

SURREY *News*

DEVON • BROOMALL • HAVERTOWN • MEDIA • BERWYN

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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

YOU ARE INVITED TO JOIN



SURREY → THE ROARING '20s ← GALA



Although we cannot gather in person as planned,
the celebration will take place as a free, multi-day, virtual event.

→ VIRTUAL SCHEDULE OF EVENTS ←

Tuesday, September 8 • 6 – 7 pm

Get dolled up and join your friends for a virtual cocktail hour with live piano music including songs from the 1920s. Grab some giggle juice — a fun cocktail or mocktail using the recipes provided on Surrey's website. The silent auction will be open for bidding on items that are the Bees Knees!

Wednesday, September 9 • Noon

Get ready to gab with Christi Seidel, Surrey President and CEO. Share stories, say hello to friends and enjoy being together in a virtual setting. Check in on the silent auction items and refresh your bid(s). Then visit Surrey's YouTube channel and watch a 1920s music history lesson or check out Chef Ben's cooking class as he prepares an elegant beef tenderloin dinner with dessert.

Thursday, September 10 • 6 – 7 pm

This evening join in the celebration as we virtually honor Surrey's award recipients, James McErlane and John Beilenson. Then stay tuned — the winning ticket for \$2020 will be pulled and announced. The silent auction will close as well.

We are grateful to all our sponsors, ticket holders, advertisers and in-kind donors who continue their support for Surrey. Links to the silent auction and events will be on Surrey's website, along with links for the Zoom and YouTube programs.

Visit www.SurreyServices.org for all Gala details and shake a leg!

Christi's Corner MAKING LEMON OUT OF LEMONADE

This month, the entire Surrey community is invited to Surrey's virtual Roaring '20s Gala. The Gala is a major fundraiser and we are so thankful to our sponsors, advertisers, and in-kind donors. Their support, especially during this uncertain time, has been tremendous.

You've all heard the saying, "When life gives you lemons, make lemonade." I think the Gala Committee has buckets of lemonade to share. They've crafted three days of wonderful programs and events that are truly a celebration of all that is Surrey. The schedule includes live and recorded events, so everyone can join in.

I would like to personally invite you to join me at noon on Wednesday, September 9 to share stories, say hello and be together. Don't miss the awards' presentation on Thursday evening which will honor two individuals who have had a tremendous impact on our community. Their dedication is an inspiration to us all and I am so happy to present Surrey's highest honors to them.

Although life has not returned to "normal", our Surrey community remains strong. Let's enjoy some lemonade!

Christi Seidel, President and CEO
CSeidel@SurreyServices.org

Support Groups at Surrey

Support groups bring together people who are going through or have gone through similar experiences.

For example, this common ground might be chronic medical conditions, bereavement or caregiving. A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments. Surrey offers a variety of free support groups virtually.

CAREGIVER SUPPORT GROUP

Tuesdays, September 1 and 15 • 10:30 – 11:30

This twice a month support group is led by Donna Marshall from Surrey's Home Care. If you would like to join the group, please contact Donna for more information at dmarshall@surreyservices.org or call 610-647-9840.

LIVING WITH COVID-19

Wednesdays, September 9, 16, 23, 30 and October 7 • 11 – 12:15

This group is open to residents of Delaware county. There will be 5 sessions for participants to share the challenges of the current uncertain times and will offer tips on self-care. To register, please contact khenderson@surreyservices.org or call 610-566-0505

DIABETES SUPPORT GROUP

Thursday, September 3 • 1 - 2

This group is open to anyone who has diabetes as well as family or loved ones. Gain support and share ideas to help live a healthy life. Contact khenderson@surreyservices.org to join.



If you would like help locating mental health resources or are interested in joining a support group geared specifically to older adults, please email Mary at mgalligan@surreyservices.org or call 610-647-6404.

SAFE, RELIABLE CARE IN YOUR HOME

To protect everyone's health and safety, Surrey caregivers regularly go through a rigorous screening process and follow CDC Protocols to maintain the highest standard of health.

Unlike other companies who use contract workers, Surrey caregivers are employees who receive regular training and best practices communications.



Emergency Kit Items

Being prepared for inclement weather is extremely important for older adults. Prepare now for when cold weather and possible power outages can occur.

- Make a list of emergency phone numbers (including 1-800-841-4141 to report power outages to PECO).
- Flashlight with new batteries and a supply of extra batteries
- Cell phone, fully charged
- Cell phone back up battery, fully charged (available online and at big box retailers)
- Extra blanket on your chair and on your bed
- Hand held can opener
- Battery powered radio
- At least seven day supply of prescription medication.

Keep an eye on your nutrition. Stock these foods in your pantry in case of a power outage.

