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You Asked. We Listened. Services that Meet Your Needs

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

United Way Donor: Surrey Services for Seniors (#614)

Surrey’s Five Core Values

Value 2: Connection, Community, Family

The second of Surrey’s Core Values is a triad. Although it is three separate nouns, its meaning is one. It describes the people we turn to for fellowship, validation and support. It is the face and humanity of our Core Values.

Why is this so important?

For years, scientists have linked loneliness to poor health. In one analysis, researchers found that loneliness might be a more significant health factor than obesity, smoking, exercise or nutrition. As humans, we are social creatures. We need to have meaningful interactions with others in order to thrive.

Surrey’s community has its own unique culture. It’s made up of smaller communities all with the same goal – care for others. There are many examples of this throughout the organization.

For example, Surrey’s volunteers call others for friendly check ins and drive members to appointments. Our members meet at lunch or at their favorite class to share stories from their lives and support one another. Staff helps foster connections and works to find resources that help members. Donors provide the resources to support the needs of the community.

Members’ families are an extended part of this community as well. Surrey’s holistic approach means members’ families are included in many ways. Surrey welcomes families to our events, in communications and through Surrey’s array of services and support. Our Information and Referral Service is open to families or anyone in the community who is looking for assistance for a friend, neighbor or loved one.

“Surrey is the place I see people I care about and where I can do things that I enjoy,” says Kay in Media. “When I talk to people about Surrey, I always say it’s my Surrey family,” Anne in Devon says as she smiles. And she’s not alone.

Bob’s Blog
Sharing Our Values

Each month we have been featuring a story about Surrey’s Five Core Values. This month it is Connection, Community, Family.

I think this value is really the cornerstone of Surrey. From birth, the most important influence on our growth, maturity and happiness is the influence of our family. As we move through childhood to adulthood we develop multiple families – friends, classmates, teammates, coworkers, neighbors.

The reason this is one of Surrey’s core values, is because the support that we receive from our connections, our community and our family are a key component of healthy living. In fact, studies show that people who are lonely and lack social connections are more likely to suffer from physical illnesses.

I’ve had the privilege of leading Surrey for two years now and it has been one of the best experiences of my life. Over the past few years, I’ve had three major operations and after each one the Surrey family - members, employees, donors and volunteers were there to support me with care and concern. I can tell you, it makes a difference.

The community that exists in all our centers is grounded in true caring for fellow members. We see this in all different forms: a food drive for some of our members, visiting members in the hospital, taking fellow members to appointments or just calling to make sure someone is ok.

When people ask me about why they should get involved with Surrey, I describe this value. There is something special and rare about an organization that is truly an extended family.

Bob Madonna, President & CEO
BobMadonna@SurreyServices.org

Winter Weather Closing

In the event of inclement weather, all Surrey sites will follow local school closing policies.

- If your School District is closed, Surrey activities will be cancelled.
- If your School District declares a 2-hour delay, Surrey activities will begin at 10.

Your safety is our primary concern. If you have a question regarding your center’s status, please call your center.

Devon: 610-647-6404
Broomall: 610-544-1770
Havertown: 610-446-2070
Media: 610-566-0505

You may also visit the website for updates at www.surreyservices.org.

Your asked. We listened.
Surrey is providing two new services! See page 8 for details.
February: Heart Health Month
Snoring May Be More Than a Nuisance

Sleep apnea is a common, treatable condition that occurs when an individual has an involuntary stoppage of breathing while asleep. Surprisingly, most people are not aware of their breathing stoppages because they don’t trigger a full awakening even though the stoppages can last for a minute or longer.

Sleep apnea affects between 20% and 50% of older adults. The prevalence increases with age; adults age 70 to 80 are twice as likely to be affected than those around age 40, according to research.

Left untreated, sleep apnea can have serious consequences: high blood pressure, heart disease, stroke, automobile accidents caused by falling asleep at the wheel, diabetes, depression and more.

How do you know that you have sleep apnea?

A major symptom is extremely loud snoring, sometimes so loud that those who live with you find it intolerable. If you live alone, other signs that you may have sleep apnea are being over-weight, daytime sleepiness, awakening out of breath during the night and frequently waking in the morning with a dry mouth or a headache.

Only a sleep study in a sleep laboratory or a home sleep study can determine whether you have sleep apnea. The good news is that there are a number of treatment options depending upon the root cause. Talk with your health care provider if you get complaints about loud snoring. You may uncover a hidden health problem.

