

# SURREY *News*

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## OUR MISSION

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

[SurreyServices.org](http://SurreyServices.org)

*Dear Friends,*

While we are operating in different circumstances than ever before, I am pleased to say that much continues to happen at Surrey. Not only are we seeing to the needs of the older adults in our community in innovative ways, we continued and concluded the process to select a new staff leader.



Over the past six months, Surrey conducted an extensive national search to find our next President and CEO. A Search Committee, chaired by Jean Kozicki, Board First Vice Chair, worked with search consultants and a team consisting of Board members, volunteers, members, donors and staff to evaluate potential candidates for this important role. We sought a servant leader who would not only have the experience and qualifications required for the position, but also one who reflects the mission and core values of Surrey. A large slate of candidates was evaluated, and an extensive interview process conducted to find the person who embodied and would advance the mission of Surrey.

I am pleased to announce that Christi Seidel, Surrey's current Chief Operating Officer, has been enthusiastically selected by our Board to serve as our new President and CEO.

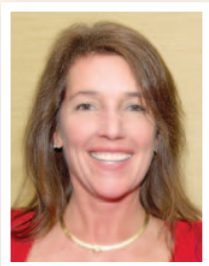
Christi brings the strong attributes to ably fill this role. Her involvement with Surrey provides her with a unique perspective of the challenges and opportunities in the world of aging services. During her tenure, Christi has helped Surrey become nationally recognized in this field of "getting wiser about older."

Christi has demonstrated her ability to combine strategic focus on the needs of older adults with collaboration among staff, volunteers and community resources to create new and innovative programs. This has never been more evident than during this time when those we serve are particularly vulnerable.

For 40 years, Surrey has been a leader in providing the programs, resources and services that enable older adults to experience aging as a time for discovery, learning, healthy activities and social opportunities. On behalf of the entire Surrey Board of Directors, we welcome Christi to her new role and look forward to the day when we may all gather to congratulate her as a community.

*Rick Davis*

Rick Davis  
Board Chair, Surrey Services for Seniors



## Christi's Corner

*Twenty years ago, I was looking for a volunteer opportunity. Surrey was right in my backyard and I knew several people who volunteered there in different capacities so I thought I would give it a try. I became a Surrey volunteer grocery shopper.*

*The experience kindled my passion for this wonderful organization.*

*At that time, I had the privilege of getting to know Jeanne La Rouche, Surrey's founder and visionary leader. Jeanne was gentle, yet tenacious, and had a gift of rallying the community to support the organization. Whether it was recruiting volunteers or raising funds, Jeanne could be counted on to do whatever Surrey needed to thrive and support older adults.*

*Jeanne's commitment to Surrey's mission was inspiring. Like Jeanne, my first and primary goal will always be maintaining a strong, mission focus. Mission is just a word unless it is acted upon. It needs to be what drives the organizational decisions. It needs to be lived by all of us each day. Jeanne taught me that, and I look forward to continuing the La Rouche legacy.*

*My volunteer grocery shopping experience shaped my views of the organization and exemplified how we all need to pull together to support each other. Surrey is fortunate to have committed volunteers, including several second and third generation Surrey volunteers. My children occasionally accompanied me on my grocery trips, and now they too volunteer at Surrey. Some of you have seen my youngest daughter, Caeli, handing out lunches and entertaining people in the Grab and Go lunch line at Devon.*

*While these are certainly challenging times, there are many new opportunities for Surrey to grow, change and continue to serve older adults in our community. I am honored to lead this organization as we enter our 40th year.*

*I hear from members all the time that Surrey is their family. I want you to know, Surrey is also my family. My door is always open, though these days it is virtual. Please contact me anytime to share your thoughts, concerns and ideas.*

**CSeidel@SurreyServices.org**

# SURREY Home Care

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**RETIREMENT LIVING, SUPPORTIVE LIVING, AND MEMORY CARE**

## Foods That Strengthen Your Immune System



### Eating vegetables, fruit, nuts and healthy fats can strengthen your immune system

Staying healthy and avoiding infections have never been more important. What you eat can make a big difference in how well your immune system functions. Getting your immune system in battle-ready shape won't happen overnight. But shoring up your diet now can pay off especially with more options for summer fruits and vegetables.

#### THE POWER OF PLANTS

The best diet for your body's defenses is one that's based on whole, minimally processed food that's mostly cooked at home. **Aim for at least 2½ cups of vegetables and 2 cups of fruit per day.** Mix up the type and color of your produce to get a wide variety of nutrients. Have at least one green vegetable every day, such as spinach, kale, Swiss chard, broccoli, arugula, or cabbage.

