



MOMENTS



MATTER

Remembering and honoring our mothers

TRACEY ANDERSON, MA, MAR, BC

Mother's Day can be a difficult time for those who have lost their mother. A person's mother is the first to impact their life. She was the first person seen at birth. She was the one who stayed up with you when you were sick or scared. Mom always knew the right thing to say when you needed to hear it. Mom always brought comfort, security, and peace. You knew that mom was always there when you needed her. There are so many things we miss about our moms that make this day difficult.

There is no love like a mother's love. Moms teach us what love is. We see examples of how they always put their children's and family's needs above their own. We see how they are nurses, teachers, counselors, cooks, taxi drivers, and so many other roles. Many times, these roles are not acknowledged but they are faithful to fulfill each one day after day. They are dependable, steadfast, faithful, and do so with love, care, and sacrifice.

A mother's hugs and warm embrace

Moms always know what we need when we need it. They know when we need that hug, that embrace, to hear their voice. Hearing their voices assures us that everything is going to be alright.



A mother's unconditional love

A mother's love is selfless. She sacrificed so much over the years to make sure that we have everything we need. She always wants the best for her children. No matter what mistakes we have made along the way, a mother's love never changes. Mom's advice – Mom has already lived and has learned many lessons along the way. She teaches us those lessons and has such advice and wisdom when needed. She listens and loves without judgment.

A mother's home cooking

Nothing says home like a mother's cooking. Food is love. A freshly cooked meal offers comfort to a saddened heart. A mother pours not just the ingredients in every meal but love in every teaspoon. When you taste your mother's cooking, it feels like home.

Conclusion

Given all we have explored about the wonderful gifts we have in our mothers, Mother's Day can feel empty, sad, and lonely for those spending their first Mother's Day without their mothers. We can take the love that our mothers poured on us and share it with our children, grandchildren, family, and friends. We can strive to emulate these types of mothers for everyone around us. We can cook meals, share that advice, give those hugs, and share that love with everyone around us. We can strive to be those mothers every day.

After all, we learned from the best!



Reflections on INSPIRATIONAL WOMEN

JOANN MENEFEE
Martinsville Chaplain



MRS. EDITH POOLE PRYOR

This beautiful, anointed woman of God was my spiritual godmother. I met Mrs. Pryor through her son. She took me under her wings and taught me how to be a better mother to my then 8-month-old baby. There were days I wanted to go and do my own thing, Mother Pryor always had other plans for me and my baby. She taught me how to prepare for church early in the week, instead of the morning of. My spiritual godmother taught me so much. I will never forget the love that she poured out on me and my baby. **Continue to rest in the arms of Jesus**



