

SURREY News

DEVON • BROOMALL • HAVERTOWN • MEDIA • BERWYN

Wishing you moments of peace, connections with family and friends even if they can't be in person, the warmth of memories from holidays past, and hope for the future.

INSIDE THIS ISSUE

1

Your Gift Has TWICE THE IMPACT
Christi's Corner

2 – 3

HOME CARE

Heading Home with Surrey
5 Best Ways to Strengthen
Your Immune System
Use Your 401K to Make a Difference
Extended Warranties:
Are They Worth It?

4 – 5

PROGRAMS AND SERVICES

NEW! Light Resistance Training
Speaking of Sports
Mind's Eye: A Sensory Guide
to the Guggenheim
Surrey Story Theater
A Christmas Carol
Holiday Foods & Drinks
APPRISE Counseling

6 – 7

VIRTUAL PROGRAMMING

December Calendar

OUR MISSION

Surrey inspires and enables
all of us, as we age,
to live with independence
and dignity, and as engaged
members of the community.

SurreyServices.org

Your Gift Has TWICE THE IMPACT

Through the generosity of Maureen Brennan-Miller and David Miller, your donation will have double the impact. In a wonderful, matching-gift opportunity, individual donations will be matched dollar for dollar up to \$50,000.

Every gift Surrey receives will help expand virtual and phone-in programs, build a new Tablet Lending Library, support Grab and Go lunches, and develop new, innovative home care services. Your donation has a direct impact on the programs and services that help everyone to stay healthy and engaged.

"There aren't enough words to use in thanking you for "signing me up" to participate with your activities! I've already enjoyed an exercise workout! What a fantastic service you are providing for all of us here at home!" — Margaret.

We are deeply appreciative for this opportunity and ask for your help and support. Please use the enclosed envelope, visit Surrey's website or contact Jill Whitcomb at 484-321-6101 to make your gift have twice the impact. Thank you.

Christi's Corner

2020 has been a difficult year in ways we never could have imagined. At the same time, it's refocused us on what matters most; the people we care about, the ways we spend our time, and how we find calm and connection during times of uncertainty.

While the season might feel a bit different, Surrey is here to help you fill it with new traditions. We are offering an array of programs to help celebrate the holidays. Crafting, festive drinks, new exercise classes, and the 4-part performance of A Christmas Carol read by volunteer and actor, Helen McCrane. See the calendar pages for details. Every week in December will be filled with great options.

Surrey is here to help you remain at home. Our caregivers assist with daily activities and can provide a break for family caregivers. Rides to medical appointments and essential errands are available by calling Surrey transportation at 610-993-9493. Member services helps with a wide array of things including friendly check in calls.

Our community is strong. In the true spirit of the season, our support for each other will help us all to live safe and engaged. This year, I am going to change a tradition of making gingersnaps with my mom to bringing her a tray of them. Small changes like this help all of us to remain safe.

Be safe and well!



Christi Seidel, President and CEO
CSeidel@SurreyServices.org



Heading Home with Surrey

Sally had a short stay at a local rehabilitation facility following knee replacement surgery. Even though her doctor said she was ready to be discharged, she knew that she wasn't fully back to feeling safe and capable. Fortunately, Sally had arranged for a Surrey caregiver to come to her home every day for 10 days once she was at home to help her with daily activities and to drive her to follow up appointments. If you need short term help with daily activities, meals or rides following discharge from a rehabilitation facility, recovery from a chronic illness or surgical procedure, arrange for a Surrey caregiver to help ease the transition back to home. Perhaps you are caring for a spouse or loved one and would like an extra set of hands to help with dressing or transferring.

Surrey caregivers regularly go through a rigorous screening process and follow CDC Protocols to maintain the highest standard of health.

For more information, call 610-647-9840.



5 BEST WAYS to Strengthen Your Immune System

- 1 BE ACTIVE.** Research shows that immune cells activated during and after exercise strengthen your overall immunity. Try to exercise at least 30 minutes three times per week.
- 2 REDUCE STRESS.** Chronically high stress causes inflammation. This disrupts your immune system's ability to sense pathogens and ramp up the fight against infections. Try yoga or meditation to reduce your stress level.
- 3 CHECK YOUR VITAMIN D.** Our bodies need Vitamin D for immunity. In winter and spring, we get less sunlight so our levels may dip. Check with your physician (a simple blood test) to see if you need a vitamin D supplement.
- 4 KEEP YOUR GUT HAPPY.** An overall diet that includes fresh fruits and vegetables, lean protein, like chicken is a great start. Include fermented foods such as yoghurt and sauerkraut to promote good bacteria in your gut microbiome.
- 5 GET ENOUGH SLEEP.** A minimum is 6 hours and the ideal amount is 7.5 hours.