Nuts and seeds are great sources of crucial vitamins and minerals, fiber, protein, and healthy fats. Vitamin E is a potent antioxidant. Munching on a handful of sunflower seeds everyday will give you Vitamin E and selenium, copper, folate, and zinc. (Deficiencies of zinc account for 16 percent of lower respiratory infections across the globe.) Hazelnuts, pistachios, and walnuts are brimming with B6.



Beans and whole grains contribute nutrients and contain fiber to help replenish healthy intestinal bacteria. Lentils are a good source of copper, folate, and iron; garbanzos and black beans provide zinc; and cranberry beans are high in folate.

Healthy oils, such as olive, flaxseed, and canola, supply omega-3 fats, which help keep inflammation in check and regulate immune cell activity. A tablespoon or two of an oil-based dressing can also help your body absorb antioxidant carotenoids (which the body converts to vitamin A) and other nutrients in greens and other vegetables.

#### CHOOSE HEALTHY MEAT AND DAIRY

Fatty fish like salmon, tuna, and mackerel are important sources of omega-3 fats as well as B vitamins, selenium, and vitamin D, which may protect against upper respiratory tract infections and over-responses by the immune system.



Yogurt (plain is best so you avoid added sugars) is also teeming with probiotic bacteria, which help keep the intestinal microbiome healthy. In two studies involving healthy older people, one lasting more than 8 weeks and the other more than 12 weeks, those who ate about 3 ounces of yogurt daily had fewer colds than those who drank milk.

**Surrey is offering a program with a Nutritionist via Zoom on June 17. Sign up using the weekly email links or call Kathy at 610-566-0505.**

Source: Consumer Reports, May 2020.

## LONG TERM CARE INSURANCE 101

Long-term care (LTC) insurance provides reimbursement for care for someone who is generally not ill but is unable to perform two of the six activities of daily living (ADLs) such as dressing, bathing, eating, toileting, continence, transferring (getting in and out of a bed or chair).

When a policyholder wants to make a claim, the insurance company usually will need to review medical documents from the individual's doctor. Depending upon the policy, LTC may cover the following types of services; nursing home, assisted living, home care, home modifications and/or care coordination. The policy usually caps the amount paid out per day and the amount paid out during your lifetime.

Under most policies, you'll have to pay for long-term care services out of pocket for a certain amount of time, such as 30, 60 or 90 days, before the insurer starts reimbursing you for any care. The policy starts paying out after you're eligible for benefits and usually after you receive paid care for that period.

#### Jacky will be offering a Zoom program about Long Term Care



**insurance on June 24 at 1 pm. RSVP via the link in the Surrey Programs email or by calling 610-389-1124.**

If you need help sorting through coverages on an existing LTC policy, evaluating options to reduce premiums, or filing claims for reimbursement, Surrey's Personal Finance Management can help.

**Call 610-647-9840 for information about this fee-based service that can help you sort paperwork, organize bills and much more.**

# Surrey Virtual Programming — June 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Mindful Mondays <span style="float: right;">1</span></p>	<p>Zoom Practice Session with Gabi &amp; Olga, 10:30 am, <b>Zoom</b></p> <p>Zoom Practice Session with Gabi &amp; Olga, 1 pm, <b>Zoom</b></p>	<p>Pinochle, 10:30 am, On-line players' website, <b>Contact Olga for details.</b></p> <p>Group Crossword Puzzle with Kathy and Sylvia, 2 pm, <b>FB Messenger Group</b></p>	<p>Diabetes Support Group, 12:30 pm, <b>Zoom</b></p> <p>YogaStretch w/ Connie, 1pm, <b>Zoom</b></p>
<p>Morning Stretch with Connie, 10 am, <b>Zoom</b></p> <p>Doodle for Meditation, hosted by Connie &amp; Gabi 1 pm, <b>Zoom</b></p>	<p>Knitting/Crocheting, Co-facilitated by Gabi &amp; Olga, 10:30 am, <b>Zoom</b></p>	<p>Body Groove with Connie, 10 am, <b>Zoom</b></p> <p>Pinochle, 10:30 am, On-line players' website, <b>Contact Olga for details.</b></p> <p>Family Caregiving Workshop by Jefferson ElderCare, 12:30 pm, <b>Zoom</b></p>	<p>TechBoomer Technology Help, Watch and Q &amp; A with Barb and Gabi, 10:30 am, <b>Zoom</b></p> <p>YogaStretch with Connie, 1 pm, <b>Zoom</b></p>
<p>Morning Stretch with Connie, 10 am, <b>Zoom</b></p> <p>Guided Visualization with Connie &amp; Olga, 10:30 am, <b>Zoom</b></p> <p>Zentagle with Gabi &amp; Connie, 1 pm, <b>Zoom</b></p>	<p>Knitting/Crocheting, Co-facilitated by Gabi &amp; Olga, 10:30 am, <b>Zoom</b></p>	<p>Pinochle, 10:30 am, On-line players' website, <b>Contact Olga for details.</b></p> <p>Eating Healthy while Social Distancing, 12:30 pm, <b>Zoom</b></p>	<p>Book Talk with Barb and Gabi, 10:30 am, <b>Zoom</b></p> <p>YogaStretch with Connie, 1 pm, <b>Zoom</b></p>
<p>Morning Stretch with Connie, 10 am, <b>Zoom</b></p> <p>Smoothie Demo with Connie, 10:30 am, <b>Zoom</b></p> <p>Color Your Own Greeting Cards with Connie &amp; Gabi, 1 pm, <b>Zoom</b> <i>You will receive cards to color in the mail using your own pens/pencils.</i></p>	<p>Knitting/Crocheting, Co-facilitated by Gabi &amp; Olga, 10:30 am, <b>Zoom</b></p>	<p>Body Groove with Connie, 10 am, <b>Zoom</b></p> <p>Understanding Long Term Care by Surrey's Jacky Kennedy Sisson, 1 pm, <b>Zoom</b></p>	<p>Armchair Travel with Barb, 10:30 am, <b>Zoom</b></p> <p>YogaStretch with Connie, 1 pm, <b>Zoom</b></p>
<p>Morning Stretch with Connie, 10 am, <b>Zoom</b></p> <p>Guided Visualization with Connie &amp; Olga, 10:30 am, <b>Zoom</b></p>	<p>Knitting/Crocheting, Co-facilitated by Gabi &amp; Olga, 10:30 am, <b>Zoom</b></p>		

