

A NEW LOOK for the Surrey News

SURREY

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Since last summer, the Surrey monthly newsletter has experienced mailing delays that are beyond staff control. As a non profit, Surrey benefits from reduced mailing charges for our newsletter. However, this lower mailing charge means the newsletter is classified as bulk rate – the lowest priority for mail carriers. Due to changes at the USPS, bulk rate mail frequently is delayed. Therefore, Surrey has decided to reduce the length of the newsletter so that it can be mailed using First Class postage. We will evaluate this decision regularly and will feature additional articles, such as Personal Finance, on the Surrey website.

Thank you for your understanding and readership.

SURREY SurreyServices.org • info@surreyservices.org

Surrey Transportation

Transportation@surreyservices.org • 610-993-9493

DEVON

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

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

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.

The Surrey veterans group was honored to have presenter Dr. Eugene Richardson (right), an original Tuskegee Airman and Captain Aaron Watson, local Treasurer of the Tuskegee Airmen at the groups' April meeting.



SURREY News

May 2021

DEVON • HAVERTOWN • MEDIA • BERWYN • SURREYSERVICES.ORG

To my dear friends at Surrey,

I am writing to you as a member of the Surrey community and as a physician and victim of COVID-19.

I'm 56 years old and was diagnosed with COVID on December 7, 2020. I have struggled for the last four months to recover. Shortness of breath and palpitations finally landed me in the hospital, and I'm now stuck on strong medication and continuing rehabilitation. Seeing first-hand the hidden devastation that is taking place in the hospitals will stay with me forever. The health care teams, who have put their lives on the line for us, really are heroes.

So, I'm asking you personally, **please continue following safety protocols.** Even if you have completed your vaccinations, and your family and friends have too, please keep masking up, washing your hands, and maintaining social distancing. We've made unbelievable progress in fighting this new scourge over the last year. **We are not quite out of the woods yet.**

Be careful so we can continue making progress at defeating an implacable enemy. More than 560,000 Americans have died in the last year, an average of more than 1,500 per day. That's more than all Americans killed during WWII, Korea and Vietnam combined.

If you need help making a vaccine appointment or need transportation to your vaccine appointment, please call Surrey at 610-647-6404.



Dr. Christopher Vojta is a Surrey board member trained in geriatrics and epidemiology at Penn.

PATH TO REOPENING

The days are becoming longer and warmer. Flowers are in bloom and bursting with color. These are all harbingers of brighter days to come and I promise you, our Surrey community is on the cusp of brighter days ahead.

Every day, more individuals in our community are fully vaccinated or have begun the process. Our team is working non-stop to schedule these vaccine appointments. Fully vaccinated Surrey volunteers are returning to drive folks to their appointments, help answer incoming phone calls in Devon and Media, make friendly phone calls, lead our virtual programs, and distribute meals. All these efforts have put us on the path to reopening. However, we are not quite there yet.



Jill Whitcomb, Surrey Interim President and CEO

Rest assured, we have put plans into place for a slow and safe hybrid opening.

Currently, the virus and variants still exist. Your safety and that of our staff, many of whom are not fully vaccinated yet, is paramount and that remains our number one consideration in our reopening plans.



I thank you for your patience, resilience, and understanding. I salute our Surrey staff who have remained committed to you and to our mission, and who have worked countless extra hours this past year to ensure that we best meet your needs and address your concerns. Their dedication is overwhelming.

We have been on an unprecedented journey together this past year. Some days I feel like it has been one step forward and two steps back and maybe you do too. In so many ways, Surrey has thrived because you have been by our side. As we begin the challenge of reopening, I thank you for your continued support and understanding. I welcome your ideas, comments and concerns and invite you to share them with me. It is an understatement to say, we can't wait to open our doors and welcome you back as we begin to reopen this spring/summer.