Use Your 401K to Make a Difference

In response to the pandemic, the CARES Act (Coronavirus Aid, Relief, and Economic Security Act) was passed this year by Congress and waives the required minimum distributions (RMDs) for 2020 from retirement accounts. However, if you are fortunate enough to have money to spare, and are age 70 ½ or older, you can still make a Qualified Charitable Distribution (QCD) and directly transfer a gift to Surrey tax-free . . . up to \$100,000.

Moreover, this year every taxpayer can deduct up to \$300 of charitable contributions without itemizing.

However you choose to help, your gift will support Surrey’s essential programs and services for older adults, making a difference to those less fortunate. It will also lower your taxable income which may reduce the impact to certain tax credits and deductions, including Social Security and Medicare.

To learn more, speak with your financial advisor or reach out to us here at Surrey, 610-647-6404.

SURREY

Home Care

SERVICES

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

610-647-9840
SurreyHomeCare.org

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.

PERSONAL FINANCE

Extended Warranties: Are They Worth It?

Retailers have been promoting extended warranties on large and small items in recent years. The warranties are very profitable for them. The trend leaves many consumers confused as to whether they should purchase an extended warranty when they buy a product. Although the decision involves personal preferences, there are some factors to consider.

WARRANTY COST

Think about the cost of the warranty relative to the cost of the product. Consider the price of the warranty as a percentage of the purchase price of the item. Generally, warranties are priced at 10-20% of the purchase price. Anything above 20% is too much to pay.

WARRANTY EASE OF USE

Review the warranty fine print and determine if it is comprehensive or contains numerous exclusions. Determine if service is convenient or the item needs to be shipped to a service location costing postage and insurance. Make sure that in home service is provided for larger items.

If you are feeling overwhelmed with end of year bills or paperwork, Surrey’s Personal Finance Manager can help. Call Jacky Kennedy Sisson at 610-647-9840 or jksisson@surreyservices.org



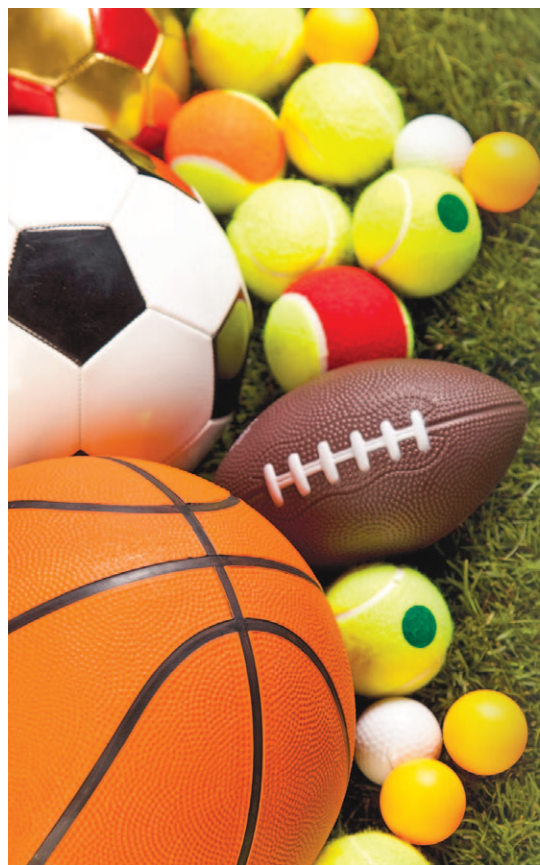
PROGRAMS & SERVICES

NEW! Light Resistance Training

Thursdays, December 3, 10, 17 at 9:30 am, Zoom

Resistance training may improve balance, preserve bone density, reduce risk of chronic diseases, while improving psychological and cognitive benefits. Bring weights and a resistance band if you have them. If you don't, bring two canned goods or water bottles that you can easily fit in your hands and a men's tie or scarf.

RSVP to Connie at cwoodring@surreyservices.org



Speaking of **SPORTS**

Wednesday, December 9
at 10 – 11:15 am, Zoom

While there may be some sports on TV, it isn't quite the same. We are still longing for a way to gather and "talk sports." Please bring something to the Zoom call related to sports that is meaningful to you in some way (a ball or glove, a ticket stub, or old clipping, etc.) We will share our mementos and brainstorm ideas for a new program series.

