Surrey on Call
Providing Peace of Mind for Seniors and their Families

Do you live alone? Are you concerned about a spouse? What would happen if you had an emergency or had to go to the hospital? As much as no one wants to think about situations like this, it is important to plan ahead. Surrey offers a critical service that can help you – Surrey on Call.

Here is how the service works:

Getting to Know You: First we set up a “Getting to Know You” meeting. One of Surrey’s experienced Care Managers will meet with you and any other family or friends you would like included to get to know you and understand your medical situation. This includes pertinent medical, living and other information.

Keeping in Touch: After the meeting, Surrey will touch base with you periodically via telephone or email to see how everything is and to see if anything has changed. There is no fee for the initial meeting or for these regular check-ins.

Help When You Need It: After the initial meeting, Surrey can act as an advocate for you whenever needed. If you have an emergency or have to be hospitalized, you or the designated family or friend can simply call us, any time day or night. We will ensure that you are receiving appropriate care. If you have a spouse at home that needs assistance, we can also arrange that care.

Coordinate the Important Communication: Surrey Care Managers will coordinate communication between you and health professionals (and any designated family or friend) and ensure that you are fully informed and understand your care.

Arranging Follow Up Care: If you need any additional care after discharge we will arrange it—whether it is assistance at home or in a rehabilita-
tion facility.

Personal Attention to Your Needs: Having your own personal wellness team will give you and your family a sense of well-being and assurance that you will always receive the appropriate care.

The initial meeting and follow up calls are free. All other services are provided on a sliding fee scale. For more information, please contact Wendy Walsh or Ann Schoonover at 484-321-6105 or email wwalsh@surreyservices.org.

Happy Mother’s Day!

Celebrate your mother, daughter or another special woman in your life with a commemorative brick this year. It is a meaningful tribute that will be visible to all who visit Surrey’s Center for Healthy Living in Devon. To order a brick, please visit the website at surreyservices.org/dedicated-brick-devon or call 610-647-6404 ext. 111.

Robert M. Madonna, President and CEO

Bob’s Blog
Spring is Finally Here!

Spring is the season of new beginnings. It’s the time of year we all want to get out and enjoy life. When I see the flowers and trees blooming and children playing outdoors, it reminds me of my own childhood. I loved taking my bike out for the first time after a long winter and riding down the street with the wind blowing in my face.

Spring is the best time for all of us to get out of the house and take the opportunity to increase our physical activity, whether it be gardening, walking or just enjoying the outdoors.

One of Surrey’s key objectives is to help seniors in our community stay active and healthy. Increasing the time you spend exercising is a critical component of that. Some of the benefits of exercising include:

• Increased metabolism. Exercising helps you burn more calories per day – both while you’re exercising and when you’re at rest. This creates a favorable balance between the calories you eat and those you expend.

• Increased bone density. With strength training often comes an increase in bone density (or at least prevention of bone loss), which helps in the prevention of osteoporosis and broken bones.

• Increased cardiovascular fitness. When you exercise regularly, you strengthen your heart muscles, which helps your heart function more effectively.

• Increased muscle strength, flexibility and endurance. This will help you perform day-to-day tasks without straining your muscles and can reduce the chance for injury. You’ll also reduce the pain and stiffness that come with arthritis.

• Increased energy and ability to cope with stress.

• Better sleep. You’ll fall asleep more quickly and sleep more soundly through the night.

Take advantage of this lovely time of year. On page two of this newsletter, you will find some fun spring and summer activities. This is also a great time of year to attend a Surrey Fitness class. Or how about joining your fellow Surrey friends for a walk along the beautiful Haverford Reserve Walking Trail on Monday, May 9 at 10:45? For more information about the walk, contact Kathy at 610-566-0505.

Set a fitness goal and have some fun. My goal this spring is to take my bike out of hibernation and ride the Valley Forge trail.

Robert M. Madonna, President and CEO

INSIDE THIS ISSUE

1 Bob’s Blog
Surrey on Call

2 How to Eat as You Age
Benefits Check Up
Medicare Changes

Spring and Summer Activities
Scouts in the Kitchen
Call for Horse Show Volunteers
Consignment Shop Welcomes New Consignors

Devon Calendar
Broomall Calendar
Havertown Calendar
Media Calendar

Surrey’s Care Management
The Perfect Gift
Are Your Savings Bonds Gathering Dust?
Member Donations

Older American’s Month

OUR MISSION
Surrey Services helps older adults to live with independence and dignity and to continue as active members of the community.

United Way Donor # 614
How to Eat as You Age
Eating well helps keep your body strong, your mind sharp, and your energy level up as you age.

Colorful fruits and vegetables
"The darker the red, the deeper the green, the more yellow, the more orange -- they’re the foods that are loaded with vitamins and antioxidants," says Diane Stadler, Oregon Health & Science University. Blueberries, red raspberries, and dark cherries are ideal fruits, and you can’t miss with any of the dark, leafy vegetables like spinach, kale, and Swiss chard.

Dairy
"This food group is important for older adults," Stadler says. "Calcium needs are high and they stay high, and you can get any other foods with as much calcium as dairy." Milk, for example, gives you nearly all the calcium you need in three 8-ounce servings. Dairy’s a great source of vitamin D which is essential for healthy bones. Many people don’t get enough vitamin D, and with age, it gets harder for your body to make vitamin D just by being out in the sunshine.

Whole grains
A good source of B vitamins, whole grains are also loaded with fiber. Whole-grain foods are easy to find. "There’s a whole variety beyond oatmeal and whole wheat, such as quinoa, which is incredibly high in protein," Stadler says.

Lean protein
A lot of foods will give you the protein you need, like fish, poultry, meat, beans, legumes, nuts, and dairy products. If you choose to eat meat, make it lean. The perfect portion size is no bigger than a deck of cards.

Fish with Omega-3s
Oily fish like salmon, tuna, and mackerel are great sources of omega-3 fatty acids. Just two servings of fatty fish per week are enough to meet your requirements for this healthy fat. Canned salmon is a good choice because it is often packed with some edible fish bones, adding a calcium boost.

APPRIZE Counseling
New to Medicare? Have questions about your medical insurance? Trained APPRISE volunteers can help. Counseling is by appointment only.