Being Social Helps the Heart

For decades, scientists have studied the clear link between isolation and overall health. What they’ve found may be surprising but has always been consistent. People who lack social connections are more likely to experience elevated levels of stress and inflammation. Inflammation is the real culprit. Chronic inflammation affects nearly every bodily system, including the heart.

For people who want to live a healthy lifestyle, it’s not enough to eat right and exercise regularly. “Don’t forget to connect,” advises Dr. Emma Seppala, a Stanford researcher and author of “The Happiness Track.” There are numerous opportunities to get involved at Surrey. Here are a few suggestions:

Volunteer – Surrey offers a wide variety of volunteer opportunities, from volunteer driving to packing meals. “We work to find an opportunity that matches your interests and skills,” says Surrey’s Linda DiMaggio. Call Linda for more information at 484-321-6106.

Take a class – Do you like music, to knit, dance or paint? “Nearly all Surrey classes are drop in, meaning you can attend them as your schedule permits,” says Kathy Henderson, Media Center Director. “This gives members the ultimate freedom to try new things.” For class schedules visit the website or check the newsletter.

Exercise – Joining an exercise class is a win-win. Your heart benefits from exercise and social interaction. “A lot of members exercise more regularly because they get to see friends,” says Nicole Robinson, Devon Center Director.

Don’t let transportation stop you from participating! If you need a ride, call Surrey Transportation at 610-993-9493.

Celebrating Wear Red Day

Friday, February 2, 2018
All Surrey Locations
Wear red and get entered into a drawing for a prize!

Nearly 80% of cardiac and stroke events may be prevented through education and action, according to the American Heart Association. Wear Red day is dedicated to helping underscore the basic five numbers everyone, especially women, should know regarding their heart health (see list below). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular disease.

Know Your Numbers

Your cholesterol, blood pressure, blood sugar and body mass index numbers are key indicators of your risk for serious illness. Here are the numbers you should know:

- Total blood cholesterol – goal is < 180 mg/dL
- The normal range for total cholesterol is 180 mg/dL or less. You also need to know your “healthy” HDL cholesterol and “bad” LDL cholesterol numbers.
- The optimal range for HDL is more than 60 and LDL should be less than 100.
- Blood pressure – the goal is 120/80 mmHg or less
- Blood sugar (glucose) – goal is < 130 mg/dL
- The average blood sugar range is between 70 and 130.
- Body mass index (BMI) – goal is < 25 kg/m²
- A BMI over 25 means that you are overweight, and a number over 30 indicates obesity.

Source: UnitedHealthcare

Live a Balanced Life

Winter is the time of year when there is an increased focus on falls prevention. It’s not surprising considering snow, ice and darkness are at their peak and are major contributors to falls.

The encouraging news is that numerous studies show falls can be prevented or made less severe by following some simple safety steps. Two tips, from The New York Times, are especially helpful. First, check your footwear. Shoes and boots should have slip resistant soles or equip them with external traction cleats, sold under brand names like Yaktrax.

Second, use this technique when it’s icy or snowy. Take smaller steps, bend forward slightly, go slow and walk as flat footed as possible. Avoid carrying items that block your ability to see the ground in front of you.

Surrey is offering several classes to help improve balance and reduce fall risk. Members are welcome to attend a class at any Surrey location.

Devon
A Matter of Balance
Fridays, February 16 to April 6, 10 – 12
T spi Chi for Balance and Falls Prevention
Wednesday, February 21, 1 – 2

Broomall
A Matter of Balance
Thursdays, February 15 through April 6, 1 – 3

Havertown
Lunch and Learn: Falls Awareness
Friday, February 16, 10:45 – 11:45
Tai Chi
Wednesdays, 10 – 10:45

Media
Tai Chi
Fridays, 1 – 1:45

AARP Tax AID

February 17 and 24, 9 – 3, by appointment
Tax season is right around the corner! Sign up for a 1½ hr appointment with a trained, IRS certified volunteer who will help you complete your state and federal tax returns.

Please call Mary LePera at 484-321-6102 to schedule your appointment and receive the list of required documents that you will need to bring along in order to complete your returns. You do not have to be an AARP member. There is no charge for this service, which will run from February 17 through April 7, however donations to Surrey are appreciated. Each year, requests for appointments exceed availability so please make your appointment today.

APPRISE Counseling

Have questions about your medical insurance? Having a problem with a bill? All times are by appointment.