- Cheese or peanut butter crackers, individual packaged chips/pretzels/goldfish
- Applesauce, pudding or fruit cups
- Granola bars, power bars or cereal bars
- Peanut butter
- Canned tuna
- Non refrigerated milk (look in the juice aisle)
- Bottled water
- Pack everything in boxes or bags that are easy to reach and locate if the power is out.

Source: American Red Cross



MAKE A PLAN



BUILD A KIT



BE INFORMED

SURREY Home Care SERVICES

610-647-9840
SurreyHomeCare.org

- Personal Care and Social Companions
- RN Care Management
- Medical Procedure Transportation
- Personal Financial Management
- Geriatric Care Management
- Live-In Caregivers

Financial Health this Fall



Fall is a great time to take stock and get your finances organized. For most people, financial health doesn't depend on how much they earn, but how much they spend. The first step to achieve financial health is follow where your money goes.

IDENTIFY AND DOCUMENT FIXED MONTHLY EXPENSES

These expenses are those that do not vary from month to month. Examples include mortgage or rent, car payments and insurance.

IDENTIFY PERIODIC EXPENSES

These expenses are those that are not paid on a regular monthly basis. They can often be the top budget breaker. Periodic expenses can be tax debts, holiday bills and vacations.

DOCUMENT YOUR SPENDING

Now that you have your fixed and periodic monthly expenses identified, it's time to add in the variable expenses. This can be time consuming because to be successful, you must track everything you spend no matter how small an amount. Visit Surrey's website to print out a tracking sheet designed by Money Management International. Or download a free app, such as Mint, that can track expenses on your smart phone or tablet.

Once you have the complete picture of where your money goes each month, you can identify ways to reduce spending.

You may find that Personal Finance Management from Surrey would make your life easier and get you financially fit.



Call Jacky Kennedy Sisson, Surrey's Personal Finance Manager, at **610-647-6404** to find out more.

PROGRAMS & SERVICES

The Wonders of Classical Music

TUESDAYS BEGINNING SEPTEMBER 15

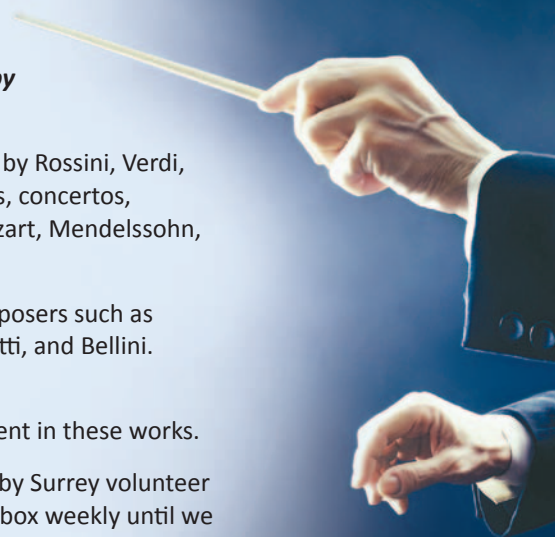
Sign up to receive this award-winning program by emailing info@surreyservices.org.

Listen to overtures, arias, ensembles from operas by Rossini, Verdi, Mozart, Wagner, and others. Listen to symphonies, concertos, sonatas, ballets by Bach, Beethoven, Brahms, Mozart, Mendelssohn, Schubert, SaintSaens, Tchaikovsky and others.

Hear violin, piano, and vocal pyrotechnics by composers such as Paganini, Wieniawski, Liszt, Rachmaninoff, Donizetti, and Bellini. Laugh at Haydn's musical comedy.

We will hear star performers of the past and present in these works.

The playlists have been assembled from YouTube by Surrey volunteer Betsy Schumacker and will be delivered to your inbox weekly until we can meet again in person.



Next Act Drama Group

**WEDNESDAYS
BEGINNING
SEPTEMBER 16,
2:45 – 4:15**

on Zoom

Join the fun and friendly virtual Next Act Group as they share light-hearted improvisational works and scenes.

New members welcome, no experience necessary.



Try Our New Zoom Exercise Programs This Fall

Instructor Liz Wanner is offering three, new programs via **Zoom**. Many know Liz from her popular classes in Devon. If you have a question about whether a class is right for you, please email Liz at LizWanner11@comcast.net Programs are free and welcome new participants.

CHAIR YOGA, WEDNESDAYS, 2 – 3

Class includes tapping for the immune system, the 6 movements of the spine, and balance exercises.

BETTER BACK YOGA, THURSDAYS, 11 – 12

This floor based gentle yoga class is designed to improve your overall back health and balance. Class also includes mindfulness meditation for brain health and stress reduction. NOTE: Floor based yoga experience is required.