Chester County Residents
Surrey - Devon
- Mondays, May 2, 9, and 16; 9 - 12:30

Delaware County Residents
Surrey - Devon
- Thursdays, May 12 and 26; 9:30 - 11:30

Surrey - Broomall
- Thursdays, May 12 and 26; 9:30 - 11:30

Surrey - Havertown
- Thursday, May 19, 9 - 11:30

Surrey - Media
- Wednesday, May 25, 1 - 4

CVIM Dental Clinic
Every Thursday, 9 - 2:30, by appointment only
Surrey - Devon
Community Volunteers in Medicine (CVIM) is partnering with Surrey to provide hygiene and routine dental services, including assessments, cleanings, fillings, extractions and periodontal scaling at Surrey’s Center for Healthy Living for members who currently do not have access to or who cannot afford dental care. For more information, or to schedule an appointment, call Mary LePera at 484-321-6102.

Easy, Fun Spring and Summer Activities
The weather is balmy, the days are longer and there are fewer colds and flu around. Now is the time to get out and enjoy early summer activities. Here are a few suggestions to try:

- Take a drive. Visit a point of interest such as a park, a lake or through an area that you know and haven’t visited in a while.
- Go to the zoo. Most are accessible for wheelchairs and walkers.
- Go to a restaurant or cafe. Try going for a meal at off-peak times because there will be fewer people and less noise.
- Visit an ice cream shop for a treat. Most offer sugar free and reduced fat options if you have dietary restrictions.
- Enjoy a local park. Listening to the birds and watching small children play can be entertaining.
- Have a picnic. Whether you go to a park or stay in the backyard, a picnic is a nice way to enjoy a meal or even a snack.
- Check out the garden. Visit a local farmstand, arboretum or nature center to see what’s growing or in bloom.

PA Tax/Rent Rebate Program
Application forms for the Department of Revenue’s Property Tax/Rent Rebate Program are now available for eligible residents to begin claiming rebates for property taxes or rent paid in 2015. Please contact the Surrey office closest to you if you would like an application.

Medicare Changes for Chester County Residents
Would you like to learn more about how Medicare changes can affect you? If you are a Chester County resident who receives Medicare benefits, or are a caregiver or family member who is interested in learning how to reduce unnecessary hospital readmissions, please join us on May 5 from 12:45 - 1:45 at Surrey Devon for a presentation by the Community Care Coalition of Chester County (CC). To reserve your seat, contact Mary LePera at 484-321-6102.

Meet & Greet
Celebrate Cinco de Mayo with Surrey President Bob Madonna
Surrey - Media
Thursday, May 5, 1 - 2

Still haven’t met Surrey’s President and CEO? Have some ideas you’d like to talk to him about? Stop by for a Cinco de Mayo celebration with chips, pico de gallo, salsa and “margaritas.”

Scouts in the Kitchen
Surrey - Devon
Sunday, May 22, from 5 - 6:30
Boy Scout Phillip Goldberg, Chef Ben’s son, will be preparing a special dinner for guests as part of his Life Scout project. The dinner is open to Surrey members and non-members. Phillip’s fellow scouts from Troop 665 will help with the meal preparation and serving. Reservations required. Please call Nicole at 610-647-9172 to reserve your space for this special event. A $5 donation will benefit Surrey is suggested.

2016 Devon Horse Show Call for Volunteers
The Devon Horse Show is May 26 – June 5. Surrey is sending volunteers to staff the Hot Dog Stand on June 3 and June 2, 10 – 2. Volunteers get a free parking pass and free entry to the show. To sign up call Linda at 484-321-6106 or ldimaggio@surreyreservices.org.

Consignment Shop Welcomes New Consignors
Exciting news! The Surrey Consignment Shop has revised its policy and will welcome consignors who are under age 55. Here’s how it works:

For adults 55 and older
Those who are over age 55 and would like to consign, will pay a $35 fee and become a Surrey member. They will have full access to all the services that membership entails including care management, home services and transportation. For adults under age 55
Those who are under 55 (but over 18) and would like to consign will pay a $35 fee each year. They will be considered a Friend of Surrey and will be able to consign at the shop.