MRS. EVELYN CALLOWAY

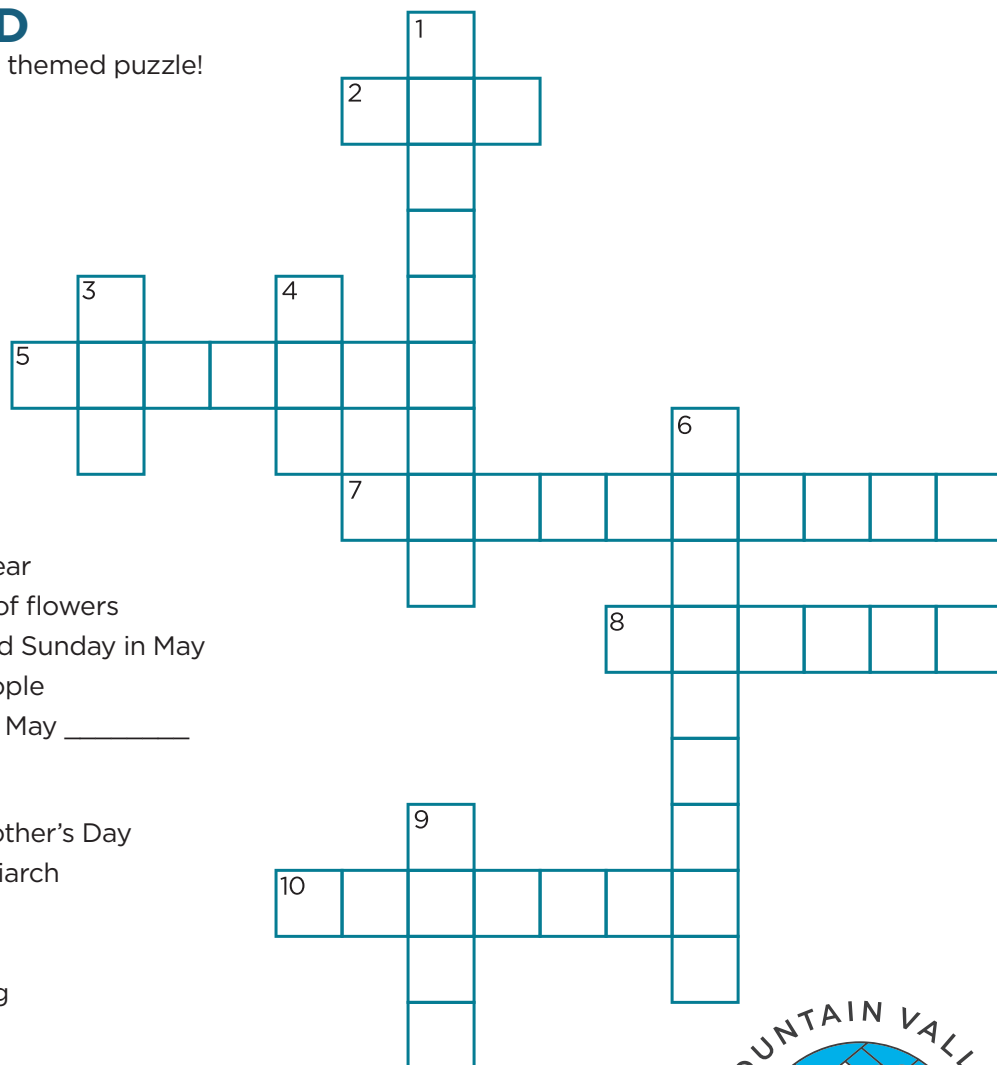
This beautiful woman birthed me and three brothers. She brought us into the world. She was the best mother ever. I'm so thankful for my mother. She taught me precious life lessons that I will always cherish. My mother sacrificed her own education to assist with raising her siblings after the passing of her own mother. My mother was quiet yet strong in her faith. She was always at home and provided us with a delicious home cooked meal. When we came home from school, she greeted each of us daily. We love and miss you Momma; we will forever cherish your love! You earned your crown.
Love your baby girl, Joann

“Nothing can replace them. But love fills the space they left behind — and that stays forever”

SAGE & SARA

CROSSWORD

Enjoy our Mother's Day themed puzzle!



ACROSS

- 2. Fifth month of the year
- 5. An arranged bunch of flowers
- 7. Occurs on the second Sunday in May
- 8. Group of related people
- 10. April showers bring May _____

DOWN

- 1. Popular flower on Mother's Day
- 3. Short name for matriarch
- 4. Warm embrace
- 6. Morning meal in bed
- 9. Unconditional feeling

		4	3					2
3				2	9		1	5
		9	5	6	1		3	4
		2					7	
7	5	1		3		9		
		3	7		5		2	8
9	4		6		3	2		
		6	9	8	4			
1		8	2	5			6	9



SUDOKU

The rules for Sudoku are simple: A 9×9 square must be filled in with numbers from 1 to 9 with no repeated numbers in each line, horizontally or vertically. To challenge you more, there are 3×3 squares marked out in the grid, and each of these squares can't have any repeat numbers, either.

Tools for emotional release

BRIAN CHILTON, PhD.

Assistant Director of Family Services

Emotions are a powerful part of who we are.

They inspire us to achieve great things. They bring a tear to our eyes when we reflect on the happier times of our lives. And emotions can move us to overcome incredible odds. However, as human beings, we have a mind-body connection. When emotions become too intense, our mental and immaterial being can have a direct impact on our physical and material body. As such, individuals need to find healthy ways to release their emotions mentally and physically before the internal emotions cause exterior physical damage. Emotional distress can cause various health problems, including elevated blood pressure, headaches, digestive issues, insomnia, a weakened immune system, among other things.

So, how does one find relief from emotional distress? It's important to find activities that transfer the emotions of the internal realm to the outer physical world. These activities provide an emotional release. Ideas like "I will just swallow my emotions and go on with life" are unhealthy to their core. The following are a few possible exercises that help a person release their emotions in a healthy and safe fashion.

