

SURREY *News*

Caring for you, Caring for your home

July 2011 / August 2011

Surrey Celebrates 30th Anniversary

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On August 18 Surrey will celebrate its 30th Anniversary. Starting with a few dedicated volunteer neighbors, Surrey Services for Seniors began by providing basic services such as transportation, home care, food shopping and home maintenance. Since then, Surrey has expanded to encompass a full spectrum of services that enable seniors to stay in their home independently.

Surrey has been sustained by a vision. A vision that, with a few well-placed services, Surrey could help older people remain living in their neighborhoods or homes of their choice, and contribute to the fabric of a vibrant community.

The traditional symbol for the 30th anniversary is the pearl. The pearl thrives in its home, the oyster shell, but is transformed into an object of beauty when viewed outside the shell. Likewise we celebrate the transformation of this vision into a reality. Surrey's success is thanks to people like you – our neighbors, members and volunteers. You've invested your time and dollars because you believe in our mission.

Recently the United Way of Southeastern Pennsylvania informed us that Surrey has been selected as the recipient of a grant in the amount of \$163,000 this year. Grants are a critical part of Surrey's fundraising and we are thrilled with this exceptional investment in our organization during this landmark year.

As we celebrate our 30th anniversary and move into our 4th decade, this commitment and confidence in our services confirms that Surrey has much to do in the future. Surrey is a person-centered organization. We are diligently working to make sure the Surrey network of services offers the programs and services that you want to have available. Tell us what you would like to find at Surrey—and join us at the anniversary celebration at each location!

Our Mission

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



Barbara's Blog

United Way Visits Surrey House to Interview Seniors

"Today was one of the best days of my life."
Millie Getz, 92

On May 24th, the United Way Campaign Cabinet came to Surrey House in Berwyn and interviewed 25 Surrey seniors. It was a wonderful afternoon and a strong affirmation of the Surrey community. The atmosphere was bustling and upbeat and excited. The Surrey participants were extraordinary examples of positive aging!

One goal of the United Way of Southeastern Pennsylvania is to ensure that older adults have access to systems and services that allow them to age in their homes and communities. The Campaign Cabinet are community leaders, business partners and executives from throughout the region who reach out to corporate, civic and labor leaders to encourage greater participation in the Campaign. Surrey was thrilled to be chosen as the site for volunteer work by the cabinet. The UW cabinet members took away the emphasis on positive attitudes, healthy living and being part of the community as important aspects of happy older adults.

When asked about advice for the younger generation, Pei Tan said,
"Learn more, serve people more, love more."

The Surrey participants were pulling their interviewers and scribes into their stories in such a way that everyone went home feeling uplifted about life's possibilities.

Everyone from Hometown who participated came away from this experience feeling honored, special and validated for all they have done in their lives. As much as I was thanking them for sharing their stories, they were thanking me for providing them with this opportunity. – Kathy Henderson, Director

For 30 years, Surrey has been a personal, neighbor helping neighbor organization,

offering a variety of programs to support our mission. The enhanced partnership between Surrey and the United Way of Southeastern PA helps us—together—to strengthen the fabric of our communities. Healthy Aging works as an integral part of keeping our neighborhoods and communities full of people of all ages.

Barbara Fentress, President



Joe Frick, United Way Cabinet Chair, Frank McGrane and Barbara Fentress



Mary Catherine Dabrowski, Director Havertown Center with Antoinette Piotti and Isabel Shapiro

Join us for Surrey's 30th Anniversary!



On August 18th, 2011 Surrey Services for Seniors will celebrate its 30th Anniversary. Please join in celebrating our 30 years of providing services to seniors throughout the area. Cake and fun for all!

Berwyn	12:30 pm
Broomall	2:00 pm
Havertown	12:15 pm
Media	12:30 pm

Kit's Corner

Health is Relative

Sharing family health history is good for everyone.

"Family health history can help direct your doctor to specific tests or treatment plans you may need to take to prevent or delay disease. I hope you and your family will create a family health portrait using the new Surgeon General's tool. Learning your family's health history is a valuable investment to make for your family's health." Vice Admiral Regina M. Benjamin, MD, MBA, US Surgeon General
To download a paper copy or create a health history on line: <http://familyhistory.hhs.gov/>.

Apprise Counseling

By Appointment, Berwyn

July 7th 10:00 am – 1:00 pm

July 21st 2:00 pm – 4:00 pm

August 4th & 18th 10:00 am – 1:00 pm

Apprise Counselors can help Chester County residents over age 60 answer questions about health insurance. Delaware County residents can call 610 237-6222 x24. Montgomery County residents call 610 834-1040 x20.

Personal Finance Corner

Paperwork Never Takes a Vacation!



As we come and go during the summer, sometimes for weeks at a time, we always return to piles of mail and paperwork. If you need some help getting caught

up, call us at Surrey. Reviewing mail and organizing paperwork is a service provided by Daily Money Management.

Also, it's always useful to get some ideas on organizing your paperwork. If you missed the presentation, "Stop drowning in paper and get organized," in Berwyn last April, you will have other opportunities to attend. The same presentation will be given at **Surrey Havertown on July 13th at 10:30 am** and in the fall at Surrey's locations in Broomall and Media. The dates and times for the fall presentations will be in upcoming newsletters.