All proceeds directly benefit seniors in our community. The consignment period is 60 days. During this time, consignors receive 60% of the sale price. For more information, contact Liz Farina at 610-647-8632.
**May 2016 — Devon**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2</strong> Apprise by Apt. 9 - 12:30</td>
<td>Ensemble/Chimes/Chorus 9 - 11:45</td>
<td>AF Tai Chi 10:30 - 11:15</td>
<td>Lunch 11:30 - 12:30</td>
<td><strong>6</strong> Reiki (by apt.) OSHER W'color 9:30 - 11:30</td>
</tr>
<tr>
<td>Ensemble Club 10 - 11:30</td>
<td>AF Exercise 10:45 - 11:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Van Trip: Devon Acme</td>
<td>AF Exercise 9 - 9:45</td>
</tr>
<tr>
<td>AF Exercise 10:45 - 11:30</td>
<td>Lunch 11:30 - 12:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Van Trip: Giant or Wegmans</td>
<td>Bagels with Bob 10 - 11</td>
</tr>
<tr>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Lunch 11:30 - 12:30</td>
<td>Goyg Yoqo 6:30 - 7:30</td>
<td>Van Trip: Devon Acme</td>
<td>Chair Yoga 11 - 12</td>
</tr>
<tr>
<td>Van Trip: Devon Acme</td>
<td>Goyg Yoqo 6:30 - 7:30</td>
<td>Van Trip: Giant or Wegmans</td>
<td>Van Trip: Trader Joes</td>
<td>Qigong Yoga 1 - 2</td>
</tr>
<tr>
<td>Oven Fried Chicken</td>
<td>Goyg Yoqo 6:30 - 7:30</td>
<td>Grilled Chicken Sandwich</td>
<td>Parmesan Cheese</td>
<td>CHS Camerata 3 - 4</td>
</tr>
<tr>
<td><strong>9</strong> Apprise by Apt. 9 - 12:30</td>
<td>Ensemble/Chimes/Chorus 9 - 11:45</td>
<td>AF Tai Chi 10:30 - 11:15</td>
<td>Lunch 11:30 - 12:30</td>
<td>Cruise: Paoli Acme</td>
</tr>
<tr>
<td>Ensemble Club 10 - 11:30</td>
<td>AF Exercise 10:45 - 11:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Van Trip: Giant or Wegmans</td>
<td>Cafe Closed</td>
</tr>
<tr>
<td>AF Exercise 10:45 - 11:30</td>
<td>Lunch 11:30 - 12:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Van Trip: Devon Acme</td>
<td>Saturday: Super @ 6:30 - 10:15</td>
</tr>
<tr>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Lunch 11:30 - 12:30</td>
<td>Goyqo 6:30 - 7:30</td>
<td>Quiche w/ Ham &amp; Cheese</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td>Van Trip: Devon Acme</td>
<td>Goyqo 6:30 - 7:30</td>
<td>Van Trip: Devon Acme</td>
<td>Baked White Fish Fillet</td>
<td><strong>23</strong> Reiki (by apt.) AF Exercise 9 - 9:45</td>
</tr>
<tr>
<td>Penne w/ Turkey &amp; Peppers</td>
<td>Goyg Yoqo 6:30 - 7:30</td>
<td>Penne w/ Turkey &amp; Peppers</td>
<td>Chicken Cacciatore</td>
<td>Bagels with Bob 10 - 11</td>
</tr>
<tr>
<td><strong>16</strong> Apprise by Apt. 9 - 12:30</td>
<td>Ensemble/Chimes/Chorus 9 - 11:45</td>
<td>AF Tai Chi 10:30 - 11:15</td>
<td>24 Refflexology (by apt.)</td>
<td>Chair Yoga 11 - 12</td>
</tr>
<tr>
<td>Ensemble Club 10 - 11:30</td>
<td>AF Exercise 10:45 - 11:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>24 Reflaxology (by apt.)</td>
<td>Qigong Yoga 1 - 2</td>
</tr>
<tr>
<td>AF Exercise 10:45 - 11:30</td>
<td>Lunch 11:30 - 12:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>24 Reflexology (by apt.)</td>
<td>Chair Yoga 11 - 12</td>
</tr>
<tr>
<td>Assisted Devices 12:30 - 1:30</td>
<td>Goyqo 6:30 - 7:30</td>
<td>Goyqo 6:30 - 7:30</td>
<td>24 Reflexology (by apt.)</td>
<td>Van Trip: Qigong Yoga 1 - 2</td>
</tr>
<tr>
<td>Van Trip: Devon Acme</td>
<td>Goyqo 6:30 - 7:30</td>
<td>Van Trip: Devon Acme</td>
<td>24 Reflexology (by apt.)</td>
<td>Café Closed</td>
</tr>
<tr>
<td>Quiche w/ Ham &amp; Cheese</td>
<td>Goyqo 6:30 - 7:30</td>
<td>Quiche w/ Ham &amp; Cheese</td>
<td>24 Reflexology (by apt.)</td>
<td>Saturday: Super @ 6:30 - 10:15</td>
</tr>
<tr>
<td><strong>23</strong> Apprise by Apt. 9 - 12:30</td>
<td>Ensemble/Chimes/Chorus 9 - 11:45</td>
<td>AF Tai Chi 10:30 - 11:15</td>
<td>25 Reflexology (by apt.)</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td>Ensemble Club 10 - 11:30</td>
<td>AF Exercise 10:45 - 11:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>25 Reflexology (by apt.)</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td>AF Exercise 10:45 - 11:30</td>
<td>Lunch 11:30 - 12:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>25 Reflexology (by apt.)</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>Lunch 11:30 - 12:30</td>
<td>Silver Sneakers w/ Yoga 12:30 - 1:15</td>
<td>25 Reflexology (by apt.)</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td>Yoga 12:30 - 1:15</td>
<td>Lunch 11:30 - 12:30</td>
<td>Van Trip: Giant or Wegmans</td>
<td>Yoga 10:30 - 11:30</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td>Mexican Chili Pasta Bake</td>
<td>Van Trip: Giant or Wegmans</td>
<td>Van Trip: Giant or Wegmans</td>
<td>Yoga 10:30 - 11:30</td>
<td>AF Tai Chi 10:30 - 11:15</td>
</tr>
<tr>
<td><strong>30</strong> Surrey is CLOSED for Memorial Day</td>
<td>March in the Radiator Parade with your Surrey Friends!</td>
<td>June 1 and 2  No classes or programs</td>
<td><strong>31</strong> No classes or programs Fitness Center closes at 2</td>
<td>Registration is required for all programs. Please call Nicole Robinson to register: 610-647-9172</td>
</tr>
</tbody>
</table>

---

### Lunch Seminar $5

First 3 Wednesdays in May, 11:30 - 1, Knox Room

Learn and converse about current events in the news while you enjoy a lunch made by Chef Ben!

**Intro to Tapping**

Tuesday, May 3, 1 - 2

Learn “Tapping” the new self-help technique to reduce stress, manage pain and sleep better! Join us for this workshop taught by Wendy Merron.

**Genealogy $20 for the series**

Tuesdays, May 3, 17, 10:30 - 11:30

Have you been curious about your family history and would like to learn more? This series will show you how to use internet resources, such as Ancestry, Family Search, and others to discover facts about your family. Taught by Marilyn Tool.

**Eat Healthy Be Active**

Wednesdays starting May 4, 10:30 - 11:30

This workshop will explain the dietary and physical guidelines for adults and teach you easy ways to maintain better health. During the 6 week program there will be activities, videos, handouts and more. All participants receive a free gift.

**Conestoga Camerata and Surrey Chorus**

Friday, May 6, 3 - 4

A decade long tradition, enjoy the wonderful Conestoga High School Camerata joined by the Surrey Chorus. Ice cream social to follow.

**Haverford Reserve Walking Trail**

Monday, May 9, 10:45 - 11:30

Join us as we go for a walk on the Haverford Reserve Walking Trail. Call Kathy at 610-566-0050 to register and receive meeting location instructions. Carpool arrangements will be coordinated.

**Drama Performance**

Thursday May 12, 2 - 3:30

Come see the latest performance by our always fabulous Surrey Players. Meet the cast after the show and enjoy special treats.

**Assistive Devices 101**

Monday May 15, 12:30 - 1:30

Assistive devices are tools or equipment that help you perform daily activities. Increase your confidence by attending this presentation demonstrating how to correctly use these devices, such as walkers, canes etc. And make sure they are fitted correctly. Presented by Tori McClay.

**Skin Cancer Prevention**

Tuesday, May 17, 12:45 - 1:45

Join the Chester County Health Department for a skin cancer prevention program that will explain the signs of skin cancer, sunscreens and tips for visiting a dermatologist. Attendees can opt to be screened for potential sun damage on their faces.

**Facebook 101**

Thursday, May 19, 2 - 3:30

Find out why Facebook is so popular. Learn how to use features such as status updates, privacy settings and posting photos. Taught by Beth White.

**Scouts in the Kitchen - A delicious dinner!**

Sunday, May 22, 5 - 6:30

See page 2 for details.