Punching a punching bag

Recently, I had a family member who was extremely angry about some circumstances that occurred in his life. He felt as if he had been unfairly mistreated. His anger reached such a level that his entire face turned red. I told him,

"Come to my house and follow me to the basement." He inquired, "What?" "Trust me," I responded. "We need to find a way for you to deal with your anger." The family member agreed and followed me to my basement where I own a home gym, including a 100 lb. heavy punching bag. Oddly, he looked at me as I strapped on a pair of boxing gloves to his hands. I showed him how to properly throw a jab, cross, hook, and uppercut. Then, I said, "When I call out the type of punch, throw it as hard as you can. Standing behind the bag and bracing for impact, I yelled, "jab, cross...jab, right hook...cross, left hook...jab, jab, right uppercut...cross, cross, left uppercut!" With each punch, his disposition changed. After a few three-minute rounds he looked at me with a smile on his face and said, "Wow! That actually worked! I feel much better. Thank you."

Art therapy

Recently, I had a conversation with Jan Bullard, who serves as Mountain Valley's senior vice president of marketing and public relations, about the importance of emotional release. She shared that art therapy helps her release any tension from the emotions she feels. In her spare time, she has found that she enjoys doodling. On the counter of her kitchen, she keeps a sketch pad. The sketch pad features some of the most exquisitely and beautiful drawings you'll ever see. Some were geometric shapes, while others were basket weaves and figures. All the sketches looked like they came from the hand of a professional artist, which she claims not to be. Jan noted that her "doodles"

helped her stay focused on the activities of the day. Art therapy helps her connect her mind and body and allows her to release any anxieties that may come her way.

Note burning

Another option for emotional release was shared by a friend who works as a pastor and counselor in southern Illinois. When a person faces emotional distress that comes from sadness, anger, or unresolved conflicts, he suggested that a person write down their thoughts on a piece of paper and light a fire in their fire pit or grill. It is important for a person to be completely honest and forthright in their reflections. After the document is finished, the individual will read back over what they wrote and will then throw the paper into the fire. The exercise moves the thoughts from a person's mind to flesh them out onto the paper. Watching the paper burn is therapeutic, as it reveals a change from the physical components of paper to ash and smoke. In like manner, a person's emotions are changed from emotional blockage to mental freedom, with all the benefits found therein.

These are, of course, just a few samples of the exercises that can be done to offer liberty from the emotional blockages we often experience, including grief. The point is that it is important to find a way to recognize and engage your emotions when things become too difficult to handle. If you need help finding an exercise that works for you, contact a member of our bereavement department for further assistance.

In Memory **On Mother's Day**

I miss you every single day,
Perhaps today more than any other.
I was blessed as blessed could be,
To have called you my Mother.
And though you are not with me,
Your light here still shines.
So as long as I live and breathe,
You'll never be truly gone.
How I wish I could hold you,
So that you could hear me say,
Just how much I love you, Mom
This year on Mother's Day.

— AUTHOR UNKNOWN





Grief support groups

NORTH CAROLINA

STOKES COUNTY

May 5th @ 6pm
Slate Funeral Home
132 E Dalton Rd, King, NC 27021
Melissa McCollum: (336) 679-2466

SURRY COUNTY

May 8th @ 11:30am
Central Cafe
304 N Main St, Dobson, NC 27017
Jessica Simandle: (336) 583-8589

May 8th @ 11am
Mountain Valley Elkin office
968 N Bridge St, Elkin, NC 28621
Tracey Anderson: (336) 526-2650

May 22nd @ 6pm
Mountain Valley Elkin office
968 N Bridge St, Elkin, NC 28621
Tracey Anderson: (336) 526-2650

YADKIN COUNTY

May 1st @ 11am
SECU Hospice Care Center
243 N Lee Ave, Yadkinville, NC 27055
Melissa McCollum: (336) 679-2466

May 13th @ 5pm
Oak Grove Baptist Church
8087 Windsor Rd, Hamptonville, NC 27020
Melissa McCollum: (336) 679-2466

May 15th @ 5pm
SECU Hospice Care Center
243 N Lee Ave, Yadkinville, NC 27055
Melissa McCollum: (336) 679-2466

WILKES COUNTY

May 19th @ 6pm
Reins-Sturdivant Funeral Home
270 Armory Rd, North Wilkesboro, NC 28659
Tracey Anderson: (336) 526-2650
Melissa McCollum: (336) 679-2466

VIRGINIA

HENRY COUNTY

May 7th @ 2pm
King's Grant Retirement
350 Kings Way Rd, Martinsville, VA 24112
Shannon Roberson: (888) 789-2922

May 13th @ 10am
The Community Fellowship
2674 Virginia Ave, Collinsville, VA 24078
Shannon Roberson: (888) 789-2922

