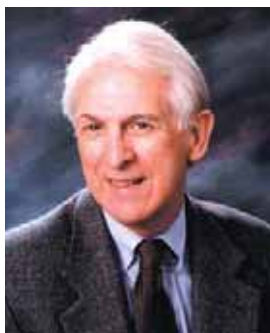




# Annual Report 2010



**BEST OF**  
*Hartford*  
**MAGAZINE**  
**2009**  
**2010**



Dear Friends of Seabury,

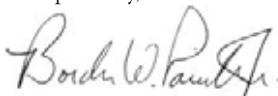
The year 2010 marked the renaissance of Seabury's physical plant with the completion of repairs and enhancements following the fire of the previous July. A renaissance of spirit and attitude went with the rebuilding, and we all celebrated Seabury's renewal last spring. On behalf of the Board of Directors, I again express our gratitude to all staff and residents for pulling together throughout a very difficult period.

Once again, Seabury has its financial house in order as the accompanying financial statements will show. The Investment Committee and the Finance and Audit Committee working with our CEO, John Mobley, and CFO, Steve Yanofsky, have acted as good stewards of our resources as we passed through the financial and economic challenges of the recession.

Seabury continues to move forward in developing new programs and providing leadership in matters of retirement, aging, and health. Seabury At Home continues to grow as an attractive way for seniors to take advantage of our services while remaining in their own homes. Seabury Meadows provides innovative programs for residents in our Memory Care facility. Our Chaplain, Gail Keeney-Mulligan, provides spiritual leadership to all Seabury staff and residents, representing many faith traditions. The Center for Spirituality and Health sponsors a variety of programs that often bring distinguished visitors to campus.

At the annual meeting in November, we welcomed two new directors: William R. Peelle, Jr. and Thomas Moore III. Dick Greene retired from the Board after a number of years of devoted service. Dick's work on the Investment Committee and the Finance and Audit Committee helped us immeasurably in these past several years of financial stress. His wise counsel played a major role in keeping us on a steady course, and we thank him for his outstanding service. The Rev. Jeff Dugan resigned from the Board after many years of faithful service, first as the Bishop's representative and then as a regular Board member. Jeff and Betty will reside at Seabury this year until moving to Maine. I too retired from the Board after twelve years. It has been a great pleasure to be part of the Seabury community in this way and I will miss it, but look forward to continuing on Boards of both Seabury At Home and Seabury Memory Care Center. I leave knowing the Board is in good hands with our newly-elected president, Ray Madorin. Thanks to all of you who support and take an interest in Seabury. We all pray that God will continue to bless this place, its residents, and all who work for its continued success.

Respectfully,



Borden W. Painter, Jr.  
President, Board of Directors

## MISSION STATEMENT

We are committed to meeting the physical, spiritual and emotional needs of the people we serve by providing services, accommodations, and resources that will assure the highest quality of life for residents, clients and employees through a philosophy of "Wellness, Compassion and Assistance." We are committed to enabling people to lead their lives fully with dignity and joy by the use of resources available to us according to the highest level of good stewardship. We shall make every effort to furnish financial assistance when needed to assure use of our facilities and services. We are committed to carrying out our purpose, by fully accepting God's love and all that means both for us and all whom we serve.



Greetings, Friends of Seabury,

It is my pleasure to provide you with the 2010 annual report. Most of the year has been focused on our road to recovery, handling the restoration of the Natatorium and the East Wing following the 2009 fire on the roof of the Natatorium and the ensuing water damage. I am happy to report that we have completed that process and our Community is now better and stronger. We are grateful for the leadership of Borden Painter, President of the Church Home Board, and all the other Board members and staff that guided our organization during this challenging time. As President Borden's term comes to an end, we welcome Ray Madorin as our new President for 2011, and William R. Peelle, Jr. and Thomas Moore III as new Board members. We also recognize the years of service of Jeff Dugan and Dick Greene as their terms on the Board came to an end.

On October 7th, 2010, Seabury residents remembered the fire event by planting a beautiful red sugar maple in honor of the staff that assisted them. At that ceremony we put the memories of that event behind us and celebrated the new fellowship and sense of community created under such a shared experience.

Seabury has quickly moved forward with programs and services that lead the field of aging services. We continuously hear from our constituents that they not only want to know Seabury will be there when a life altering medical event happens, but also as a resource in their daily life, by offering preventative health services that include physical fitness and whole person wellness. It makes more sense for the future of Continuing Care Communities (CCRCs) and aging services to focus on whole person wellness than simply responding to a health crisis after the event. Becoming a resource that enables older adults to age actively and improve or maintain functional ability, not only on campus but in the community, must be the mission of our organization going forward. With this said, "Seabury is going social"; Social Media is an effective tool that enables Seabury to be an extensive resource to the greater community, by providing a powerful network of information to increase awareness about successful aging. Social media further strengthens Seabury's credibility as an expert in this field worldwide, all of which is part of our strategic plan.

