

# SURREY *News*

DEVON • BROOMALL • HAVERTOWN • MEDIA • BERWYN

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

## Volunteer Spotlight: Helen McCrane

One of the stars in the lineup on Surrey's YouTube channel is the Surrey Story Theater. The Theater offers short performances of literary works and seasonal readings available any time on-demand. At Halloween there was a spooky rendition of the Edgar Allan Poe tale, *Never Bet the Devil Your Head*. During December, *A Christmas Carol* by Charles Dickens, was released in a four-part series. These enjoyable performances are thanks to the creativity and determination of a Surrey volunteer, Helen McCrane.



Ms. McCrane is an actor with Plays and Players Theater in Philadelphia. She has been staying safe at home but is isolated from friends and family. To keep busy, she began teaching herself how to use her computer to film and edit her performances. Now she's a YouTube sensation with hundreds of views and followers from as far away as California and Wisconsin. Says one fan, "Helen's incredible performances and diverse repertoire make Story Theater a delight to watch or listen to each week." Thank you Helen for sharing your gifts with us all. To view Helen's work and other performances, visit YouTube via the link on our website.

## Christi's Corner

*The New Year is always a time filled with optimism and planning for the future. At Surrey, that is especially true for 2021. Our community is strong, thanks to incredible support, and we are looking forward to creating new programs, services and opportunities to connect and volunteer.*



*The first of these new initiatives will be Surrey's Technology Lending Library made possible by grants and individual donations. The library will launch in pilot form and continue to roll out during the winter.*

*We are forming partnerships with other organizations and non profits to create programs as well as to reach a greater number of older adults and their families. New partnerships with Daemion Counseling, the Main Line Unitarian Church, Main Line Health, and Caring Hands Foundation will enrich Surrey's culture and increase the array of programs we offer.*

*All these are possible through the work of Surrey's dedicated, involved board of directors. These individuals are Surrey volunteers who contribute to our mission in every way. Thanks to their guidance and support, Surrey is financially sound, with a Strategic Plan that will help Surrey to grow and thrive.*

*For 40 years, Surrey has been innovating to make aging a time of inspiration, discovery and connection. Although 2020 has been a year like no other, Surrey is ready for 2021 and all the promise it brings.*

Christi Seidel, President and CEO  
CSeidel@SurreyServices.org

## How to Deal with Less Sunlight and Shorter Days

### GET OUTSIDE OFTEN

Bundle up and go for a short walk even when it's cold. The benefits of fresh air and exercise have a big impact on mood, sleep and overall health. Your body creates endorphins during exercise, and they are a great defense against both seasonal and clinical depression.

### EAT A LIGHT DINNER

A heavy dinner can keep you awake at night especially if you eat late. Nutritionists recommend eating a full breakfast and lunch that contain lean protein and fiber and making dinner the lightest meal of the day.

### AVOID ALCOHOL

Drinking alcohol can contribute to sleeplessness and seasonal depression.

### TRAVEL VIRTUALLY

Subscribe to the Surrey At Home emails filled with virtual, on-demand, travel experiences and other entertainment.

**Email [info@surreyservices.org](mailto:info@surreyservices.org).**

Surrey's virtual programs are a great way to exercise and socialize even during the harshest winter weather.

If you would like to receive the weekly class schedule, **email [info@surreyservices.org](mailto:info@surreyservices.org) or call 610-566-0505.**

## SAFE, RELIABLE CARE

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.



## Having a Same Day Medical Procedure?

### DON'T GO IT ALONE.

#### ***Surrey's Medical Procedure Transportation can help.***

This fee-based service will take you door to door for procedures requiring anesthesia such as endoscopy, colonoscopy or cataract surgery. The service also may include light meal preparation, prescription pick up or same day post procedure care.

Call **610-647-9840** for more information.

*"It was such a relief to use this service when I had my colonoscopy. I was woozier than I expected to be. Surrey staff made sure I was safely in my home and settled with everything I needed so I could recover."*

— Anne



## 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**

## Enjoy Help with Finances from Your Home

Did you know that Personal Financial Management is available virtually? Getting your bills organized, medical claims filed, and taxes organized is available safely and securely with documents picked up and dropped off at your home.