Surrey - Devon: call 610-647-6404
Chester County residents
Mondays, February 5, 12, 19 and 26, 9:30 - 1

Surrey - Devon: Delaware County residents
Thursday, February 8, 9:30 - 1

Surrey - Broomall: call 215-307-7158
Delaware County residents only.
Tuesday, February 27, 10 – 2

Surrey - Havertown: call 610-446-2070
Delaware County residents only.
Thursday, February 15, 9 - 11

Surrey - Media: call 610-566-0505
Delaware County residents only.
Wednesday, February 28 from 1 - 4

Surrey Consignment Shop

Winter One Day Sale
Saturday, February 10
9 - 4

30% - 50% Off entire store!
Lots of fabulous jewelry for that special someone!

Don’t forget Valentine’s Day!
February 14th
810 Lancaster Ave., Berwyn, 610-647-8632
Call Nicole Robinson at 610-647-9172 to register for classes.
Please register for ALL classes except Exercise and Yoga.

If you are interested in Book Club, please call Jean Billings at 610-725-0518 to find out the book being read by the group.

To sign up for Reiki, please contact Liz Wanner at 610-293-0347 or at Lizwanner11@comcast.net

**February 2018 — Devon**

**Mon**

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<td><strong>February 13</strong></td>
<td><strong>12:30 -</strong></td>
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<td><strong>Laughter Yoga</strong></td>
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**Heart Health**

Friday, February 2, 10:45 - 11:30
Learn how to take care of your heart no matter what your health status. Blood pressure checks will be available during this program presented by the Chester County Health Department.

**Veterans Program**

Monday, February 5, 4 - 5
Trish Hubeer, former army nurse, presents the “We Honor Veterans” program.

**REIKI**

Wednesdays by appt., February 7, 11:45 - 12:45 and February 21, 2:15 - 3
Reiki, an ancient practice of stress reduction and healing, is available in 15 ($15) and 30 ($30) minute sessions. See calendar for appt. information.

**Excel 101 $15**

Thursday, February 8 2:30-3:10
Join us to explore this powerful program. We’ll learn the basics of how to create a spreadsheet, along with some formulas and functions.
Relaxation Resolutions! 11 - 11:45 YogaStretch 1 - 1:45 Macaroni and Cheese $4 12:15 - 1

Cardio Strength and Balance 10 - 10:45 Soup and a Side Salad $2 12:15 - 1 Canasta ($1) 11 - 1 Games Parlor 1:15 - 2

Reiki (by appointment only) 10:15 - 12 Coffee/Tea/Hot Chocolate Time 10:30 - 12 Metros Art Grp $1 10:30 - 2 Pinchhole $1, 1 - 2 The Freedom of Song and Dance $1, 1 - 2

Van Trip: Newtown Square ACME. Call transportation for reservations: 610-993-9493.

Join us for lunch at New Leaf in Broomall. Please bring a store bought or homemade entrée or side or a $4 contribution.

Call transportation for reservations: 610-993-9493.
Sip & Swive Café: iPad Training, by appointment Thursdays, 9 - 10
Learn to use an iPad* easily, at your own pace, with support. Learn to send emails and texts, and more.

Lecture & Lunch: Advanced Care Planning
February 2, 11 - 11:45
Sara Burns from VITAS, on behalf of Delaware County Medical Society, will tell us about Advanced Care Planning. Call 610-446-2070 to schedule your free appointment.

Lecture & Lunch:  Falls Prevention
February 12, 12:45 - 3
Just in time for Valentine’s Day! Sandy Renick will provide instruction on how to make your own special DIY Valentine’s Day Craft. You decide—keep if for yourself or give it away. Please call the receptionist for the materials needed or have our instructor purchase them for you.

APPRIZE Counseling, by appointment only
Thursday, February 15, 9 - 11
This health insurance counseling program provides information about Medicare plans and can help answer questions about claims. Call 610-446-2070 to schedule your free appointment.

Lecture & Lunch: Falls Prevention
Friday, February 16, 10:45 - 11:45
The presentation will include a discussion of risk factors and consequences of falls. In addition, attendees will learn techniques to decrease the risk of falls. There will also be an overview of Full Range Physical Therapy’s proprietary Fall Risk Assessment. Attendees receive a free lunch.

Book Discussion Group
Monday, February 19, 12:45 - 2
Come out and join the discussion at our monthly book club. Share your thoughts and opinions on our latest read. The discussion is led by a staff member of the Havertown Township Library. Books will be distributed by library staff for the next month’s selection. Free.