Through the establishment of the Seabury Center for Successful Aging, classes, programs and the use of new technologies for prevention and intervention have been developed to keep older adults independent and active. Seabury's innovative Mind Vitality Academy, designed to combat the challenges of memory loss and Alzheimer's disease in collaboration with the New England Cognitive Center, helps older adults at every level of memory cognition. The implementation of new technologies known as Mobil Alert and My Halo, which monitor vital health signs, location, and provide for emergency response and communication, are providing peace of mind and security for users and their care givers. Our Better Balance Academy starts with a personal fall risk assessment utilizing the Biodex equipment, along with a full functional & lifestyle profile, to determine a person's fall risk status and let us proactively intervene in fall prevention. Thirty-three percent of older adults fall at least once a year, and the number one cause of accidental death among older adults 65 plus are complications from slips and falls. A core strength fitness program for active adults will help prevent a fall or lessen the consequences if unpreventable. To coordinate rehabilitative care with fitness and whole-person wellness, Seabury has brought contracted physical, speech, and occupational therapies in-house.

The recognition from market studies that 85% of older adults desire to stay at home moved Seabury to be the first and only life care community to have a CCRC-without-walls program in Connecticut. Seabury has also established a private duty agency called "Seabury Care Now" to offer immediate support and assistance in the home on a reasonably priced companion program. This new agency will work in combination with Seabury's Visiting Nurses, a Medicare certified home care agency.

We are excited to be bringing these resources, programs, and services to older adults, providing motivation and support for everyone to age successfully and develop a wellness lifestyle. We also want to assure everyone that Seabury will definitely be there to provide care when a personal health crisis occurs.

Sincerely,

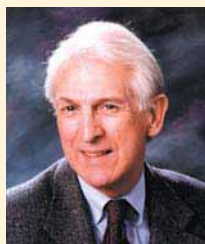
John S. Mobley  
Executive Vice President & CEO

## 2010 BOARD OF DIRECTORS



### THE RT. REV. IAN T. DOUGLAS

- Bishop, Episcopal Diocese of CT, Overseeing 172 Congregations & Affiliated Organizations
- Chair, Board of Directors, Church Home of Hartford, Inc.



### BORDEN PAINTER

- Interim President of Trinity College/Retired
- Professor of History & Director of Italian Programs, Trinity College/Retired
- Board Member, Barbieri Endowment for Italian Culture; Charter Oak State College Foundation; Connecticut Historical Society
- Priest Associate, St. James's Parish, West Hartford, CT
- Assistant Secretary, Board of Directors, Seabury Memory Care Center, Inc.
- Board of Directors, Seabury At Home, Inc.
- President (term ended November 2010), Board of Directors, Church Home of Hartford, Inc.; Chair, Executive Committee



### RICHARD W. GREENE

- Chairman, Board of Trustees, Mass Mutual Select Funds and MML Series Investment Fund/Retired
- Vice President for Investments and Treasurer, University of Rochester/Retired
- Past Treasurer, Carnegie Corporation of New York
- Past Vice President and Treasurer, Wesleyan University
- Past Principal, Peat, Marwick, Mitchell & Co.
- Board of Directors, Seabury Memory Care Center, Inc.
- Treasurer (term ended November 2010), Board of Directors, Church Home of Hartford, Inc.; Chair, Finance & Audit Committee



### A. RAYMOND MADORIN

- Attorney in sole practice
- Treasurer, General Practice Section Connecticut Bar Association 1996 –
- Chairman, Hartford County Bar Ethics Committee — 1980-1985
- President, Hartford County Bar Association 1989-1990
- Chairman, Real Estate Committee Hartford County Bar Association 1990-1994
- Member, Connecticut and Hartford County Bar Association
- Former Vestry Member and St. Warden, St. James's, West Hartford
- Board of Trustees, Goodwin College (Chair of Finance Committee)
- Treasurer, Farmington Exchange Club
- President, Board of Directors, Seabury Memory Care Center, Inc.
- President, Board of Directors, Church Home of Hartford, Inc.; Chair, Executive Committee



### WILLIAM J. THOMPSON

- Principal and Consulting Actuary, Milliman, Inc.
- Fellow, Society of Actuaries
- Member, American Academy of Actuaries
- Chairman, Insurance Board for Diocese of Connecticut
- Treasurer, Board of Directors, Church Home of Hartford, Inc.; Chair, Finance & Audit Committee



### JOHN S. MOBLEY

- Executive Vice President/C.E.O., Seabury
- Licensed Nursing Home Administrator CT
- Past Executive Director, ParkPlace Retirement Community, Denver, CO and Redstone Presbyterian Home, Greensburg, VA
- Past President, Simsbury/Granby Rotary Club
- Member ICAA Advisory Board
- President, Hopbrook Tennis Club
- Certified Fellow, American College of Health Care Associates
- Vice President of Operations, Board of Directors, Seabury At Home, Inc.
- Vice President of Operations, Board of Directors, Seabury Memory Care Center, Inc.
- Board of Directors, Church Home of Hartford, Inc.



### BETTE-JANE HARDERSEN

- Financial Secretary, St. John's Episcopal Church, West Hartford, Retired
- Finance Committee, Timothy Beach Resort Homeowners Association, St. Kitts, West Indies
- Accounting Supervisor, bePuzzled
- Past Vice President, Combined Health Appeal
- Member, Altar Guild, St. John's Episcopal Church, West Hartford
- Member, Global Missions Committee, St. John's Episcopal Church, West Hartford
- Vice President, Board of Directors, Seabury Charitable Foundation
- Assistant Treasurer, Board of Directors, Church Home of Hartford, Inc.