### **If you can relate to the following situations, call for a free consultation:**

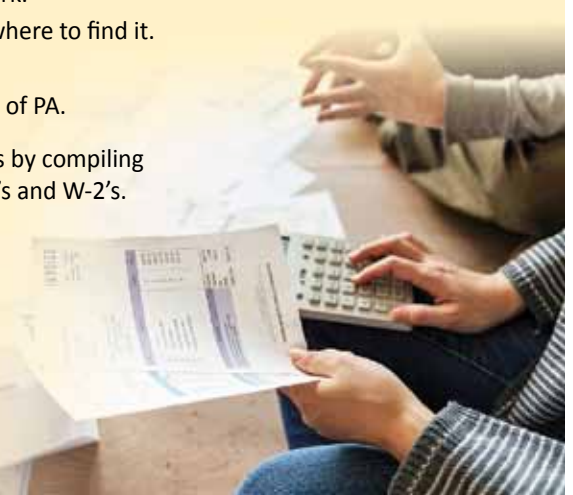
- You are not sure what expenses can be deducted or you think you have been missing out on deductions.
- You need to figure out if you have enough medical expenses to take the deduction.
- Your spouse handled the taxes and he or she is no longer able to do the work.
- The accountant is asking for information and you don't know what it is or where to find it.
- You just don't want to deal with the tax paperwork anymore.
- You are not sure if you qualify for a property tax/rent rebate from the state of PA.

Surrey's Personal Finance Manager, Jacky Kennedy Sisson, can assist with taxes by compiling all the deductible expenses and gathering all the tax documents, such as 1099's and W-2's.



All the tax information will be put together in a packet to send to the tax preparer in plenty of time to file before the rush. By getting everything ready early, the accountant has adequate time to get the tax return done properly.

**For more information call Jacky Kennedy Sisson at 610-647-9840 or [jksisson@surreyservices.org](mailto:jksisson@surreyservices.org)**



# Surrey Virtual Programming — January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>4</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Mindful Mondays: Relaxation and Body Scan, 11 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p> <p>Virtual Yahtzee, 3:00 pm <b>(Zoom)</b></p>	<p>5</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>Caregiver Support Group, 2 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>6</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p> <p>Our Next Act, 3 pm <b>(Zoom)</b></p>	<p>7</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>Better Back Yoga with Liz Wanner, 11 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p>
<p>11</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Facts About Vitamins and Supplements, 11 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p> <p>Phone-In Trivia, 3:00 pm</p>	<p>12</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>13</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p> <p>Veterans Program, 2 pm <b>(Zoom)</b></p> <p>Our Next Act, 3 pm <b>(Zoom)</b></p>	<p>14</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>Book Club, 10:30 am <b>(Zoom)</b></p> <p>Better Back Yoga with Liz Wanner, 11 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p>
<p>18</p> <p><b>MLK Virtual Day of Service</b></p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p>	<p>19</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>What It's Worth, 1:30 – 3 pm <b>(Zoom)</b></p> <p>Caregiver Support Group, 2 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>20</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Grab and Go Craft Pick-Up, 10:30 am</p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p> <p>Our Next Act, 3 pm <b>(Zoom)</b></p>	<p>21</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p>
<p>25</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Cooking Demo: Soups, 11 am <b>(Zoom)</b></p> <p>EnerChi with Connie, 1 pm <b>(Zoom)</b></p> <p>Phone-In Trivia, 3:00 pm</p>	<p>26</p> <p>Chronic Pain Self Management, 10 am <b>(Zoom)</b></p> <p>Crafting/Knitting/Crocheting, 10:30 am <b>(Zoom)</b></p> <p>Get Moving Workout, 1 pm <b>(Zoom)</b></p> <p>Group Crossword Puzzle, 3 pm <b>(Zoom)</b></p>	<p>27</p> <p>Morning Stretch with Connie, 10 am <b>(Zoom)</b></p> <p>Pinochle, 10:30 am <b>(On-line)</b></p> <p>Memoir Writing, 1 pm <b>(Zoom)</b></p> <p>Chair Yoga with Liz, 2 pm <b>(Zoom)</b></p>	<p>28</p> <p>Light Resistance Training, 9:30 am <b>(Zoom)</b></p> <p>Phone-In Bingo, 10 am <b>(Zoom)</b></p> <p>YogaStretch with Connie, 1 pm <b>(Zoom)</b></p> <p>Let's Downsize, 1:30 – 3 pm <b>(Zoom)</b></p>

## FRIDAY

8

Morning Stretch with  
Connie, 10 am **(Zoom)**

Weather Wise: Prepare &  
Be Safe, 11 am **(Zoom)**

Grab and Go Craft, 1 pm **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

15

Morning Stretch with  
Connie, 10 am **(Zoom)**

Brandywine Museum  
Staff Picks, 12:30 pm **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

22

Morning Stretch with  
Connie, 10 am **(Zoom)**

Grab and Go Craft, 1 pm **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

29

Morning Stretch with  
Connie, 10 am **(Zoom)**

Qigong with Liz Wanner,  
1:30 pm **(Zoom)**

## The JANUARY 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](mailto:khenderson@surreyservices.org) or call 610-566-0505 for more information about a specific program.

### Featured January Programs

#### 6 WEEKS TO WRITING A MEMOIR

**Wednesdays, January 6, 13, 20, 27 and February 3, 10, 1 pm (Zoom)**

*Back by popular demand.*

Start to put your life stories on paper with the support and writing prompts of facilitator Nancy Havens, Ed.D. In order to keep the class interactive, this class will have a limited number of spaces.