QUIGONG, FRIDAYS, 1:30 – 2

Class includes tapping for the immune system and the 9 phases of Qi cultivation and mastery for overall health and stress reduction. Qigong is related to Tai Chi.



Flu Shots at Surrey

To avoid having a bad flu season in the midst of the coronavirus pandemic, doctors stress that this year it's doubly important to get a flu shot in the fall.

Surrey is partnering with Bryn Mawr Hospital Community Health and Equity Department to offer flu shots at Surrey locations through Community Flu Clinics. Watch for specific information later this month on Surrey's website.

SURREY HAVERTOWN

Monday, October 12, 9 – 11 am

SURREY MEDIA

Tuesday, October 13, 9:30 – 11 am

SURREY DEVON

Wednesday, October 28, 2 – 4 pm

Registration will be required.

Two Options for Voting: Mail-in or Absentee Ballot

In Pennsylvania, you now have two options for mail ballots. You may either choose a mail-in ballot or an absentee ballot to request, complete, and return to your county election office.

WHICH SHOULD I CHOOSE?

Mail-in ballot – Any qualified Pennsylvania voter may apply for a mail-in ballot. You may simply request this ballot without a reason.

Absentee ballot – If you plan to be out of the municipality on election day or if you have a disability or illness, you should request this ballot type, which still requires you to list a reason for your ballot.

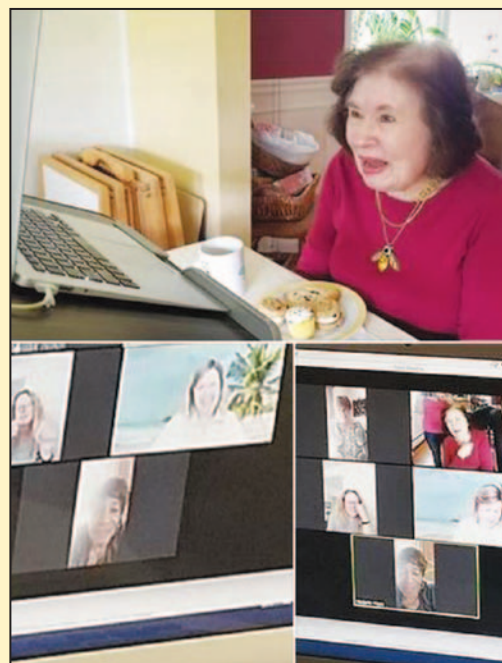
In order to request either ballot type, you must be registered to vote. Please visit **Check Your Registration Status** to review your registration information. You will need to use a valid, PA drivers license to request either ballot online or you may send in a paper request. Visit www.pavoterservices.pa.gov for more information.

Mail-in and absentee ballot applications for the November 3, 2020, general election must be received by your county election office by 5 p.m. on Tuesday, October 27, 2020.



Delivering Virtual Connections • September Is National Senior Center Month!

Celebrate by trying Surrey's four Virtual Connections Challenges. Each week, a Surrey volunteer committee will announce a prompt or topic for that week such as, MIND or COMMUNITY. Participants are asked to do an activity inspired by prompt and then share their results, if they would like, with the group the following week. Watch the weekly Surrey programs email for the weekly prompt and Zoom meeting. If you are not receiving program announcements, please send a request to info@surreyservices.org.