Transportation July/August Van Trips

July 5	Wegman's - Frazer
July 12	Giant Supermarket - Frazer
July 19	Wegman's - Frazer
July 26	Giant Supermarket - Frazer
August 2	Produce Junction - Exton
August 9	Giant Supermarket - Frazer
August 16	Wegman's - Frazer
August 23	Gentile's - Newtown Square
August 30	Swann's - Exton

Advance reservations are required for all trips. Please call transportation at 610-993-9493.



George Takei and Patty Duke

Boldly Go to Social Security's Website

Are you ready to set course for retirement? Follow the advice of entertainment icons George Takei and Patty Duke and *Boldly Go to* www.socialsecurity.gov. The two celebrities have teamed up to help promote online services as an easy and secure way for people to apply for retirement, disability, Medicare, and so much more.

Those ready to retire, apply for disability benefits, or delay retirement and apply only for Medicare, can do so from the comfort of their home or from any computer. And don't forget to sign up for direct deposit so you'll get your benefits at warp speed.

Already receiving Social Security benefits? Go online to let Social Security know about a change of address or phone number, start or change direct deposit, get a proof of income letter, or replace a lost Medicare card.

So boldly go to www.socialsecurity.gov!

Why Chose Home Care Over Assisted Living Facilities?

Most people prefer staying at home where there is an abundance of emotional and physical associations, memories and comfort. While many people can be happy and prosper in assisted-living facilities, others find the thought of leaving home to be disruptive and depressing.

There are several good reasons for choosing home care:

- Home care keeps families together and connected, which is particularly important in times of illness.
- Home care prevents or postpones institutionalization.
- Home care promotes healing. Most people want to be home when they don't feel well.
- Home care allows maximum freedom for the individual, in contrast to institutional settings, which can be fairly regulated environments.
- Home care services are personalized – tailored to the specific needs of each individual.

Surrey's mission is to help older adults live at home with independence and dignity and continue as active members of the community. Our Home Care program offers as much--or as little--care as older adults and their families require. Whatever the need or budget, we can tailor a home care program that works for you. Contact 610-647-9840 and talk to the Home Care staff about your needs.

News from *The Shops at Surrey*

Fun Giveaway!

Stop by our Berwyn consignment shops (28 Bridge Ave. or 810 Lancaster Ave.) during the months of July and August for your chance to win a beautiful piece of Wedgwood. Just fill out a card and drop your name into our giveaway bowl. We will pick a winner the first week of September. While you are here browse our great selection of jewelry, furniture, china,

crystal, and wonderful vintage household items. Both shops have a special sale area with marked down prices on items such as Limoges china, antique plates, and prints. Our inventory changes daily.

Looking for a unique and creative gift?

Try some of these clever ideas! Choose a vintage plate from our shop and top it with cookies for a great housewarming gift. Buy a cup and saucer and fill the cup with a beautiful plant for a nice hostess gift. Select an old picture frame and place a family photo inside for a memorable present. Tie a ribbon around an antique serving piece for a useful and pretty "just because" gift for a friend. An under-the-weather friend would love to receive an interesting vase filled with flowers from your garden. The possibilities are endless. We have lots of great volunteers at the shop that can help you pick out a great gift or something special just for you.

Considering Downsizing?

Please contact Liz Farina at 610-647-8632 if you are considering downsizing. Liz will help you consign your treasures.

Paper Checks for Social Security Payments No Longer an Option

Social Security electronic payments are now mandatory. As of May 1, anyone filing for federal benefits is required to receive them via direct deposit or the Direct Express debit card.

Anyone who was receiving a paper check before May will have until March 1, 2013, to switch to electronic deposits. The Treasury Department will allow people to receive paper checks only if they meet one of these waiver conditions: be age 90 by May 1, 2011; have a mental impairment that causes an inability to receive payments electronically; or live in a remote area that makes it impossible to access benefits electronically.

Learn more by reading the online fact sheet at www.socialsecurity.gov/pubs/10073.html, and Learn about your options at www.godirect.org.

Surrey in Havertown, Hometown and West Chester

Havertown Center Kids Craft Class, Movies & More July & August

Maybe you regularly watch your grandchildren (or “great” nieces, nephews or neighbors!) during the summer while their parents are at work. Or maybe you are looking for some activities you can do with the kids--just for fun. Surrey at Havertown has some summertime bring-the-kids-to-the-Center days just for you (and, of course, for the kids!).

Annetta Martini and her two grandchildren, Francesca and Philip, will lead **Kids Craft Class** for fun grandchild babysitting days. You and the kids will make fun bracelets or magnets or other different, easy to do crafts that you can take home. Don't have any children to bring, or the grandkids are too grown up? Join Annetta and the kids anyway! You'll have fun crafting with all of the kids who come.

Kids Art with Alexis will be another fun activity to do together. Artist Alexis Greentree's drawing/painting class will tap your grandchildren's creativity. Whether they are kindergarten age or heading towards middle school, Alexis will find their inner artist. Have you found your inner artist yet?