Please register with your full name and email to Mary Galligan at [mgalligan@surreyservices.org](mailto:mgalligan@surreyservices.org) or call 610-647-6404.

#### WEATHER WISE: PREPARE AND BE SAFE

**Friday, January 8, 11 am (Zoom)**

This MindMatters presentation will provide some tips to help you be prepared for inclement winter weather.

#### FACTS ABOUT VITAMINS AND SUPPLEMENTS

**Monday, January 11, 11 am (Zoom)**

Should you take vitamins? If so, which ones? How do they work? Penn State Extension nutritionists explain the hows and whys.

#### VETERANS MEETING

**Wednesday, January 13, 2 pm (Zoom)**

Join guest speaker Colonel Jim McCloskey as he presents: Vietnam, Then and Now. RSVP to Mary Galligan at [mgalligan@surreyservices.org](mailto:mgalligan@surreyservices.org) or call 610-647-6404.

#### BRANDYWINE RIVER MUSEUM'S STAFF PICKS

**Friday, January 15, 12:30 pm (Zoom)**

Join us as we share virtual tours spotlighting staff picks from the Museum's collection.

#### VIRTUAL MLK DAY OF SERVICE

**Monday, January 18 All Day**

We will have several service projects available from which to choose. More details will be available in early January.

#### COOKING DEMO & RECIPE SWAP: SOUPS

**Monday, January 25 at 11 am (Zoom)**

Nothing warms up the deep chill of January like a bowl of soup. Join us to celebrate National Soup Month with a cooking demo and soup recipe swap!

## Surrey Winter Reading Challenge

**January 1 – 31**

***All month Surrey will host the Winter Reading Challenge.***

See how many books you can complete during the month of January. On February 1, call Mary Gengenbach at 610-446-2070 or email her at [mgengenbach@surreyservices.org](mailto:mgengenbach@surreyservices.org) with your list of completed books (title and author). For each book completed, your name will be entered in a raffle to win a Winter Comfort Basket. We will compile the list of the books read and share.

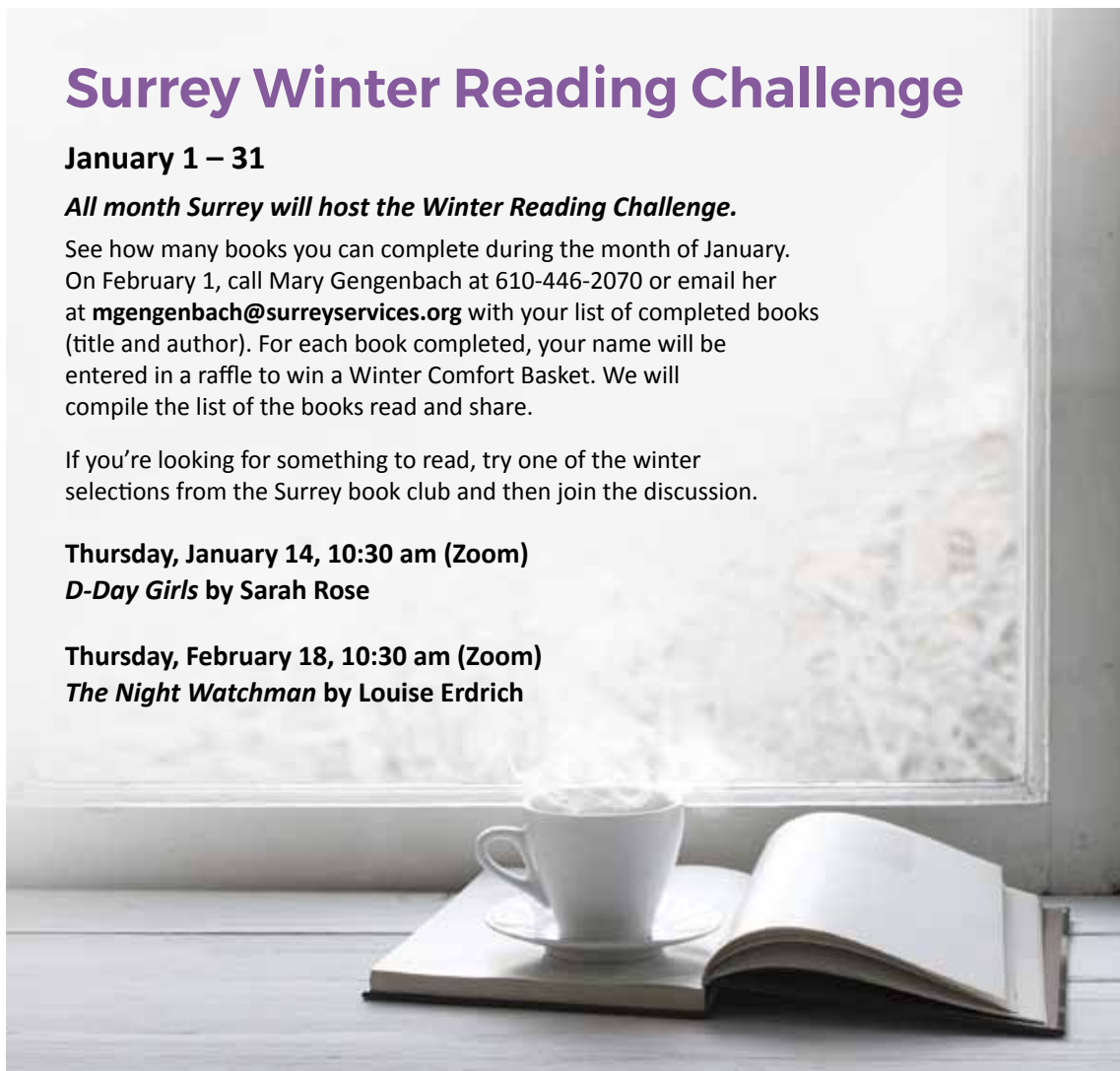
If you're looking for something to read, try one of the winter selections from the Surrey book club and then join the discussion.