---

### Reflexology

Tuesday, May 24 12:45 - 1:45

Open Sessions 2 - 4

Learn about Reflexology and its benefits. Reflexology can help relieve stress, promote balance, improve circulation and maintain health. Class attendees are welcome to sign up for an open session following the lecture. Taught by Leigh Baker.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lunch:</strong> Chicken Pot Pie ($4)</td>
<td><strong>Freedom of Dancing ($1)</strong></td>
<td><strong>Line Dancing ($4)</strong></td>
<td><strong>COSA Celebrate Age Expo at Harrah’s Casino 9 - 1</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
</tr>
<tr>
<td>12 - 1</td>
<td>1 - 2</td>
<td>10:30 - 10:45</td>
<td>11:00 - 11:15</td>
<td>First Friday Flick at Marple Public Library 1 - 3</td>
</tr>
<tr>
<td><strong>YogaStretch ($3)</strong></td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>Coffee 'n Creativity 10:30 - 10:45 Line Dancing ($4)</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
</tr>
<tr>
<td>1 - 1:45</td>
<td>9:30 - 10:45</td>
<td>11 - 12</td>
<td>10:45 - 11:00</td>
<td>Luncheon Hosted by Trinity Church (Reservations Required) <strong>Contact Olga for potential carpooling</strong></td>
</tr>
<tr>
<td><strong>Mini-Massages (by appointment) 2 - 3</strong></td>
<td><strong>Line Dancing ($4)</strong></td>
<td><strong>Creative and stimulating activities led by Marple Public Library’s Bridgette Crockett.</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
</tr>
<tr>
<td><strong>Enjoy the freedom of dancing to stimulate the brain and body. Bring favorite music to share.</strong></td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Freedom of Dancing ($1)</strong></td>
<td><strong>The Scope of Skin Cancer Lecture by MLH Community Health 1:15 - 2</strong></td>
<td><strong>Dine Around, Xolo Tacos 14 North Merion Avenue, Bryn Mawr (Reservations Required) 12 - 2</strong></td>
<td><strong>For more information or to contact Olga please call 215-307-7158</strong></td>
</tr>
<tr>
<td><strong>Surrey Book Club</strong></td>
<td><strong>Tell a Nurse 11 - 1</strong></td>
<td><strong>The Art of Hearing</strong></td>
<td><strong>More Meals by Chef Ben! Through the generous support of the WW Smith Foundation, Broomall is thrilled to be able to offer a weekly meal cooked by our own Chef Ben and his fabulous volunteers.</strong></td>
<td><strong>For more information or to contact Olga please call 215-307-7158</strong></td>
</tr>
<tr>
<td>Thursday, May 5, 1 - 2</td>
<td><strong>Tilapia Veracruz 11:15 - 1:15</strong></td>
<td><strong>College (reservations required) 12 - 1</strong></td>
<td><strong>Healthy Smoothie Demonstration Monday, May 23, 11 Smoothies are a great way to drink your fruits and vegetables. The Residence at Glen Riddle will provide a “how to” with samples.</strong></td>
<td><strong>Healthy Smoothie Demonstration Monday, May 23, 11</strong></td>
</tr>
<tr>
<td>Our book for this month is The Art of Hearing Heartbeats, by Jan-Phillip Sendker. Discussion is led by Marple Public Library’s Bridgette Crockett.</td>
<td><strong>YogaStretch ($3)</strong></td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>Pot Luck Luncheon Monday, May 23, 11:30 - 1</strong></td>
<td><strong>Pot Luck Luncheon Monday, May 23, 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>Enjoy the freedom of dancing to stimulate the brain and body. Bring favorite music to share.</strong></td>
<td><strong>Knitting for Fun ($1)</strong></td>
<td><strong>2:30</strong></td>
<td><strong>Join us for a delicious Pot Luck Luncheon. Either bring your own Lunch &amp; Games 12:15 - 2</strong></td>
<td><strong>Join us for a delicious Pot Luck Luncheon. Either bring your own Lunch &amp; Games 12:15 - 2</strong></td>
</tr>
<tr>
<td>Surrey Closed for Memorial Day</td>
<td><strong>Coffee 'n Creativity 10:30 - 10:45 Freedom of Dancing ($1)</strong></td>
<td><strong>Metros Art Grp ($1)</strong></td>
<td><strong>Van Trip- Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
<td><strong>Van Trip- Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
</tr>
<tr>
<td><strong>Healthy Smoothie Demonstration Monday, May 23, 11 Smoothies are a great way to drink your fruits and vegetables. The Residence at Glen Riddle will provide a “how to” with samples.</strong></td>
<td><strong>Tea Party 12 - 2</strong></td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>Dine Around, Xolo Tacos 14 North Merion Avenue, Bryn Mawr (Reservations Required) 12 - 2</strong></td>
<td><strong>Dine Around, Xolo Tacos 14 North Merion Avenue, Bryn Mawr (Reservations Required) 12 - 2</strong></td>
</tr>
<tr>
<td><strong>Member Get Together ($4): Tea Party 12 - 2</strong></td>
<td><strong>Knitting for Fun ($1)</strong></td>
<td><strong>4:00</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>Tuesday, May 2, 2 - 3</td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>potluck luncheon slated for 11:30 a.m. at Trinity Church (Reservations Required)</strong></td>
<td><strong>Pot Luck Luncheon 11:30</strong></td>
</tr>
<tr>
<td><strong>Suggested contribution: $5</strong></td>
<td><strong>Knitting for Fun ($1)</strong></td>
<td><strong>11 - 12</strong></td>
<td><strong>12 - 2</strong></td>
<td><strong>Pot Luck Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>Knitting for Fun ($1)</strong></td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>Cherries Jubilee ($4)</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
<td><strong>Van Trip: Broomall ACME. Call transportation for reservation. 610-993-9493</strong></td>
</tr>
<tr>
<td>Tuesdays, 2 - 3</td>
<td><strong>Coffee/Tea Time 10:30 - 10:45 Metro Art Grp ($1)</strong></td>
<td><strong>Lunch at Center for Healthy Living – Devon 11:30</strong></td>
<td><strong>Join us for a delicious Pot Luck Luncheon. Either bring your own Lunch &amp; Games 12:15 - 2</strong></td>
<td><strong>Join us for a delicious Pot Luck Luncheon. Either bring your own Lunch &amp; Games 12:15 - 2</strong></td>
</tr>
<tr>
<td>Learn basic knitting techniques as a beginner or as a refresher. Creative and stimulating activities with projects in mind.</td>
<td><strong>Van Trip</strong></td>
<td><strong>Roast Pork w/ Fresh Pineapple Salsa (Reservations Required)</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>The Freedom of Dancing ($1)</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Join us for a delicious Pot Luck Luncheon. Either bring your own Lunch &amp; Games 12:15 - 2</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>Wednesdays, 1 - 2</td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>Enjoy the freedom of dancing to stimulate the brain and body. Bring favorite music to share.</td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>Haverford Reserve Walking Trail: 10:45 - 11:30 Lunch: Chicken Caesar Salad ($4)</strong></td>
<td><strong>Surrey Book Club</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>YogaStretch ($3)</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>10:45 - 11:45</td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>1 - 3</td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>10:45 - 11:45</td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>Mini-Massages (by appointment)</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>Enjoy the freedom of dancing to stimulate the brain and body. Bring favorite music to share.</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td><strong>Surrey Book Club</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
<tr>
<td>Thursday, May 5, 1 - 2</td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Ask a Nurse 10 - 12</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
<td><strong>Put Lunch Luncheon 11:30 - 1</strong></td>
</tr>
</tbody>
</table>
Surrey is Closed for Memorial Day