Surrey Virtual Programming — September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>1</p> <p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom)</p> <p>Caregiver Support Group 10:30 (Zoom)</p> <p>Walking from Home, 1 pm (Zoom)</p> <p>Group Crossword, 3 pm (Zoom)</p>	<p>2</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle 10:30 (On-line website)</p> <p>Chair Yoga with Liz Wanner, 2 pm (Zoom)</p>	<p>3</p> <p>Coffee Talk, 10 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>Diabetic Support Group, 12:30 pm (Zoom)</p>
<p>7</p> <p><i>Happy</i> LABOR DAY</p>	<p>8</p> <p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom)</p> <p>Jeopardy, 1 pm (Zoom)</p> <p>Group Crossword, 3 pm (Zoom)</p>	<p>9</p> <p>Delco COVID-19 Support Group, 11 am (Zoom)</p> <p>Pinochle 10:30 am (On-line website)</p> <p>Chair Yoga with Liz Wanner, 2 pm (Zoom)</p>	<p>10</p> <p>Coffee Talk, 10 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p>
 <p>THE ROARING '20s 🎷🎷 SURREY VIRTUAL GALA (See Page 1)</p>			
<p>14</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Group Crossword, 3 pm (Zoom)</p>	<p>15</p> <p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom)</p> <p>Caregiver Support, 10:30 am (Zoom)</p> <p>Classical Music, 12 noon (via email)</p> <p>Walking from Home, 1 pm (Zoom)</p> <p>Trivia Tuesday, 3 pm (Zoom)</p>	<p>16</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle 10:30 am (On-line)</p> <p>Delco COVID-19 Support Group, 11 am (Zoom)</p> <p>Memoir Writing, 12:30 pm (Zoom)</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Drama, 2:30 (Zoom)</p>	<p>17</p> <p>Coffee Talk, 10 am (Zoom)</p> <p>Book Club, 10:30 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>21</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Cooking for One Demo & Recipe Swap, 11 am (Zoom)</p>	<p>22</p> <p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom)</p> <p>Classical Music, 12 noon (via email)</p> <p>Walking from Home, 1 pm (Zoom)</p> <p>Chronic Pain Self- Management Class, 2 pm (Zoom)</p>	<p>23</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle 10:30 am (On-line)</p> <p>Delco COVID-19 Support Group, 11 am (Zoom)</p> <p>Memoir Writing, 12:30 pm (Zoom)</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Drama, 2:30 (Zoom)</p>	<p>24</p> <p>Coffee Talk, 10 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>28</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p>	<p>29</p> <p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom)</p> <p>Classical Music, 12 noon (via email)</p> <p>Walking from Home, 1 pm (Zoom)</p> <p>Chronic Pain Self- Management Class, 2 pm (Zoom)</p>	<p>30</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Pinochle 10:30 am (On-line)</p> <p>Delco COVID-19 Support Group, 11 am (Zoom)</p> <p>Memoir Writing, 12:30 pm (Zoom)</p> <p>Chair Yoga w Liz, 2 pm (Zoom)</p> <p>Surrey Drama, 2:30 (Zoom)</p>	

FRIDAY

Let's Do **(Virtual)** Lunch, 12 noon, **Contact your center director** 4
 Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

Let's Do **(Virtual)** Lunch, 12 noon, **Contact your center director** 11
 Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

Morning Stretch with Connie, 10 am **(Zoom)** 18
 Let's Do **(Virtual)** Lunch, 12 noon **Contact your center director**
 Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

Morning Stretch with Connie, 10 am **(Zoom)** 25
 Let's Do **(Virtual)** Lunch, 12 noon **Contact your center director**
 Qigong with Liz Wanner, 1:30 – 2 pm **(Zoom)**

The SEPTEMBER CALENDAR is for ALL CENTERS and contains programs open to all Surrey members.

Our centers are not open for programs. Please contact Kathy with questions about virtual programs at 610-566-0505.

How Can I Participate in a Digital Program?

Each week you'll receive an email with a listing of the week's programs with a link to register. Click the link and you'll be ready to go. You can also email khenderson@surreyservices.org for more information about a specific program.

SEPTEMBER Featured Programs

MEMOIR WRITING

Wednesdays, September 16, 23, 30 at 12:30 pm (Zoom)

Memoir writing is an enjoyable way to capture life events. It is also a way to relieve stress. The mental focus used while writing helps your brain with emotional processing of life events. Join Surrey's expert moderator as she guides participants through a series of writing prompts.

COOKING FOR ONE: DEMO & RECIPE SWAP

Monday, September 21 at 11 am (Zoom)

Watch a cooking demonstration of a tasty meal and then share some recipes ideal for one or two people.

CHRONIC PAIN SELF-MANAGEMENT CLASS

Tuesdays, September 22 - November 10, 2 – 4 pm (Zoom, RSVP required)

A new class in Surrey's evidence-based programming. Learn techniques, tested and shared by health care experts, to help you manage your chronic pain. Tips on lifestyle, diet, exercise and relaxation are all part of this 8-week workshop. You'll receive your own workbook and other materials when you register. Please contact Kathy at khenderson@surreyservices.org or call 610-566-0505 to RSVP for this program.

THE PARTY'S GONE VIRTUAL



SURREY
→ GALA →

THE
ROARING
'20s

SEPTEMBER 8 – 10
(See Page 1)

SurreyServices.org

SURREY
Services for Seniors
60 Surrey Way, Devon, PA 19333

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ADDRESS SERVICES REQUESTED

SURREY SERVICES FOR SENIORS



Thank you to all our student summer volunteers!

DEVON

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

BROOMALL

(at Trinity Church)

144 Lawrence Road, Broomall, PA 19008 • 215-307-7158

HAVERTOWN

(at Annunciation BVM Parish)

401 Brookline Blvd., Havertown, PA 19083 • 610-446-2070

MEDIA

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

Consignment Shop

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

SurreyServices.org • info@surreyservices.org