### JEFFREY S. DUGAN

- Retired Rector, St. James Parish, Farmington, CT
- Chaplain, Farmington Police Dept.
- Chaplain-On-Call, UCONN Health Center
- Author, *Christopher's Summer*, Cumberland House Publishing, Nashville, TN
- Board of Directors, Lillydale Literacy Project, South Africa
- Institutional Review Board, UCONN Health Center, with faculty appointment to Medical School in Medical Ethics
- President, Board of Directors, Seabury At Home, Inc.
- Vice President (term ended November 2010), Board of Directors, Church Home of Hartford, Inc.



### GUY CAMBRIA, JR.

- Retired Chairman, President & CEO – Tolland Bank
- Retired Treasurer – The Episcopal Diocese of Connecticut
- Trustee, Donations and Bequests for Church Purposes, Inc. The Episcopal Diocese of Connecticut
- Past President, Greater Hartford Tourism District
- Treasurer, Board of Directors, Seabury At Home, Inc.
- Secretary, Board of Directors, Church Home of Hartford, Inc.



### GALE A. MATTISON

- Retired/Executive Financial Officer, State of Connecticut
- Past Chief Fiscal Officer, Connecticut Department of Correction
- Member, Vestry, St. James's Episcopal Church, West Hartford
- Past Jr. Warden, St. James's Episcopal Church, West Hartford
- Past Member, Board of Directors, University of Connecticut Health Care Finance Corp.
- Past Vice Chairman, Board of Directors, CT Lottery Corporation
- Treasurer, Tibetan Terrier Club of America
- Veteran, United States Army 1968-1971
- Vice President, Board of Directors, Church Home of Hartford, Inc.



### PRISCILLA B. VIETS

- Corporator, Hartford Hospital
- Past President and Board Member, Hartford Hospital Auxiliary
- Elector, Wadsworth Atheneum Museum of Art
- Member, Society of Daniel Wadsworth, Wadsworth Atheneum Museum of Art
- Member, Women's Committee of the Wadsworth Atheneum Museum of Art
- Member, Adult Christian Formation Committee, Trinity Episcopal Church, Hartford
- Past Stewardship Chair, Trinity Episcopal Church, Hartford
- Member, Hartford Choral
- Board of Directors, Seabury Charitable Foundation
- Assistant Secretary, Board of Directors, Church Home of Hartford, Inc.





### THE REVEREND CANON WILBORNE A. AUSTIN

- Vicar, St. Stephen's Parish, Bloomfield, CT
- Member, Bloomfield Clergy Association
- Board Member, Bloomfield Interfaith Community
- Bishop's Representative, Board of Directors, Church Home of Hartford, Inc.



### CONNIE BAIN

- Regional Teller, Bank of Boston/Retired
- Parish Clerk, Christ Church Cathedral, Hartford, CT
- Member, Ushers Guild, Christ Church Cathedral, Hartford, CT
- Treasurer, Saint Barnabas Guild, Hartford Chapter
- Secretary, National Executive Board, Saint Barnabas Guild
- Member, Hartford Chorale
- Board Member & Treasurer, Larrabee Fund Association
- President, Seabury Auxiliary
- Board of Directors, Church Home of Hartford, Inc.



### PAUL R. BRIGGS II

- Priest-in-Charge, St. Mary's Parish, Manchester, CT
- Church World Service CROP Walk Coordinator
- Board of Directors, Church Home of Hartford, Inc.



### H. DAVID CROMBIE, M.D.

- Physician/Surgeon, Retired
- Honorary Medical Staff Hartford Hospital
- Editor-in-Chief, *Connecticut Medicine*, The Journal of the Connecticut State Medical Society
- Member, Board of Advisory Governors, Hartford Hospital
- Past Board Member, Executive Committee – Hartford Hospital
- Past President, New England Surgical Society
- Past President and Librarian, Hartford Medical Society
- Board of Directors, Seabury At Home, Inc.
- Board of Directors, Church Home of Hartford, Inc.; Chair, Health Care Services Committee



### DONNA R. GALLUZZO, PH.D.

- President & CEO, HMS Healthcare Management Solutions, Inc.
- President & CEO, OMNI Medical Billing Plus, a division of HMS, Inc.
- Past President and COO, Connecticut VNA, Inc.
- Board of Trustees and Executive Committee, Connecticut Business & Industry Association (CBIA)
- Treasurer and Board of Directors, Women Organizing Women Political Action Committee
- Senatorial Inner Circle, Presidential Task Force – participation
- Board of Directors, Protein Sciences Corporation
- Board of Trustees, Goodwin College
- Past Treasurer and Board of Directors, Young Presidents' Organization (YPO-CT)
- Past Board of Directors, Connecticut Association for Home Care and Hospice
- Past President and Board of Directors, National Association of Women Business Owners (CT)
- Past Board of Trustees, Independent Day School
- Vice President, Board of Directors, Seabury At Home, Inc.
- Board of Directors, Church Home of Hartford, Inc.