COSA Celebrate Age Expo at Harrah's
Friday, May 6, 9 - 1, See page 8 for information.

Lecture & Lunch: RVSP “Did You Know Volunteering is Good for You?”
Friday, May 6, 10 - 11:45
Volunteering can help alleviate loneliness and depression. Find a volunteer job that fits you. For volunteers age 65+, RSVP will cover the costs of Community Transit rides to your volunteer site. Free, and Free lunch for attending!

Games, Games, Games!
Monday, May 9, 1 - 4
“Life is more fun when you play games.” Roald Dahl
Several Haverford Middle School Girl Scouts will join us for a fun way to end the day. Trivial Pursuit, Yahtzee, Monopoly, Backgammon—your choice. Enjoy light refreshments.

MindMatters: Politics & Religion
Wednesday, May 11, 11 - 11:15
In the 60s Jerry Falwell said preachers had no business in political affairs. By the 80s, he was a political proponent for the Evangelical Right. In 1960, JFK said, “...separation of church and state is absolute.” In 2012 candidates say something different. Listen to Dr. Jeffrey W. Robbins, PhD., discuss current topic. Live streamed on the TV.

Lecture & Lunch: Sleep Disorders and Sleep Health Friday, May 13, 10:30 - 11:45
MLH’s Michael Misero RPSGT, RST will talk about sleep disorders, including insomnia, sleep apnea, snoring, sleep deprivation, and restless leg syndrome. Proper sleep is vital to our overall health. Find out what to do if you have a sleep disorder.

Patriotic Party & Special Lunch Friday, May 20, 10:45 - 12:30
Put on your red, white, & blue and start Memorial Day Weekend early with fun musical entertainment! Limited seating, so stop at Reception and reserve your spot now! Cost: $6*
Are you a veteran? Bring proof and get a special discount. Cost: $4 is to keep the “special” in our special luncheons!

May 2016 — Havertown

Lunch Policy
• Lunch is served Monday - Friday, 11:45 - 12:30.
• Reserve your lunch by calling the Center after 9 am.
• A $2 contribution is requested.
• Pick up your lunch ticket at the Registration Desk.

Havertown Activities
For additional information about any activity listed, or for the menu of the day, call Receptionists Sharon, Saundra, Barbara or Program Assistant Mary Gengenbach at 610-446-2070.

Benefits Check Up Counseling, by appt. only
Find benefits you might be eligible for and how to access them. Call 610-446-2070 to schedule your appointment. Free!

Sip & Swífe Café: iPad Training, by appt. only
Learn how to use your iPad or learn on one of the Center’s iPads. Pre-registration is a must. Need a refresher? Call and ask about the iPad Refresher Class: 610-446-2070. Free!

COSA Celebrate Age Expo at Harrah’s
Saturday, May 21, 9 - 11
This group is especially helpful if your loved one is living at home and in need of more attention due to memory loss, confusion, or other cognitive losses. Meet the third Tuesday of each month.

APPRISE Counseling, by appt. only
Thursday, May 19, 9 - 11:30
This free health insurance counseling program helps older Pennsylvanians understand Medicare. Call 610-446-2070 to schedule your appointment.

Lecture & Lunch: Memory Friday, May 20, 10:45 - 11:45
Gina Boyd from MLH will talk about normal declines in cognition and memory and what can signal a problem. Some memory problems may be treatable. Learn about memory and aging at this informative presentation.

Casino Trip to Atlantic City, Resorts
Thursday, May 25, all day
This Casino Trip is on Monday! You must preregister and prepay at the Center. No refunds. Call the Receptionist at 610-446-2070 for pricing.

Patriotic Party & Special Lunch
Tuesday, May 24, 10:30 - 12:30
Put on your red, white, & blue and start Memorial Day Weekend early with fun musical entertainment! Limited seating, so stop at Reception and reserve your spot now! Cost: $6*
*$2 is the COSA suggested contribution for meals & $4 is to keep the “special” in our special luncheons!

National Senior Health & Fitness Day
Wednesday, May 25, 9 - 4, FREE!
All activities, all day—with a Healthy Lunch—Free!

Lecture & Lunch: CVIM “Dental Care Friday, May 27, 10:45 - 11:45
Senior oral health care is underutilized because of the high cost, lack of insurance and transportation barriers. CVIM will talk about their exciting new oral health care programs that are available.

New Member Luncheon & Birthday Party!
Friday, May 27, 11 - 12:30
Everyone enjoys free birthday cake and ice cream with lunch! Members with May birthdays are our special guests and receive a free lunch today.

Casino Trip to Harrah’s
Saturday, May 21, 9 - 11
Sip & Swífe Café: iPad Training, by appt. only
This Casino Trip is on Monday! You must preregister and prepay at the Center. No refunds. Call the Receptionist at 610-446-2070 for pricing.

Lecture & Lunch: Memory
Friday, May 20, 10:45 - 11:45
Gina Boyd from MLH will talk about normal declines in cognition and memory and what can signal a problem. Some memory problems may be treatable. Learn about memory and aging at this informative presentation.

Casino Trip to Atlantic City, Resorts
Monday, May 22, all day
This Casino Trip is on Monday n! You must preregister and prepay at the Center. No refunds. Call the Receptionist at 610-446-2070 for pricing.

COSA Celebrate Age Expo at Harrah’s
Tuesday, May 23, all day
Call 610-446-2070 to reserve your seat! Cost: $5

Silver Sneakers 10 - 10:45
Call 610-446-2070 to reserve your seat! Cost: $5

Lecture & Lunch: Memory
Thursday, May 19, 9 - 11:30
This group is especially helpful if your loved one is living at home and in need of more attention due to memory loss, confusion, or other cognitive losses. Meet the third Tuesday of each month.