## FRIDAY

Name that Tune with Barb, 10:30 am, <b>Zoom</b>	5
Let's Do (Virtual) Lunch, 12 pm, <b>contact your center director</b>	
Scattergories with Gabi and Olga, 10:30 am, <b>Zoom</b>	12
Let's Do (Virtual) Lunch, 12 pm, <b>contact your center director</b>	
Let's Do (Virtual) Lunch, 12 pm, <b>contact your center director</b>	19
Bingo with Kathy & Gabi, 2 pm, <b>Zoom</b>	
Trivia with Barb, 10:30 am, <b>Zoom</b>	26
Let's Do (Virtual) Lunch, 12 pm, <b>contact your center director</b>	

## The JUNE CALENDAR is for all centers and contains programs open to all Surrey members.

At press time, our centers are not open for programs. Please contact your center director with questions about virtual programs.

Surrey is using several types of online technologies to share our programs and activities. All programs are free and take place on Zoom or Facebook Messenger. They can be accessed using a desktop computer, laptop computer, tablet (iPad) or smart phone. You will see the type of technology being used on the calendar grid after the program description.

### How Do I Begin Digital Programs?

Each week you'll receive an email with a listing of the programs that are available that week with a link to register. Click the link and you'll be ready to go. You can also email [info@surreyservices.org](mailto:info@surreyservices.org) for more information about a specific program. If you're stuck, reach out to your center director for guidance.

### Zoom

Zoom is a video conferencing service you can use to virtually meet with others — either by video or audio-only or both, all while being able to talk to others live. To use it, you must have WiFi internet connection and a device that you can use to set up a free Zoom account. Zoom meetings can have as few as 2 people or as many as several hundred.

### Facebook Messenger Room

Messenger Rooms are like virtual rooms with audio and video connection. They make it easy to spend quality time with friends, loved ones and people who share your interests. You do not need to have a Facebook account to join a Surrey event, but you will need to get a link that you can click to take you to the room.

### YouTube

Surrey has a YouTube channel with exercise programs from instructor Liz Wanner and performances by the Surrey Chorus and Drama Group. Visit Surrey's website for the link or look for it on the weekly emails.

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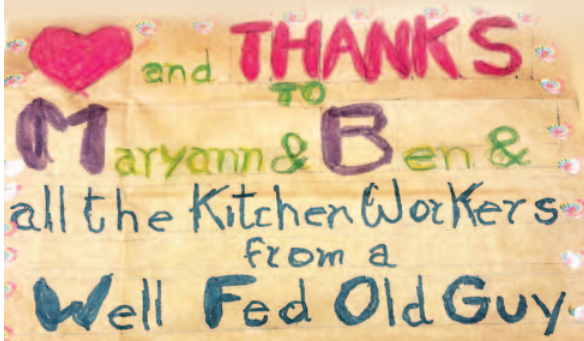
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Please join us and be a part of the community support and connections which are at the heart of Surrey. Visit Surrey's secure site, <https://surreyservices.org/donate-now> to make your contribution online or contact Jill Whitcomb at 484-321-6101. If you have already given to this matching gift appeal, we thank you once more.



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