RSVP to Mary Galligan
at 610-647-6404.

Mind's Eye: A Sensory Guide to the Guggenheim

Friday, December 11 at 2 pm, Phone-in

Join us for a phone-in guide to the Guggenheim that features New Yorkers' voices and uses precise, evocative language to convey the Frank Lloyd Wright museum's architecture and the sensorial experience of moving through it.

RSVP to Mary Gengenbach at 610-446-2070.

🎭 SURREY STORY THEATER 🎭

A CHRISTMAS CAROL

Read in four installments

**December 8, 15, 22, 23 at 11 am,
YouTube and Phone-in**

Enjoy a holiday classic, *A Christmas Carol* by Charles Dickens, read by Helen McCrane, an actor with Plays and Players Theater in Philadelphia. Each week's installment will be available during the month on YouTube for later viewing. If you don't have access to YouTube there is a phone-in program for listening to the reading at 1 pm on the days listed.

Contact Mary Gengenbach to register 610-446-2070.

Holiday Foods & Drinks

Recipe Swap: Best Holiday Desserts

Monday, December 21 at 11 am, Zoom

Holiday calories don't count, right?
Join us as we share delicious holiday dessert recipes.



***Shaken Not Stirred*
Holiday Cocktails/Mocktails**

Monday, December 21 at 4 pm, Zoom

Join Liz Farina as she shares tips and recipes for a delicious, festive drink.

**RSVP for cocktails
to Liz Farina at
lfarina@surreyservices.org.**



APPRISE Counseling

**Have questions about your
medical insurance?**

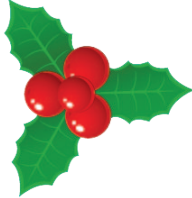

Call for a virtual appointment.

Chester County Residents: 610-647-6404

Delaware County Residents: 484-494-3769



Surrey Virtual Programming — December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 1</p> <p>Tai Chi for Arthritis, 1 pm (Zoom)</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom) 2</p> <p>Pinochle, 10:30 am (On-line)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p> <p>Our Next Act, 3 pm (Zoom)</p>	<p>Light Resistance Training, 9:30 am (Zoom) 3</p> <p>Active Living Every Day, 11 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p> <p>TED Talk Thursday, 3 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom) 7</p> <p>Healthy Holiday Eating Guide, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Winter Wreath Making with Priscilla, 1:30 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 8</p> <p>Tai Chi for Arthritis, 1 pm (Zoom)</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Speaking of Sports, 10 am (Zoom) 9</p> <p>Morning Stretch with Connie, 10 am (Zoom)</p> <p>Grab and Go Craft Pick-Up, 10:30 am (Zoom)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p> <p>Veterans Program, 2 pm (Zoom)</p> <p>Our Next Act, 3 pm (Zoom)</p>	<p>Light Resistance Training, 9:30 am (Zoom) 10</p> <p>Active Living Every Day, 11 am (Zoom)</p> <p>Better Back Yoga with Liz Wanner, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom) 14</p> <p>PSU — Fitness Fun, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 15</p> <p>Tai Chi for Arthritis, 1 pm (Zoom)</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom) 16</p> <p>Pinochle, 10:30 am (On-line)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p> <p>Our Next Act, 3 pm (Zoom)</p>	<p>Light Resistance Training, 9:30 am (Zoom) 17</p> <p>Book Club, 10:30 am (Zoom)</p> <p>Active Living Every Day, 11 am (Zoom)</p> <p>YogaStretch with Connie, 1 pm (Zoom)</p>
<p>Morning Stretch with Connie, 10 am (Zoom) 21</p> <p>Holiday Dessert Recipe Swap and Discussion, 11 am (Zoom)</p> <p>EnerChi with Connie, 1 pm (Zoom)</p> <p>Shaken Not Stirred Holiday Mocktail Party with Liz, 4 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 22</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Morning Stretch with Connie, 10 am (Zoom) 23</p> <p>Pinochle, 10:30 am (On-line)</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p>	<p style="text-align: center;">CLOSED 24</p> 
<p>Morning Stretch with Connie, 10 am (Zoom) 28</p> <p>EnerChi with Connie, 1 pm (Zoom)</p>	<p>Crafting/Knitting/ Crocheting, 10:30 am (Zoom) 29</p> <p>Walking from Home Workout, 1 pm (Zoom)</p> <p>Caregiver Support Group, 2 pm (Zoom)</p> <p>Group Crossword Puzzle, 3 pm (Zoom)</p>	<p>Pinochle, 10:30 am (On-line) 30</p> <p>Chair Yoga with Liz, 2 pm (Zoom)</p>	<p style="text-align: center;">CLOSED 31</p>  <p style="text-align: center; font-size: 2em;">NEW YEAR'S EVE</p>