**Thursday, January 14, 10:30 am (Zoom)**

***D-Day Girls* by Sarah Rose**

**Thursday, February 18, 10:30 am (Zoom)**

***The Night Watchman* by Louise Erdrich**



## Tax Preparation Program

Surrey is once again partnering with AARP to provide tax preparation services for 2020 tax returns. Due to COVID, the process this year will have different steps and procedures to ensure the health and safety of members and volunteers.

Those who qualify for this service will be given a scheduled appointment. The initial interview, document review, return preparation, and completed return filing will all be done remotely.

AARP won't be able to complete as many returns as previous years given these extra steps. There will be a limit placed on what an individual/joint Adjusted Gross Income level can be so that this service is provided to the most in need. Appointments will be available in February and March.

**If you would like more information about this year's AARP tax prep, please contact Member Services at 610-647-6404.**

# Chronic Pain Self-Management

*8 session workshop*

**Tuesdays, January 5 – February 23, 10 – 12:30 (Zoom)**

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 RSVP and provide your full name and email to [mgalligan@surreyservices.org](mailto:mgalligan@surreyservices.org) or call 610-647-6404.**



## PROGRAMS FROM THE SHOP

### WHAT IT'S WORTH



**Tuesday, January 19, 1:30 – 3 pm (Zoom)**

*Zoom in with your family heirloom  
to find out What It's Worth!*

Think Antiques Roadshow with social distancing. Krista Friedrich, an antiques expert, and Liz, Consignment Shop manager, will lend their expertise to your item.

**RSVP to [lfarina@surreyservices.org](mailto:lfarina@surreyservices.org)  
or call 610-647-8632.**

*Spaces are limited.*

**SURREY**  
CONSIGNMENT SHOP

### Let's Downsize: What to keep, toss and donate

**Thursdays, January 28 and February 4  
1:30 – 3 pm (Zoom)**

Join Liz Farina, Consignment Shop manager, to learn how to downsize. This is a 2-part class.

**RSVP to [lfarina@surreyservices.org](mailto:lfarina@surreyservices.org) or call 610-647-8632.**



**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**



## Feeling Crafty this Winter?

### Try the Grab and Go craft programs.

#### *Here's how they work.*

RSVP to Kathy at [khenderson@surreyservices.org](mailto:khenderson@surreyservices.org) or by calling 610-566-0505. This will ensure you receive a kit with supplies.

On Wednesdays, January 6 and 20, pick up your reserved kit during Grab and Go lunch hours at Devon or Media.

On Fridays, January 8 and 22, join the craft program at 1 pm on Zoom. You'll see a demo of your craft and enjoy participating with the group.

# SURREY

60 Surrey Way, Devon, PA 19333

ADDRESS SERVICES REQUESTED

PRESORTED  
FIRST CLASS MAIL  
U.S. POSTAGE  
**PAID**  
SOUTHEASTERN, PA  
PERMIT NO. 7



### Crafts this month are:

#### WINTER ANGELS

**January 6** \* 10:30 am, Pick-Up

**January 8** \* 1 pm, Zoom

#### PINECONE BIRDFEEDERS

**January 20** \* 10:30 am, Pick-Up

**January 22** \* 1 pm, Zoom

# SURREY

[SurreyServices.org](http://SurreyServices.org) • [info@surreyservices.org](mailto:info@surreyservices.org)

### Surrey Transportation

[Transportation@surreyservices.org](mailto: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