Lecture & Lunch: RVSP “Did You Know Volunteering is Good for You?”
Friday, May 6, 10 - 11:45
Volunteering can help alleviate loneliness and depression. Find a volunteer job that fits you. For volunteers age 65+, RSVP will cover the costs of Community Transit rides to your volunteer site. Free, and Free lunch for attending!

Games, Games, Games!
Monday, May 9, 1 - 4
“Life is more fun when you play games.” Roald Dahl
Several Haverford Middle School Girl Scouts will join us for a fun way to end the day. Trivial Pursuit, Yahtzee, Monopoly, Backgammon—your choice. Enjoy light refreshments.
### May 2016 — Media

#### Mon
<table>
<thead>
<tr>
<th>2</th>
<th>Pinochio Club 9 - 11:30</th>
<th>SilverSnakers® 10:30 - 11:30</th>
<th>Lunch 12 - 12:45</th>
<th>SilverSnakers® YogaStretch 1 - 1:45</th>
<th>Crochet Corner 1 - 2</th>
<th>Community Service Project: Gift Bags for the Homebound 1 - 2</th>
<th>Oven Baked Fish</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>SilverSnakers® 10:30 - 11:30</td>
<td>Lunch 12 - 12:45</td>
<td>SilverSnakers® YogaStretch 1 - 1:45</td>
<td>Crochet Corner 1 - 2</td>
<td>Community Service Project: Gift Bags for the Homebound 1 - 2</td>
<td>Oven Baked Fish</td>
<td></td>
</tr>
</tbody>
</table>

#### Tue
<table>
<thead>
<tr>
<th>4</th>
<th>Bingo 9:15 - 10:15</th>
<th>Pinochio Club 9 - 11:30</th>
<th>SilverSnakers® 10:30 - 11:30</th>
<th>Lunch 12 - 12:45</th>
<th>Duplicate Bridge 1 - 4</th>
<th>Hometown Downs Kentucky Derby Day &amp; Horse Races 1 - 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>Bead It Jewelry Club 9 - 10:15</td>
<td>SilverSnakers® 10:30 - 11:30</td>
<td>Lunch 12 - 12:45</td>
<td>Pinochio Lessons &amp; Play 1 - 4</td>
<td>Meet and Greet w/ the new Surrey President, Bob Madonna and Cinco de Mayo Happy Hour 1 - 2</td>
<td></td>
</tr>
</tbody>
</table>

#### Wed
<table>
<thead>
<tr>
<th>6</th>
<th>COSA’s Celebrate Age Expo at Harrah’s 9 - 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Pinochio Club 9 - 11:30</td>
</tr>
</tbody>
</table>

#### Thu
<table>
<thead>
<tr>
<th>8</th>
<th>Pinochio Club 9 - 11:30</th>
<th>SilverSnakers® 10:30 - 11:30</th>
<th>Lunch 12 - 12:45</th>
<th>Pinochio Lessons &amp; Play 1 - 4</th>
<th>Meet and Greet w/ the new Surrey President, Bob Madonna and Cinco de Mayo Happy Hour 1 - 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Pinochio Club 9 - 11:30</td>
<td>SilverSnakers® 10:30 - 11:30</td>
<td>Lunch 12 - 12:45</td>
<td>Pinochio Lessons &amp; Play 1 - 4</td>
<td>Meet and Greet w/ the new Surrey President, Bob Madonna and Cinco de Mayo Happy Hour 1 - 2</td>
</tr>
</tbody>
</table>

#### Fri
| 10 | Pinochio Club 9 - 11:30 | SilverSnakers® 10:30 - 11:30 | Lunch 12 - 12:45 | Pinochio Lessons & Play 1 - 4 | Meet and Greet w/ the new Surrey President, Bob Madonna and Cinco de Mayo Happy Hour 1 - 2 |

### Surrey Media Activities
For additional information about any activity listed, or for the menu of the day, call Connie Woodring, Program Assistant, at 610-566-0505

---

**Just Say Yes to... Beans and Black Bean Wrap Cooking Demo**

Monday, May 2, 11 - 12

Join Penn State Extension staff as we learn more about the benefits of beans and enjoy a free cooking demonstration and tasting.

**Hometown Downs Kentucky Derby Day**

Wednesday, May 4, 1 - 2

Pull out your fancy hats and join us at Hometown Downs for our annual Horse Races.

**Meet and Greet with Surrey President, Bob Madonna and Cinco de Mayo Happy Hour**

Thursday, May 5, 1 - 2

Join us for chips, salsa, pico de gallo and some slushy “margaritas” as we welcome Surrey’s President, Bob Madonna.

**COSA Expo at Harrah’s**

Friday, May 6, 9 - 1 |

This annual event features vendors, entertainment, give-aways and raffles. Free transportation provided by COSA via Community Transit. You must register in advance. See Connie to secure your spot.

**Mother’s Day Tea & Sweets**

Monday, May 9, 1 - 2

Join us as we sip tea, enjoy some sweet treats and reminisce about the Moms in our lives. Please bring your favorite tea cup.

**Fitness, Fun and Meditation**

Monday, May 11, 9 - 10

There are different ways to alleviate stress and feel great. The Residence at Glen Riddle will show us several techniques.

**Dinner & Learn Cooking Demonstration**

Tuesday, May 24, 5 - 6:30

Join us for a demonstration on how to prepare Mexican Chili Pasta Bake which will be followed by a full meal of our featured entrée. Please see Kathy or Connie to make a reservation.

**Focus on Fiction Book Club at Helen Kate Furness Library**

Wednesday, May 25, 1 - 2

Join us for our monthly book club.

**Evening Highlight Tour of Scott Arboretum at Swarthmore College**

Wednesday, May 25, 5 - 6:30

Staff guided tours are free and depart from the Scott Arboretum Offices. The tour is geared for gardeners from beginner to experts. In case of inclement weather, the tour will be cancelled. Please sign up with Kathy or Connie.

**Creative Show & Dessert Reception at Surrey Broomall**

Wednesday, May 25, 1 - 3

Celebrate the creativity of our Surrey members. The show will display multiple mediums and talents and feature a dessert reception. Please see Kathy or Connie to register and for carpooling info.