FRIDAY

4

Morning Stretch with
Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am
(Zoom)
Qigong with Liz Wanner,
1:30 pm **(Zoom)**

11

Morning Stretch with
Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am
(Zoom)
Grab and Go Craft, 1 pm **(Zoom)**
Qigong with Liz Wanner,
1:30 pm **(Zoom)**

18

Morning Stretch with
Connie, 10 am **(Zoom)**
Life After Loss, 10:30 am
(Zoom)
Qigong with Liz Wanner,
1:30 pm **(Zoom)**

CLOSED

25

*Happy
Holidays*

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

Our programs are all virtual or over the telephone.

How Can I Participate in Programs?

Each week you'll receive an email with a listing of the week's programs and a link to register. Click the link and you'll be ready to go. You can also email khenderson@surreyservices.org or call 610-566-0505 for more information about a specific program.

Featured Zoom Programs

ACTIVE LIVING EVERY DAY (ALED)

Thursdays, December 3, 10, 17 at 11 am

Dislike traditional exercise? There are many other activities you can do to keep moving and stay healthy. Each class has a short presentation and discussion to help participants set goals and find an enjoyable activity. Note: This is not an exercise class. Please register with Connie Woodring at 610-566-0505 or email her at cwoodring@surreyservices.org.

HOLIDAY HEALTHY EATING GUIDE

Monday, December 7 at 11 am

Join Danielle Burke, RD, LDN to learn ways to stay healthy and be mindful as you celebrate the holidays. You can eat well and be well this holiday season with these simple strategies!

VETERANS PROGRAM

Wednesday, December 9 at 2 pm

Join guest speaker Jason Guenther, Administrator of the Washington Crossing National Cemetery. Jason will provide information about a new 205-acre national cemetery in Bucks County that is open to all members of the armed forces who have met a minimum active duty service requirement and were honorably discharged. Select family members are also eligible. Please RSVP to Mary Galligan mgalligan@surreyservices.org or 610-647-6404.

NUTRITION PROGRAM — PSU COOPERATIVE EXTENSION

Fitness Fun

Monday, December 14 at 11 am

BOOK CLUB

Thursday, December 17, 10:30 am

A Single Thread by Tracy Chevalier.
Set in the 1930s, this novel follows a woman whose fiancé died in World War I and who finds a sense of community among the guild of needlewomen embroidering kneelers for the pews at one of Britain's great cathedrals.

New Phone-In Programs

COLOR AND CHAT: MANDALAS FOR STRESS RELIEF

Friday, December 4 at 11 am

The simple act of coloring a picture can be quite beneficial in relieving stress and anxiety. One popular way to do this is to color mandalas. Join us as we color and chat. If you don't have your own Adult Coloring Book, you can pick up a mandala coloring page during a grab and go lunch or call Connie Woodring at 610-566-0505 and she will mail you one.

BYOB (BRING YOUR OWN BOOK) BOOK CLUB

Wednesday, December 9 at 1 pm

For this Bring Your Own Book ("BYOB") book discussion, make your own choice of book and tell us why you would (or wouldn't!) recommend it. This is a fun chance to be exposed to books and genres you might not otherwise seek out and to connect with other Surrey members.

PHONE-IN HOLIDAY LUNCHES

Are you missing your lunch time chats with friends? Here is your opportunity to re-connect! Join in the phone conversation for the location of your choice:

Devon/East Goshen — Thursday, December 17 at noon

Havertown — Friday, December 18 at noon

Broomall MGT — Monday, December 21 at noon

Media — Tuesday, December 22 at noon

Give the Gift of Surrey

Looking for the perfect gift?

Give a **SURREY MEMBERSHIP** and provide a full year of virtual programs, exercise, lectures and special events.

Annual membership includes access to transportation services, Grab and Go meals, Surrey's Information and Referral and check in calls.

You can also choose to help the Surrey Technology Lending library through a donation that will be used to purchase a tablet and provide training, allowing individuals to access Surrey's award-winning virtual programs.

Visit SurreyServices.org today and your gift will be appreciated all year long.



60 Surrey Way, Devon, PA 19333

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SURREY SurreyServices.org • info@surreyservices.org



*Happy Holidays
from Surrey!*

Surrey Transportation

Transportation@surreyservices.org • 610-993-9493

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