### LAURA D. HARCKHAM, PH.D.

- Assistant Dean of Instructional and Community Services, Rockland Community College, NY/Retired
- Retired Educator, Researcher, Evaluator
- President, Treasurer, Northeastern Educational Research Association
- President, Literacy Volunteers of Rockland County
- President, Treasurer, Association of Women Administrators of Westchester
- Treasurer, Seabury Residents Association
- Treasurer, Church Home of Hartford Auxiliary
- Resident Director, Board of Directors, Church Home of Hartford, Inc.



### MARK A. HOPPER

- Past Partner, Schoenhardt Architecture and Interior Design
- Associate Principal, Fletcher Thompson
- Registered Architect, Connecticut, New Hampshire, New Jersey, New York, Vermont
- Past Principal, Bostwick & Hopper
- Past Member, Jeter Cook & Jepson
- Member, Strategic Planning Committee, Emanuel Lutheran Church, Hartford
- Member, American Institute of Architects, Society of Marketing Professional Services, Clemson Architectural Foundation
- Church Council Member, Emanuel Lutheran Church, Hartford
- President, Board of Directors, Seabury Charitable Foundation
- Board of Directors, Church Home of Hartford, Inc., Chair, Buildings & Grounds Committee



### MILTON LEWIS HOWARD

- Emeritus - Founder/President of Milton Lewis Howard Associates, Architects
- Registered Architect, CT, NY, MA, NJ, GA, IL, IN
- Certificate holder, National Council of Architectural Registration Board
- Member, American Institute of Architects
- Member, National Organization of Minority Architects
- Past Arbitrator, American Arbitration Association
- Past Chairman, Building & Properties Committee, Christ Church Cathedral, Hartford
- Board of Directors, Church Home of Hartford, Inc.



### JOSEPH P. MERRITT

- President/Owner, J.M. Metals, LLC
- Bloomfield Town Council, Minority Leader
- Past Chairman, West Hartford – Bloomfield Health District
- Choir Member, Bloomfield Congregational Church
- Treasurer, Board of Directors, Seabury Charitable Foundation
- Board of Directors, Church Home of Hartford, Inc.; Chair, Investments Committee



### ROBERT STANWOOD

- Business Manager and Engineer, Pratt & Whitney, Retired
- Past Pilot, United States Air Force
- Cemetery, Old St. Andrew's Church, Bloomfield
- Computer and Web Page/Media Administrator/Volunteer, New England Air Museum
- Past Treasurer, Newington Amateur Radio League
- Board of Directors, Seabury Charitable Foundation
- Board of Directors, Church Home of Hartford, Inc.



### JOSEPH H. WALTON

- Sales Management & Marketing Executive, CIGNA Corporation/Retired
- Consultant to Plan Administrators for healthcare benefits industry
- Past Chairman of the Board, American Heart Association, Hartford Chapter
- Executive Council, St. Ambrose University President's Club
- Treasurer, Connecticut Continuing Care Residents Association
- Past Member Seabury Resident Council; Chair, Communications Committee
- Treasurer, Board of Directors, Seabury Memory Care Center, Inc.
- Resident Director, Board of Directors, Church Home of Hartford, Inc.

## Directors Elected in November 2010



### WILLIAM R. PEELE, JR.

- Portfolio Manager, Bradley, Foster and Sargent
- Board of Trustees, Bushnell Center for the Performing Arts
- Board of Trustees, Episcopal High School, Alexandria, VA
- Investment Committee, Trinity Church, Hartford
- Investment Committee, United Way of the Capitol Region
- Board of Directors, Seabury Charitable Foundation
- Board of Directors, Church Home of Hartford, Inc.



### THOMAS MOORE III

- Executive Director of the Society of the Increase of the Ministry
- Senior Advisor to CEO for Episcopal Church Pension Fund
- Treasurer for the National Episcopal Church
- Executive Director of the Friends of Canterbury Cathedral in the U.S.
- Board of Directors, Church Home of Hartford, Inc.

## Welcome to our New Bishop, the Rt. Reverend Dr. Ian T. Douglas



On October 24, 2009, at the 225th Annual Diocesan Convention, the Rt. Rev. Dr. Ian T. Douglas was elected to be the next bishop of the Episcopal Diocese of Connecticut. He was elected on the second ballot from among four nominees. Bishop Douglas was the Angus Dun Professor of Mission and World Christianity at Episcopal Divinity School, Cambridge, Massachusetts and an associate priest at St. James's Church, Cambridge.

He began work for the Diocese of Connecticut on Feb. 1, 2010, and was ordained and consecrated on April 17, 2010, at the Koeppl Community Sports Center, Trinity College, Hartford.

Bishop Douglas has written extensively on mission, missiology, and the Anglican Communion, and has provided expert commentary and opinion for national media, print, and broadcast. He served

on the Anglican Consultative Council (ACC) as a priest and on the Standing Committee of the Anglican Communion from the ACC; as a bishop he continues to serve on the Standing Committee. He also served on the Executive Council of The Episcopal Church, but resigned after his consecration as bishop. Bishop Douglas received an honorary degree from Episcopal Divinity School in May 2010.