Meet With a Senior Advocate
Tuesday, February 20, 10 - 11
Legal Aid Senior Advocate Pat Haussmann will help complete forms you may find confusing or difficult. Have questions about estate planning, debt collection, bankruptcy, or other civil issues? Pat can’t give legal advice, but will discuss your concerns and refer you to Legal Aid paralegal Karen Tyler. Call 610-446-2070 to schedule your appointment. Free.

New Members Lunch & Birthday Party
Friday, February 23, 11:45 - 12:30
Join us at lunch for free cake and ice cream, as we celebrate those with February birthdays. Members with birthdays in February will be treated to a free lunch.

~ NEW ~ Kitchen Table Stories
Tuesday, February 27, 10:45 - 11:45
Kitchen Table Stories is a reminiscing of one’s life & story telling in a fun group setting. Kitchen Table Stories is provided by NHS Delaware County, through funding from COSA. The theme of this phase of Kitchen Table Stories is “The Pleasures of the Table”—sharing stories of our traditions and the marriage between food and songs. Free.

If you plan to ride the van to go shopping at the Havertown ACME on any given Tuesday, please call 610-993-9493 to reserve a spot.
February 2018 — Media

Community Service Project- Make Valentine’s Cards for Home Delivered Meal Recipients
Thursday, February 8, 1 - 2
Join us as we make cards to celebrate Valentine’s Day which will be hand-delivered to our members who receive meals delivered. You will learn the simple but beautiful Iris Folding Technique to create the cards.

Make a King Cake for Fat Tuesday/Mardi Gras
Monday, February 12, 1 - 1:45
Join us to make our version of a King Cake that we will enjoy after lunch that afternoon to celebrate Fat Tuesday.

“Pal”entine’s Day Opera Night at Fellini Café
Monday, February 12, 6 - 8
Join your “pals” for a delicious dinner at Fellini Café with the added bonus of a live Opera singer. Seating will be limited to 8 people. Please see Kathy or Connie to reserve your spot. Please come prepared to pay for your portion of the bill in cash.

Valentine’s Tea Tasting
Tuesday, February 13, 1 - 2
Join us as we will sample a small variety of teas and will discuss based on appearance, color, smell and taste. Please bring your favorite tea cup!

Valentine’s Fondue
Wednesday, February 14, 1 - 2
Mmmmmm, chocolate. We will provide the chocolate fondue and request donations of bananas, marshmallows, pretzel rods, apples, graham crackers, strawberries or anything you think sounds good covered in chocolate! We will enjoy this treat during Kitchen Table Stories.

Lunch Trip to Surrey Devon ($4)
Thursday, February 15, 11 - 2
Are you curious about the Surrey in Devon and want the chance to meet fellow members? Join us for an afternoon at Devon including a delicious lunch of Chicken Parmesan made by Chef Ben. Space is limited and you must sign with Kathy.
“Many individuals who call us are not sure what type of in-home service they may need, especially when the call is on behalf of a parent or loved one,” says Frank. “That’s why a professional assessment, conducted by Surrey staff, is such an important first step for any in-home service.”

Frank has more than 25 years’ experience in health care and long term care. Throughout his career, he worked extensively in all areas of services for older adults including: non-profit nursing homes, assisted living residences, continuing care retirement communities, subsidized senior housing and home and community based programs for the elderly.

He also was appointed to and has served on numerous state aging-related regulatory committees and committees including the Pennsylvania Governor’s Long-Term Care Commission and the New Jersey Medicaid Long-Term Care Funding Advisory Council.

Frank grew up on Staten Island, NY and graduated from Villanova University. He enjoys golfing with his two adult sons.

Medical Expenses: The Overlooked Tax Deduction

By: Jackie Kennedy Sisson
Surrey’s Personal Finance Manager

As tax season approaches, it’s time to gather the paperwork for your 2017 federal tax return. Medical expenses can be deducted if you itemize deductions on the tax return and meet a certain threshold. Under the new law, the IRS allows medical expenses to be deducted if the expenses are at least 7.5% of adjusted gross income. This applies to both 2017 and 2018.

The following is a list of common medical expenses that are deductible:

- Medical insurance premiums and long term care insurance premiums
- Co-pays, and deductibles that were paid for doctor visits, lab services, and hospital stays
- Prescription drugs (these costs may be significant if the coverage gap was reached during the year)
- Dental bills
- Long term care and nursing services

Note: The list provides general guidelines on allowable deductions. For more specific information, consult a tax professional or IRS publication no. 502. Medical and Dental Expenses.

Medical expenses can really add up, so it pays to gather those bills and receipts to see if you will get a significant tax deduction for the year. Remember to review your checkbook and credit card bills if you used these methods of payment for medical bills. The beginning of the year is also a good time to set up a folder for 2018 medical expenses, so that next year will be easier.