PATRICK COUNTY

May 15th @ 2pm
Stuart Church of Living Water
101 E Blue Ridge St, Stuart, VA 24171
Shannon Roberson: (888) 789-2922

No RSVP needed

Please attend the group nearest you.
Meeting dates and times are subject to change

For more information, please call
the group's grief support coordinator

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LARGE
ITEMS**



Activity page
solutions

MOUNT AIRY
MON - SAT • 10 - 5
705 W PINE ST, STE 300
(336) 789-1230

SPARTA
TUES - SAT • 10 - 5
38 E CHEEK ST
(336) 372-4545

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VETERAN COFFEES

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CAMARADERIE WITH FELLOW VETERANS

and foster bonds within our communities. Meet friends,
find resources, and have fun with other veterans!



SCAN
for event schedule!



SCAN
for the Moments Matter
newsletter survey!



INSIDE:
Remembering and honoring our Mothers
Reflections on women who inspire us
Tools for emotional release
+ May 2025 grief support group schedule

to Moments Matter, our bereavement newsletter

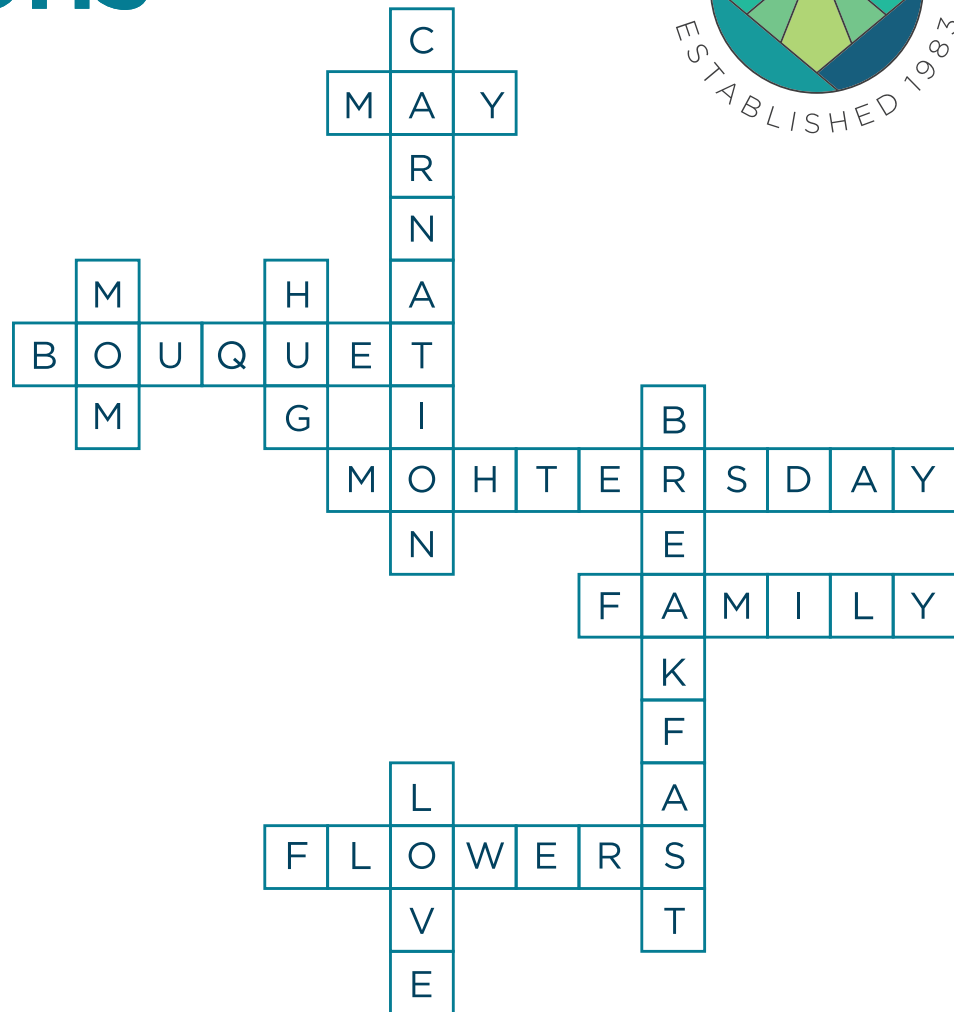
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Activity page solutions



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6	9	3	7	4	5	1	2	8
9	4	5	6	1	3	2	8	7
2	7	6	9	8	4	3	5	1
1	3	8	2	5	7	4	6	9