Seabury's annual tradition continued this year with Bishop Douglas celebrating Christmas Service on Tuesday, December 21, 2010, in Heritage Hall. The Bishop's Christmas Service included introductory and interlude music from The Views Choir Chimers. The Seabury Chorus performed as well. The service was broadcast live on Seabury's in house Channel 918. Residents from Independent Living, The Views, and the Health Center attended.



**The Rt. Reverend Dr. Ian T. Douglas greets a resident after the Christmas Service.**



**Seabury chorus performs at the Christmas Service 2010.**

## Using Social Media to Further the Seabury Mission and Our Outreach to the Greater Community

The Seabury Board of Directors, residents, and staff have always had a deep commitment to our community, church, the Town of Bloomfield and the Greater Hartford Community. We have been involved in charitable work since our inception as Church Home of Hartford, Incorporated (CHHI) 134 years ago. Those who have preceded us did many good deeds, had great involvement with the Episcopal Church, took care of those in need, and worked for the good of the Hartford Community.

When we founded Seabury 18 years ago, we incorporated the mission of our corporation, CHHI, which was one of caring and a desire to help others by volunteering and giving back for the greater good. As part of this mission, we are also dedicated to educating seniors on active aging. We have started a Center for Successful Aging, with courses offered which train the mind, exercise the body, and teach individuals how to maintain good balance through our state-of-the-art Biodex Machine.

With the advent of Web 2.0 and Social Media technologies, Seabury realized that it needed to move toward a more interactive and dynamic website in order to broaden our reach to the greater community. Seabury's goal was to engage its audience with fresh content and pertinent, timely information on successful aging. Historically, Seabury has always done this on a local level. We host experts in the field to present lectures to our residents and the community, we publish articles in traditional print media, and we offer services based on the most up-to-date research on successful aging. We decided, because we have so much to offer our residents, why not share it with the world via our website, Twitter, Facebook, blogging, and more. And so began our journey toward social media.

While our venture into Social Media is still in its infancy, we anticipate extended growth over the next few years as more and more people (especially those over 50) begin to accept social networking. We hope to establish a presence online by building a branded, customized blog, creating an exciting Facebook page, and attracting tech-savvy followers on Twitter. Ultimately, when consumers are searching the internet using key words such as "successful aging," "active aging," "expert long term care," or "charitable organizations," our goal is to have Seabury at the top of the search results page.

Social Media is just one way we can reach the public and fulfill our mission through our expertise and knowledge of successful aging. With this said, our charitable work happens

throughout the year and includes the following contributions:

- Each year Seabury residents, Board members, and staff donate turkeys to FoodShare at Thanksgiving, and our residents have food drives throughout the year to support the Horace P. Bushnell Food Pantry for children.
- We have an intergenerational program with Laurel School in Bloomfield, and the residents assist in the classrooms and in the school library. We have another program with the Sage Park Middle School.
- We have a book program where residents and staff donate books for the rebook program for public schools in Hartford.
- We have many not-for-profit organizations that use the rooms at Seabury for meetings and lectures for the outside community. There is no cost to the organization and we assist with all the details.
- The Salvation Army and Big Brothers and Big Sisters as well as church groups are the recipients of clothing, furniture and bric-a-brac that our thrift shop cannot use.
- We provided commercial kitchen equipment to Bloomfield Methodist Church for their new soup kitchen. Residents have also signed up to volunteer at the kitchen.
- Within the Seabury Community, residents and staff volunteer in our nursing home as friendly visitors letting skilled nursing residents know that we care about them and engaging them in conversation. Many times the volunteers read books or write letters for them. The residents of Seabury Meadows Memory Support Center receive the same attention.
- There are many resident committees where their sole purpose is social consciousness. A knitting group makes caps and blankets for newborns in Hartford Hospital. Another group knits hats and mittens for the homeless in the Hartford area.
- Our residents volunteer at the Historical Society, the Bloomfield library and even serve on Town boards. Others serve as docents for the Wadsworth Atheneum and the New Britain Museum of Art.
- A staff member is on the Board of Directors of the Hartford Symphony.
- We participate and support the Alzheimer's Memory Walk and The Bishops 5k run for kids.
- Our staff donated toys for children at the Connecticut Children's Hospital.
- We participate in the United Way Day of Caring. This year's volunteers were from Aetna.







an Active Life Community

## Center for Successful Aging (CSA)

Seabury is proud to announce the establishment of the Center for Successful Aging (CSA), which is dedicated to improving the quality of life for aging Baby Boomers and older adults. The CSA is the key to a balanced lifestyle and allows Seabury to be on the cutting edge of the latest in wellness, fitness and rehabilitation, technology and services. The CSA's mission is to educate older adults everywhere on how to practice an active and healthy lifestyle by encompassing the seven dimensions of wellness (emotional, vocational, physical, spiritual, intellectual, social, and environmental) into a wide variety of services and programs.

One of the CSA's programs is the Better Balance Academy, developed with fall prevention best practices in mind. This academy focuses on five critical components of balance:

postural strategies, gait enhancement, multisensory control, center of gravity control, and basic fitness. A comprehensive Biodex balance/fitness assessment is taken before and after the program to track progress.