SURREY
CONSIGNMENT SHOP

REOPENS Thursday, May 6, 9:30 - 4

Surrey Virtual Programming — May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Stretch, 10 am 3 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am 4 Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 5 Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 6 Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am Diabetic Support Group, 12:30 pm YogaStretch with Connie, 1 pm Surrey Consignment REOPENS!	Morning Stretch with Connie, 10 am 7 CommUNITY!, 11 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am 10 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Scattergories, 3 pm APPRISE Appointments Available, call 610-647-6404	Healthy Steps for Older Adults, 10 am – 12 noon 11 Knitting/Crocheting, 10:30 am Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 12 Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Veterans Group Meeting, 2 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 13 Phone-In Bingo, 10 am Book Club, 10:30 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm	Morning Stretch with Connie, 10 am 14 CommUNITY!, 11 am Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am 17 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am 18 Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Home Care 101: Your Basic Questions Answered, 3 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 19 Listen & Stretch, 10 am (Phone) Pinochle, 10:30 am (On-line) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 20 Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm	Morning Stretch with Connie, 10 am 21 Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
Morning Stretch, 10 am 24 Listen & Stretch, 10 am (Phone) MOVE!, 1 pm Mindful Monday, 2 pm Phone-In Trivia, 3 pm APPRISE Appointments Available, call 610-647-6404	Knitting/Crocheting, 10:30 am 25 Get Moving, 1 pm Tai Chi for Arthritis, 1 pm Group Crossword Puzzle, 3 pm	Morning Stretch, 10 am 26 Listen & Stretch, 10 am (Phone) Grab and Go Craft Pick-Up, 10:30 am Chair Yoga with Liz, 2 pm Paint and Sip, 2:30 pm Our Next Act, 3 pm	Light Resistance Training, 9:30 am 27 Phone-In Bingo, 10 am Better Back Yoga with Liz Wanner, 11 am YogaStretch with Connie, 1 pm	Morning Stretch with Connie, 10 am 28 Grab and Go Craft, 1 pm Qigong with Liz Wanner, 1:30 pm
HAPPY MEMORIAL DAY 31	All programs are  zoom Unless otherwise noted 			

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

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 May Programs

EVERYBODY WALK ACROSS PA . . . All Month Long

Join Team Surrey for an eight-week walking program to encourage increased physical activity and healthy eating habits. Register with Connie for Team Surrey at cwoodring@surreyservices.org. You will track and then report your miles to Connie, the team captain, each week to get your team total. Learn fitness tips, information, and incentives from the PA Everybody Walk program. A great way to get moving and get fit this spring.

SURREY CONSIGNMENT SHOP

REOPENS Thursday, May 6, 9:30 – 4

Surrey's Consignment Shop will be open Tuesday – Friday from 8:30 – 4 and Saturdays from 9:30 – 4. To protect everyone's safety masks will be required, hand sanitizer will be available, and we will be limiting the number of shoppers in the store at one time. If you're interested in consigning, please call to schedule your appointment 610-647-8632. 810 Lancaster Avenue, Berwyn, PA 19312 • www.surreyconsignmentshop.org

VETERANS PROGRAM Wednesday, May 12, 2 pm

Two presenters, Fern Billet and Megan Walton, will participate in this month's meeting to share information about VA Health Care and assist veterans and their families navigate the VA system to ensure that they are receiving the benefits and services they are entitled to. The presentation will also provide details about the Corporal Michael J. Crescenz VA Medical Center or the Coatesville VA Medical Center. All are welcome, please RSVP to mgalligan@surreyservices.org or call 610-647-6404.

HOME CARE 101: YOUR BASIC QUESTIONS ANSWERED Tuesday, May 18, 3 pm

Learn your options for remaining at home, types of assistance available, what a typical day might look like, and ways to proactively plan for events. Presenters include current Surrey caregivers who will share their insights and answer questions.

For more information or to RSVP, contact Paula Giles at 610-647-9840 or pgiles@surreyservices.org

THE BOOK CLUB IS READING: *The Midnight Library* by Matt Haig