In addition to our monthly **“Reel” Pizza Lunch & Movie**, you'll find some additional **“Reel” Pizza & Movie for Kids** on Friday's in July and August, featuring popular kids movies. Every child accompanied by an adult gets a pizza and movie free!

Call Surrey at Havertown at 610-446-2070 for details, dates and times. Havertown Center is located at 1105 Earlington Rd., Havertown.

Summer Concerts Surrey@The Hickman

Wednesday, July 20, 6:30 – 7:30 pm
Wednesday, August 17, 6:30 – 7:30 pm
There is no charge for these wonderful concerts. 400 N. Walnut St., West Chester.



Hometown Center Mind Your Mind July and August

You probably have experienced a “Senior Moment” when you cannot find a word or remember a name. We can acknowledge that there are age-related declines in brain power: slower processing of information, retrieval problems and sometimes losing track of what you are saying. Just as you do physical exercises to tone up the muscles throughout your body, doing mental exercises will stimulate different parts of your brain.

Join us at Hometown for our bi-weekly **Mind Your Mind: Cognitive Fitness** classes. The class meets the 1st and 3rd Fridays of the month at 1 pm. We have informal discussions on ways to enhance your brain performance as well as doing specific exercises (games, worksheets, puzzles, etc.) to work on cognitive skills such as memory, flexible thinking, perception, reasoning, using numbers, spatial relationships and communication. Classes are ongoing throughout the year. Please call Hometown Center at 610-566-0505 to sign up for a class. Hometown Center is located at 302 South Jackson St., Media.

Hometown's Vegetable Garden

Every year volunteers at the Hometown Center help to plant a vegetable and herb garden. Throughout the summer months, everyone at the center enjoys fresh summer salads and dips!



Volunteer Maria Pothier helps plant the garden.



July Café Menu - Berwyn

Ben Goldberg
Surrey Chef

Day	Date	Menu* Yummy Desserts Daily!
Mon	7/4	Surrey is closed for the holiday.
Tue	7/5	Fettuccine Alfredo with chicken and Italian bread
Wed	7/6	Baked fish with white wine sauce, rice and vegetables
Thur	7/7	Franks and beans
Mon	7/11	Waldorf salad with chicken
Tue	7/12	Tuna salad wraps and chips
Wed	7/13	Chilled Gazpacho soup rolls
Thur	7/14	Meatloaf with mashed potatoes and vegetables
Mon	7/18	Spinach salad and cheddar muffins
Tue	7/19	Turkey burgers with French fries
Wed	7/20	Grilled chicken sandwich with cheese & sweet potato fries
Thur	7/21	Lasagna with garlic bread
Mon	7/25	Turkey sandwich w/ havarti cheese roasted peppers and honey mustard, chips
Tue	7/26	Grilled tilapia with couscous pilaf and veggies
Wed	7/27	Beef and broccoli over rice
Thur	7/28	Chicken Parmigiana with pasta marinara

**Chef reserves the right to make menu changes, if necessary.*

Surrey Reading Challenge July & August – All Sites

Is summer your favorite time of the year for reading? You're not alone! Join in our 1st Annual Surrey Reading Challenge.

Each Surrey site will collect a list of books that members and friends have read throughout the summer, ending on the last day of August. The challenge will be two-fold. Each site will have their own internal contest, as well as a general contest among all sites for the most books read during July and August. (Members don't need to be part of the Surrey Book Clubs to participate.)



August Café Menu - Berwyn

Day	Date	Menu* Yummy Desserts Daily!
Mon	8/1	Caesar Salad with grilled chicken
Tue	8/2	Grilled cheese & tomato soup
Wed	8/3	Taco Day!!!
Thur	8/4	Chicken Marsala with rice and veggies del giorno
Mon	8/8	Broccoli cheddar soup/ rolls
Tue	8/9	Baked Ziti and green salad
Wed	8/10	Fish and chips
Thur	8/11	Roast turkey with mashed potatoes and veggies
Mon	8/15	Cheese ravioli & green salad
Tue	8/16	Chicken salad, fresh fruit and rolls
Wed	8/17	Baked fish/ shrimp sauce, rice and vegetables
Thur	8/18	Rosemary and garlic roasted pork/ potatoes & veggies
Mon	8/22	Greek salad with pita bread
Tue	8/23	Corned beef special & chips
Wed	8/24	Breaded fish & veggies
Thur	8/25	Baked chicken, veggies and roasted potatoes
Mon	8/29	Spaghetti and pesto with chicken
Tue	8/30	Pulled pork sandwiches coleslaw and fries
Wed	8/31	Salad Niçoise



We'll then compile a list of all books read, so that anyone who participates can receive a list of "Surrey's picks" for their own reading. Please contact the site nearest you to enter and start tracking your list of books read.

We thank our members for their gifts which allow Surrey's programs and services to make such a difference in the lives of others – neighbors helping neighbors.

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Winner: Best Senior Services



Surrey has been voted the best in the category of: **BEST SENIOR SERVICES** in the 2011 Main Line Media News' READERS' CHOICE Awards!

Thank you to all our supporters who voted for us!

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