Other programs include the Mind Vitality Academy (for those with dementia concerns), the

Tai Chi Health Academy (mind, body and spirit enrichment) and the Dance Fit Academy (for improving agility, coordination and endurance). All academies include the comprehensive pre- and post- assessments, enrollment in one of our evidence-based group exercise classes, and full use of our well-equipped Fitness Center and Natatorium. The Natatorium has a pool with easy-entry steps, lap lanes, and an aquatic Hydroworx treadmill. It also has a spacious 12-person Jacuzzi.

In keeping with its mission to incorporate all the seven dimensions of wellness, the CSA also offers Spa services



An Academy class.

by licensed aestheticians and massage therapists, personal fitness training with nationally certified trainers, and a rehabilitation department.

With the development of the CSA, we are now even better equipped to empower older adults by offering them the best in education, information, resources and tools so they can achieve optimal success, improve their quality of life, and maintain their independence and dignity as they age gracefully.



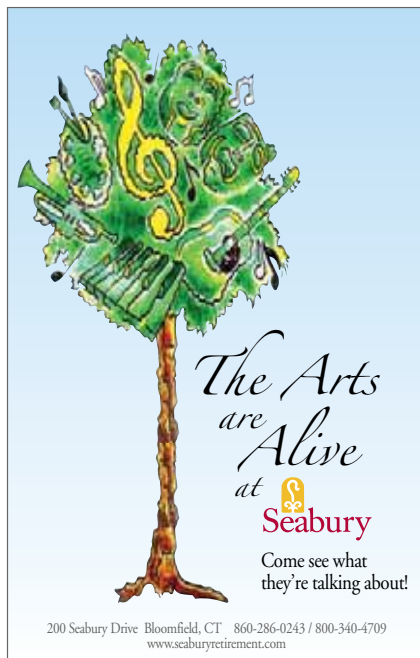
Graduation of Mind Vitality Academy.



A balance assessment on the Biodex.



## The Arts Are Alive At Seabury



Through the years, Seabury has developed a culture incredibly rich in the arts. This is apparent not only from our frequent trips to Hartford Stage, the Hartford Symphony, Tanglewood, and museums throughout New England, but also from the culture within our own community. We have many residents and staff who have practiced the arts professionally: artists,

published authors and poets, an award winning director, a playwright, and competitive ballroom dancers. Our Vice President of Human Resources is a member of the Hartford Symphony Board. At this writing, the entire community has been working together on a musical production scheduled to open in early May 2011.

Other notable Seabury arts events include:

- The Hartford Symphony, as part of the Adult Learning Program (ALP), led a two-session seminar that included selected players of the orchestra speaking about their lives as musicians and playing their instruments. Administrative leaders also provided insight into the challenges and workings of the orchestra in the current economic climate.
- Seabury sponsored venues such as, the Marvin Hamlish fundraising evening, the Talcott Mountain Music Festival, and the Emanuel Ax opening season gala.

- Seabury resident Poetry Groups and distinguished visiting Poets read from their works.
- Seabury's Center for Successful Aging offers the Mind Vitality Academy and includes both music and dance in its curriculum. Recent studies have shown that music and dance can be beneficial in stimulating both memory and movement, and can aid in fall prevention.
- The exercise program "Conductorcise," developed by Maestro David Dworkin of the American Symphony Orchestra, is regularly led by instructors trained by the Maestro himself.
- 40-person, resident led Choral and Chime Group performing two concerts a year.
- Professional musicians, including jazz ensembles, string quartets, and pianists from the Hart School and the greater community entertain residents.
- Wadsworth Atheneum lectures on art.
- Lectures by Spiritual Leaders.

The arts are alive throughout the continuum of care at Seabury, and are recognized as a critical element in improving and maintaining a high quality of life. Embracing the arts is another key part of Seabury's Circle of Wellness, keeping our path to successful aging filled with beauty and joy.



Executive team at Talcott Mountain Music Festival.



Seabury sponsored Hartford Symphony events.

## A year of rebuilding, growth and celebration

- **Maestro David Dworkin** – Retired conductor and founder of the exercise program “Conductorcise,” delighted a standing-room-only crowd with his educational and entertaining program in Seabury’s Heritage Hall. In addition, he led a group of Seabury employees through a training process, and as a result, we now have six certified “Conductors” on our campus. It is no wonder the International Council on Active Aging named Conductorcise as one of North America’s “most innovative active aging” programs.
- **The Magic of Seabury Volunteers** – An appreciation event was held April 21, 2010. Seabury’s volunteers were treated to an afternoon reception and entertainment with Derek the Magician.
- **Pioneer Social and Dinner** – We tipped our hats to the brave residents who were the first to sign up and enter the hallowed halls and rooms of Seabury back in 1992. We salute them, as they had nothing to look at except blueprints! May is Happy Anniversary Seabury Month, and it is a pleasure to honor those who took a leap of faith to make Seabury their new home, as well as to guide others in creating the wonderful community Seabury has become.
- **Bishop’s 5K Walk** – For the fourth year in a row, Team Seabury, with residents and staff joining together, had one of the largest teams to participate in the 2010, Bishop’s 5k for Kids in West Hartford, CT. This year had special significance as resident Bishop Clarence Coleridge joined “Team Seabury.” Bishop Coleridge, who has lived at Seabury for several years, founded the Bishop’s Fund for Children in 1994, while he was presiding Bishop of Connecticut. From this fund the 5k was created.