**Creative Expressions and Stress Reduction**

Thursday, May 26, 1 - 2

Making art doesn’t necessarily sound like a stress reliever yet there is something about expressing your creative side that can help put your mind at ease. Each month we will revisit an art technique. This month we will make a positive vibe voodoo doll/power figure.
An Overlooked Benefit: Surrey’s Care Management

May is National Geriatric Care Managers month. Surrey’s Geriatric Care Managers, Wendy Walsh, RN, and Ann Schoonover, LSW, play a vital role in Surrey’s holistic approach toward aging. Older adults may be interested in transitioning to a supported living residence. Surrey’s Care Managers are there as guides to navigate and coordinate care options and help you choose the facility that is right for you.

Another way Surrey’s Care Managers provide assistance to clients is by working on behalf of clients as advocates to coordinate all aspects of care including medical appointments, lab tests and hospital stays. Surrey on Call is available for unexpected concerns that occur outside of normal business hours (see p. 1 for details about this service.)

Surrey Care Management can provide expert assistance and peace of mind to seniors and family members. For more information about how Surrey Care Management can help you or a loved one or to schedule an assessment, call Wendy or Ann at 484-321-6105.

We thank our members for their generous gifts!

2-9-16 through 3-7-16

Ms. Mariana T. Baldwin
Mr. and Mrs. Gerald B. Beam
Mrs. Horsene R. Bertsch
Ms. Laulette M. Boles
Ms. Robin Bond, Esq.
Ms. Marcha L. Botje
Ms. Jill S. Milstead
Mr. and Mrs. John Matt
Mr. and Mrs. Kenneth LeBow
Ms. Josephine DiBartholomeo
Mr. and Mrs. Carmen DiMaggio
Ms. Marie DiMeno
Ms. Joanna Doney
Ms. Millen Dooley
Ms. Susan D. Engel
Ms. Patricia Engelbrecht
Barbara and George Fentress
Mr. and Mrs. Emma Ferris
Mr. and Mrs. William Gingles
Mr. and Mrs. Luiggi DiFilippo
Mr. & Mrs. Coleman Bookbinder
Mr. & Mrs. Coleman Bookbinder
Mr. and Mrs. Anthony G. Natale
Mr. and Mrs. Anthony G. Natale
Mr. and Mrs. Ronald Rossmeisl
Ms. Lynne Rubini
Ms. Frances W. Sauthier
Mr. and Mrs. John Matt
Mr. and Mrs. Dorothy Pathias
Mr. and Mrs. Anthony N. Rixora
Mr. and Mrs. Ronald Rossmeisl
Ms. Lynne Rubini
Ms. Frances W. Sauthier
Mrs. Mary Silio
Mr. and Mrs. Lee H. Snyder
Mr. and Mrs. Lee H. Snyder
Ms. Cadd Jett Steward, Jr.
Ms. Margaret V. Test
Ms. Margaret Wenzel
Mr. Arnold Winicov
Mrs. Muriel Deloitte
Mrs. Dorothy M. Hanker
Mrs. Helen P. Kambin
Dr. & Mrs. Roy and Jean King
Dr. & Mrs. Harrison M. Langrall
Ms. Eleanor Langran
Mr. and Mrs. Donald Littlewood
Ms. Liz MacGibbon
Mr. and Mrs. Duane Malm
Ms. Catherine Mangam

The Perfect Gift: A Planned Gift

The term “planning” is used to describe a gift that a contributor arranges now that will benefit Surrey in the future. One of the easiest ways to help advance the mission of an organization you care about is to designate it as a beneficiary of your assets. A retirement plan account, life insurance policy or bank account are all ways to remember the charity that is important to you.

Perhaps making a contribution doesn’t fit into your budget right now. You can still support any organization by setting up a designated gift as part of your estate planning. You may be surprised to learn that some very meaningful gifts made to Surrey have been gifts that donors gave after their lifetime.

The attractiveness of a planned gift is that the actual giving occurs after your lifetime, so your current income and asset base are not affected. The option most frequently used by estate planners includes remembering a charity in your will. Recently, Surrey was grateful to receive notification as a beneficiary of a Charitable Remainder Unitrust from long-term Surrey members. Your estate plan may include this type of designation in your will and enable you to leave a lasting gift to Surrey. Your gift, planned for Surrey’s future support, will enable us to continue to meet the needs of our community’s older adults through a wide array of critical services and programs.

For more information about planned giving or any questions regarding charitable contributions, please contact Lauren Christiansen in Surrey Development at 610-647-9774.

