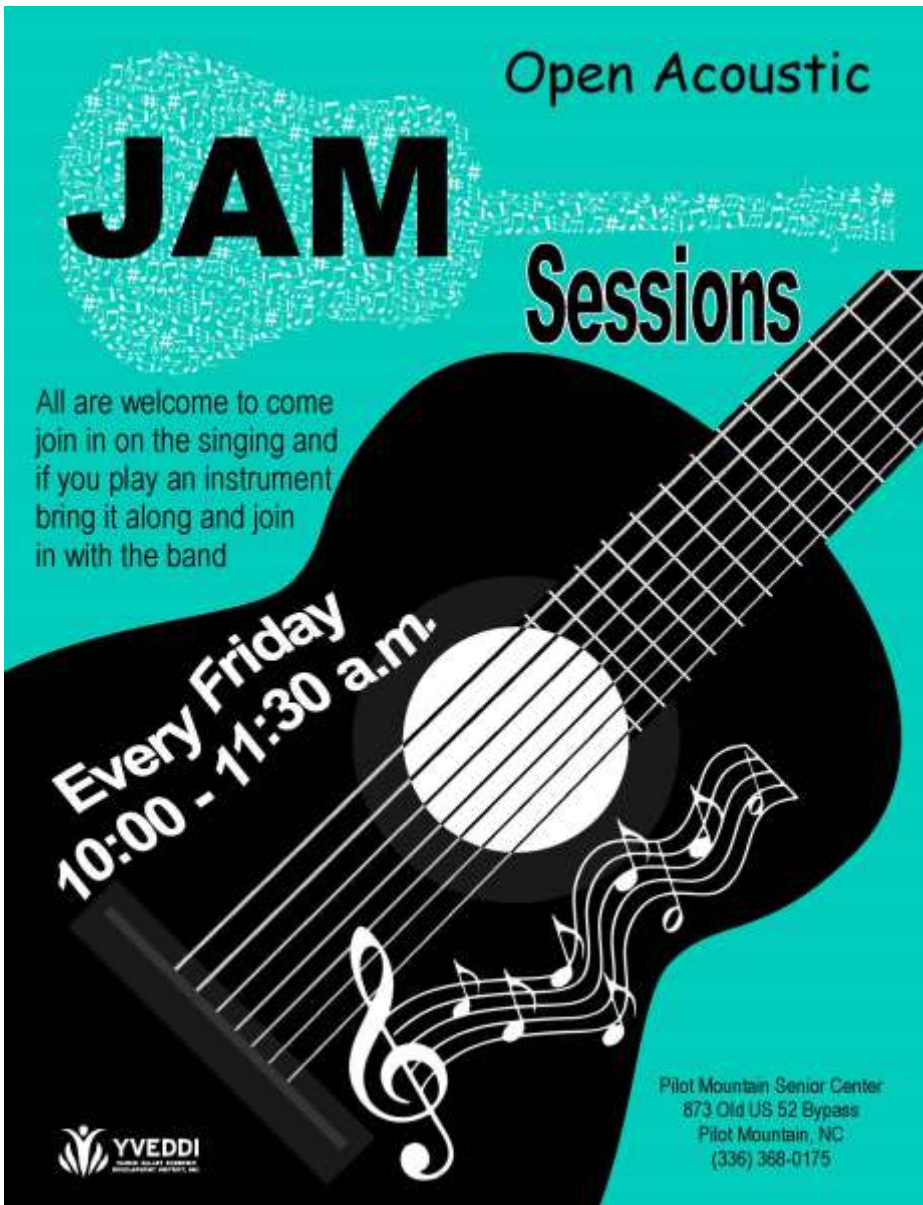


**Adult Coloring**

**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



## 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 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 &amp; 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 &amp; 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: FULASKI, WYTHE, FLOYD, FRANKLIN, GRAYSON, CARROLL, PATRICK, HENRY, PITTSVILLE, ALLEGANY, SURRY, STOKES, MILKES, YADKIN, FORSYTH, and DAVIE. Stars are placed on the map to indicate service areas in Carroll, Patrick, Henry, Surry, and Yadkin counties.