- **The Gary Miller Dixie Land Band** – A live performance for a Seabury community celebration. This live performance was broadcast simultaneously on our in-house TV channel 918.
- **National Trails Day** – Seabury joined the American Hiking Society and served as a host site for National Trails Day on June 5, 2010. National Trails Day is a long-standing celebration of America’s trails system, and this year’s theme was Find Your Happy Place. Seabury residents developed their own “happy place” right on campus, and were eager to share their experience with others.
- **Fitness and Wellness Day** – A celebration of Seabury’s 18th Anniversary was held on June 16, 2010, for adults 55 and over. In addition to lectures, there were a variety of workshops and fitness classes offered throughout the day.
- **Island Escapades** – A wonderful community celebration that included: bocce, croquet, horseshoes, dance lessons and water sports in the pool, followed by refreshments and music by a West Indian steel drum band. Later, residents and employees gathered in the Main Dining Room and Courtyard for a Gala Island Celebration.



- **A busy season for The Gardens and Greenhouse Committee (2 G's)** - A number of volunteers under the guidance of Co-chairs Joan Sereda, Joy Floyd, and Alice Cruikshank have spent countless hours beautifying the courtyards of Seabury Meadows, turning the area into a peaceful, lovely place to sit and relax, or to stroll and admire the flowers. The good works don't end there. Many of our Seabury gardeners are donating some of their fresh produce to the Views and Brewer and Davis Centers to use in cooking programs with residents.
- **An old-fashioned ice cream social** - Nothing says summer like ice cream and music in the great outdoors! Family and friends were invited to this annual Seabury campus-wide event on August 31, 2010.
- **The 7th Annual Seabury Charitable Foundation Golf Tournament** - Held on September 14, 2010, at Wintonbury Hills Golf Course in Bloomfield, CT. The tournament was emceed by celebrity guests Bob Maxon, NBC30 TV, and Mark Kestecher, ESPN commentator and radio personality. Proceeds from this year's tournament were pledged toward the purchase of a new 24-passenger bus.
- **Seabury has partnered with New England Cognitive Center™** - NECC is a non-profit organization in Hartford, CT, which disseminates innovative, research-based mind aerobic classes. The mind aerobic classes, developed by NECC, have the latest advances in neuropsychological research, with sound educational

principles to create exciting and effective interventions that enhance brain health, independence, and quality of life. The full Mind Vitality Academy course combines these Mind Aerobics classes with Fitness, Nutrition, and Enrichment sessions for a complete wellness package.

- **Seabury was graced with the presence of a Bald Eagle in September** - It remained perched on the roof long enough for many staff and residents to see. What an amazing sight!

- **Autumn Harvest Day** - Resident Services and the Trails Committee kicked off the season by celebrating our 2nd Annual National Trails day and sponsored a series of events during the summer and fall months.
- **Operation Sparkle** - Our own holiday decorating extravaganza was another sparkling success. Staff joined together to decorate our grounds, porches, gazebo, pillars, and balconies, until everything sparkled!
- **Ribbons & Medals Dinner** - A celebration of Seabury veterans, where residents were invited to wear their uniforms, ribbons and/or medals to dinner in the Main Dining Room on November 11th, 2010.
- **A Gala Holiday Reception** - The Seabury Board of Directors invited residents of Independent Living and The Views, along with employees to enjoy a festive evening on December 9, 2010.
- **The Right Reverend Dr. Ian T. Douglas, our new Bishop** - Led the celebration of our annual Christmas Service on December 21, 2010.







an Active Life Community

## CONSOLIDATED BALANCE SHEET

Year Ended September 30, 2010

2010 ANNUAL REPORT

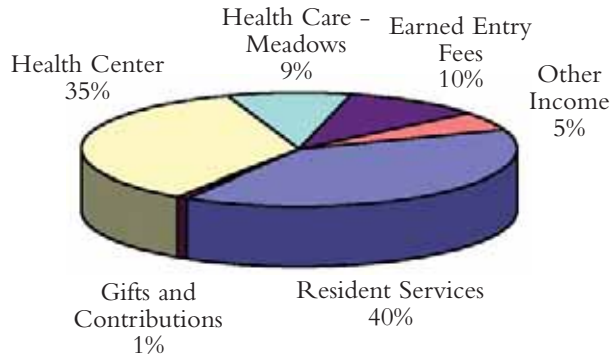
		Assets
<b>Cash</b>		\$6,948,571
Accounts Receivable		\$2,008,144
Inventory Food Service & Health Care		\$12,524
Prepaid Expenses & Tax Deposit		\$753,896
Total Current Assets		<u>\$9,723,135</u>
Loan Receivable from Seabury At Home		\$1,565,128
Endowment - Restricted	\$375,577	
Endowment - Unrestricted	9,775,523	
Endowment - Cost to Market Adjustment	<u>(147,206)</u>	
Total Endowment Funds		\$10,003,894
Debt Service Reserve & Renewal Funds	\$2,986,676	
Debt Service Fund Principal/Interest	<u>234,478</u>	
Total Trustee Held Funds		\$3,221,154
Land	\$4,471,759	
Buildings	55,747,002	
FF&E	4,192,461	
Accumulated Depreciation	<u>(27,853,668)</u>	
Total Land/Buildings/FF&E		\$36,557,554
Facility Development Costs		\$683,039
Deferred Compensation Plan		\$151,624
Beneficial Interest in Perpetual Trusts		<u>\$1,745,983</u>
Total Assets		<u><u>\$63,651,511</u></u>
<b>Liabilities and Fund Balance</b>		
Current Liabilities:		
Accounts Payable	\$761,009	
Accrued Interest Payable	97,375	
Escrow Deposits Held	685,217	
Other Current Liabilities	<u>818,730</u>	
Total Current Liabilities		\$2,362,331
Future Service Obligation		\$0
Liability Entry Fees:		
Liability Entry Fees - 50 Months	\$17,100,153	
Liability Entry Fees - 67%	17,651,742	
Liability Entry Fees - Plan 95	13,390,808	
Amortization - Entry Fees	<u>(16,962,707)</u>	
Total Liabilities Entry Fees		\$31,179,996
Long Term Debt		\$23,063,518
Liability Garage Fees		\$83,568
Deferred Compensation Plan Payable		<u>\$151,625</u>
Total Liabilities		\$56,841,038
Fund Balance:		
Retained Earnings	\$5,466,523	
Current Year Earnings	<u>1,343,950</u>	
Total Fund Balance		<u>\$6,810,473</u>
Total Liabilities and Fund Balance		<u><u>\$63,651,511</u></u>