If you’re tired of searching for documents, making phone calls, and filling out lengthy questionnaires for your tax preparer, then give yourself a break and call Surrey’s Personal Finance Manager to help you organize your tax information. To find out more about this helpful service, call 610-647-9840.

Did you know that Personal Finance Management will also help with:

- Advice on managing medical insurance claims and disputes
- Reviewing insurance policies, explain coverage and manage insurance claims
- Determining eligibility and filing applications for government benefits
- Assisting with financial matters relating to cafeteria and cremation preplanning
- Assisting with financial and administrative tasks after the loss of a loved one

“Surrey has been a real life savior for me especially the guidance with tax paperwork and insurance claims.” - Dorothy R., Devon
Two New Homecare Services
You Asked. We Listened. Services that Meet Your Needs

Medical Procedure Escort Service

If you are having a same day procedure that requires sedatives, such as a colonoscopy, cataract surgery or endoscopy, transportation to and from the medical facility can be a difficult problem. Usually, you must arrive early in the morning. Then, due to the anesthesia, you cannot drive yourself home. A taxi or Uber service is not an option because you must be accompanied by someone who will ensure that you are safely in your home.

Surrey’s professional staff can help with two, new fee-based services. Clients who use our Medical Procedure Escort Service will be accompanied round trip from arrival through the discharge process and travel home. If necessary, this service can include prescription pick up, light meal preparation and same day post procedure care. Surrey takes the stress out of getting to and from these procedures. It’s ideal if you live alone or do not have family nearby.

Short Term RN / Personal Care Management

This service provides care in your home when you most need it; after a stay in a hospital, rehabilitation facility or after an acute illness. It also can be used for ongoing, regular care. Here’s how it works. Surrey’s RN Care Managers conduct an assessment and craft an individualized care plan. This plan may include some of the following services:

- Assistance with meal preparation, bathing, grooming, dressing and toileting
- Manage wound care, change dressings, ostomy care and skin management
- Transfer from bed, chair, vehicle and assist with walking
- Manage medications, refill pill boxes and pick up of prescriptions
- Ensure the client is hydrated and is receiving appropriate nutrition
- Accompany the client to medical appointments and act as an advocate
- Coordinate physical and occupational therapy
- Coordinate treatments and track care with physicians and health care providers
- Communicate with family members, POA or other designated persons via telephone or email
- Arrange for additional home care services as identified and requested

These services and others are available by calling Surrey Home Care Services at 610-647-9840 or by visiting https://surreyservices.org/services.

Surrey Services for Seniors

www.surreyservices.org • info@surreyservices.org

DEVON
60 Surrey Way, Devon, PA 19333 • 610-647-6404

HAVERSTOWN
1105 Earlington Road, Havertown, PA 19083 • 610-446-2070

MEDIA
302 S. Jackson Street, Media, PA 19063 • 610-566-0505

BROOMALL (at Trinity Church)
144 Lawrence Road, Broomall, PA 19008 • 215-307-7158

Consignment Shop
810 Lancaster Avenue, Berwyn, PA 19312 • 610-647-8632

ADDRESS SERVICES REQUESTED
60 Surrey Way
Devon, Pennsylvania 19333
Real Estate Specialist for Seniors!

Are you a senior and looking to downsize from your existing home? Interested in selling an existing home to relocate into a new residence that will meet your current lifestyle and anticipate your future needs?

I understand the challenges you face in making these life changing decisions and will assist you with your housing options in selling or finding a home.

Please feel free to contact me, or have a family member contact me for a free in-depth consultation.

Bud Emig, SRES — Senior Real Estate Specialist

LONG AND FOSTER & CHRISTIES INTERNATIONAL REAL ESTATE, INC.

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Devon, PA 19333

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Entertainment | Delicious Dinner

Contact Maureen Cislo at 610-647-9774 or email at: mcislo@surreyservices.org for more information or to sponsor or donate an auction item.

VOLUNTEER OPPORTUNITIES
Surrey depends on volunteers to

MAKE A DIFFERENCE BY:
► Driving older adults on weekdays and weekends to doctor appointments, grocery shopping
► Helping in the Café by serving meals
► Packing and delivering home delivered meals
► Working in the Consignment Shop
► Using your professional skills in accounting, computer-based tasks, general office help

Call Linda DiMaggio at 484-321-6106 to volunteer!

60 Surrey Way, Devon, PA 19333
www.surreyservices.org
610-647-9172

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