In Memory of Dorothy Gray
Mrs. Elizabeth B. Collett
Mr. and Mrs. John J. Creasey
Mr. and Mrs. Michael DeBell
Mrs. Alice A. Collett
Mrs. Elizabeth A. Holman
Lillian D. Malcom
Miss Edith Wilkin
Marple Newtown Community Band
In Memory of Henrietta Jager
Mr. David J. Miller and Ms. Maureen Brennan-Miller
In Memory of Jeanne Laroche
Main Line School Night Association
Mr. and Mrs. Stewart A. Bernstein
Mr. & Mrs. Coleman Bookbinder
Lucy J. Carroll
Mr. and Mrs. Luigi DiFilippo
Ms. Beverly M. Dotter
Ms. Evelyn Hutchinson
Ms. Michele Kelly
Dr. and Mrs. John H. Kerr
Mr. Ken Mertz
Mr. and Mrs. Barry Mitchell
Mrs. Leslie H. Moss
Ms. Dietz Keiner
Ms. Nancy Sargent
Mr. and Mrs. Ian B. Smith
Mr. and Mrs. Bradford L. Smith
Mrs. Leslie H. Moss
Mrs. Marcha L. Botje
Ms. Robin Bond, Esq.
Mr. & Mrs. Douglas H. Burnett
Ms. Donna M. Burke
Mrs. Marcha L. Botje
Ms. Evelyn Morelli
Mrs. Lillian D. Malcom
Mr. and Mrs. Gerald B. Beam
Ms. Marianna T. Baldwin
Mr. and Mrs. Anthony A. Natale
Ms. Evelyn Morelli
Mr. and Mrs. Anthony G. Natale
Mr. and Mrs. Anthony A. Natale
Ms. Lynne Rubini
Ms. Frances W. Sauthier
Mrs. Mary Silio
Mr. and Mrs. Lee H. Snyder
Mrs. Cadd Jett Steward, Jr.
Ms. Margaret V. Test
Ms. Margaret Wenzel
Mr. Arnold Winicov
In Honor of Bob Laroche
Mr. Ken Mertz
Mr. and Mrs. Ronald Rossmeisl
Mr. Ken Mertz
In Memory of Dorothy Gray
Mrs. Elizabeth B. Collett
Mr. and Mrs. Michael DeBell
Mrs. Alice A. Collett
Mrs. Elizabeth A. Holman
Lillian D. Malcom
Miss Edith Wilkin
Marple Newtown Community Band
In Memory of Henrietta Jager
Mr. David J. Miller and Ms. Maureen Brennan-Miller
In Memory of Jeanne Laroche
Main Line School Night Association
Mr. and Mrs. Stewart A. Bernstein
Mr. & Mrs. Coleman Bookbinder
Lucy J. Carroll
Mr. and Mrs. Luigi DiFilippo
Ms. Beverly M. Dotter
Ms. Evelyn Hutchinson
Ms. Michele Kelly
Dr. and Mrs. John H. Kerr
Mr. Ken Mertz
Mr. and Mrs. Barry Mitchell
Mrs. Leslie H. Moss
Ms. Dietz Keiner
Ms. Nancy Sargent
Mr. and Mrs. Ian B. Smith
Mr. and Mrs. Bradford L. Smith
Mrs. Leslie H. Moss
Mrs. Marcha L. Botje
Ms. Robin Bond, Esq.
Mr. & Mrs. Douglas H. Burnett
Ms. Donna M. Burke
Mrs. Marcha L. Botje
Ms. Evelyn Morelli
Mrs. Lillian D. Malcom
Mr. and Mrs. Gerald B. Beam
Ms. Marianna T. Baldwin
Mr. and Mrs. Anthony A. Natale
Ms. Evelyn Morelli
Mr. and Mrs. Anthony G. Natale
Mr. and Mrs. Anthony A. Natale
Ms. Lynne Rubini
Ms. Frances W. Sauthier
Mrs. Mary Silio
Mr. and Mrs. Lee H. Snyder
Mrs. Cadd Jett Steward, Jr.
Ms. Margaret V. Test
Ms. Margaret Wenzel
Mr. Arnold Winicov
In Honor of Bob Laroche
Mr. Ken Mertz
Mr. and Mrs. Ronald Rossmeisl
Mr. Ken Mertz
In Memory of Dorothy Gray
Mrs. Elizabeth B. Collett
Mr. and Mrs. Michael DeBell
Mrs. Alice A. Collett
Mrs. Elizabeth A. Holman
Lillian D. Malcom
Miss Edith Wilkin
Marple Newtown Community Band
In Memory of Henrietta Jager
Mr. David J. Miller and Ms. Maureen Brennan-Miller
In Memory of Jeanne Laroche
Main Line School Night Association
Mr. and Mrs. Stewart A. Bernstein
Mr. & Mrs. Coleman Bookbinder
Lucy J. Carroll
Mr. and Mrs. Luigi DiFilippo
Ms. Beverly M. Dotter
Ms. Evelyn Hutchinson
Ms. Michele Kelly
Dr. and Mrs. John H. Kerr
Mr. Ken Mertz
Mr. and Mrs. Barry Mitchell
Mrs. Leslie H. Moss
Ms. Dietz Keiner
Ms. Nancy Sargent
Mr. and Mrs. Ian B. Smith
Mr. and Mrs. Bradford L. Smith
Mrs. Ursula Weisegger
In Memory of Joyce Moore
Ms. Nancy Sargent
In Memory of Constance Stevens
Mrs. John J. Creasey
Mr. and Mrs. John Matt
In Memory of Gail Stock
Ms. Ruth B. Bowen

Are Your Savings Bonds Gathering Dust?

Personal Finance Corner
By: Jackie Kennedy Sisson
Surrey’s Daily Money Manager

May is upon us and it’s time for weddings, graduations and other special gift giving occasions. Perhaps in past years you have received or given US. Savings bonds as a gift for a special event and you are wondering if the bond should be cashed in. If you have forgotten about a bond and maybe came across it during your spring cleaning, you are not alone. Billions in savings bonds have matured and never been cashed in. Matured bonds no longer earn interest, thus they are actually losing value over time due to inflation.

To find out the value of your savings bond and whether the bond is still paying interest, go to the U.S. government’s website for savings bonds, www.treasurydirect.com and click on the tools tab. For more information about planned giving or any questions regarding charitable contributions, please contact Lauren Christiansen in Surrey Development at 610-647-9774.

Help! I’m drowning in paperwork

Feeling overwhelmed by paperwork? Need help navigating bills? Daily Money Management services are one-on-one, customized services designed to meet a need. You, your professional and experienced staff will help you regain control of your finances, reduce your stress and gain peace of mind.

• Organize and pay bills on time
• Sort and review mail
• Reconcile bank and other accounts
• Assist with insurance and medical claims
• Prepare forms required by senior housing, insurance companies, etc.
• Budget and track income and expenses
• Gather tax information and determine the documents required for tax preparation
• Determine eligibility and apply for government benefits available to seniors
• Handle billing disputes
• Review and provide advice on household services including cable, phone, heating oil, etc.
• Clean out and organize files
• Other financial projects, as requested

Call Jacky at 610-283-7085 for more information.

Volunteer with Surrey this Summer

Now that summer is on the horizon, some of our volunteers are planning vacations. Surrey is looking for people to help continue to perform the vital jobs that our volunteers do. If you or someone you know is interested in volunteering, please contact Linda DiMaggio at 484-321-6106 or email ldimaggio@surreyservices.org. Surrey is particularly looking for volunteers in the following areas: Volunteer Driver Escort, Handyman, Fitness Center and Front Desk Receptionist.
Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year’s theme is Blaze a Trail.

While Surrey provides services to older adults year-round, we will use OAM 2016 to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

Throughout the month, Surrey will be hosting programs and events to celebrate older Americans, including a walk at the Haverford Reserve where we will Blaze our own Trail. For more information about the events planned for Older Americans Month, see the calendar pages in this newsletter, visit www.SurreyServices.org, or call the Surrey location nearest you.

Senior Living Expo at Harrah’s - Free!
777 Harrah’s Boulevard, Chester
Friday, May 6, 9 - 1
Celebrate Older American’s Month with free health screenings, raffles, refreshments, give-aways, and entertainment. Learn about services that are beneficial for seniors from participating vendors. Free Transportation is being provided by COSA through Community Transit. You must register in advance and space is limited.

Delaware County Senior Games, June 13 - 24
Join Team Surrey!
This is a chance to show off your skills and have some fun. The games will be held throughout the county and will include: bowling, golf, Wii bowling, table tennis, horseshoes, shuffleboard, billiards and more. Save the dates and join Team Surrey! Visit DelCoSeniorGames.org for information or call your local Surrey office.

Sponsored by Delaware County Council, the Department of Parks and Recreation, the County Office of Services for the Aging (COSA) and the Destination Delco Visitor’s Bureau.