Church Home of Hartford Incorporated year ending September 30, 2010 audited financial statements  
excluding The Seabury Charitable Foundation, Seabury Memory Care Center, Inc., and Seabury At Home Incorporated.

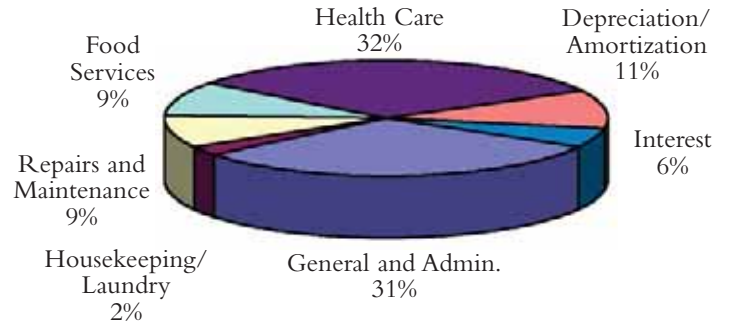
## REVENUE AND EXPENSES

### Year Ended September 30, 2010

**REVENUE 2009-10**



**EXPENSES 2009-10**



**Revenue:**

	2009-10
Resident Services	\$9,136,386
Earned Entry Fees	2,379,441
Health Center	8,196,633
Health Care - Meadows	2,197,411
Contributions and Gifts	193,476
Other Income	<u>1,218,665</u>
<b>Total Revenue</b>	<u><u>\$23,322,012</u></u>

**Expenses:**

	2009-10
General and Administrative	\$6,967,306
Housekeeping /Laundry	563,439
Repairs and Maintenance	2,113,624
Food Services	2,111,682
Health Care	7,205,014
Depreciation/Amortization	2,393,639
Interest	<u>1,268,304</u>
<b>Total Expenses</b>	<u><u>\$22,623,008</u></u>

<b>Revenue less Expenses</b>	\$699,004
<b>Unrealized Market Gain - Investments</b>	\$583,665
<b>Change in Interest in Perpetual Trusts</b>	\$61,281
<b>Change in Net Assets</b>	<u><u>\$1,343,950</u></u>



# Seabury

an Active Life Community

## Congratulations



**Emily Lauder, Memory Support Specialist at Seabury Meadows**, was honored for

excellence in caregiving by the Connecticut Chapter of the Alzheimer's Association at their 9th "Annual Excellence in Caregiving Luncheon" at Atria Hamilton Heights, on Wednesday, November 17, 2010. We couldn't be more proud of Emily, and grateful that she is sharing her excellence and considerable expertise with us through her contributions to our community – both at the Meadows and in a variety of settings throughout Seabury.



Kudos to our **Director of Nursing, Kathy Warren**, who recently passed all the necessary exams to receive the designation as a **"Certified Nurse Executive"**! She attended a conference sponsored by the AANAC (American Association of Nurse Assessment Coordinators) in Baltimore for Long Term Care professionals from all over the country. Upon her return, Kathy was inspired to share what she learned to further the education of the Seabury staff.



**Conley Francis** and **Donovan Lipscomb** are the first graduates of Seabury's new Culinary Apprentice Program developed in house by Chef Ken. They are both beginning Phase II of this program, which deals in cost controls in the food industry. Congrats to all!

## A tree of gratitude

On October 7, 2010, residents who were displaced by the fire on July 29, 2009, graciously invited the staff to gather for a ceremony of thanks. A beautiful Japanese maple was planted at a spot by the employee parking lot, where employees will see it as they come and go throughout the seasons. They will thereby



remember the lasting gratitude of our residents for the support extended to them following the July 2009 event. A resident committee of Betsy Rich, Alice Cruikshank and Ralph Sundquist started meeting last spring to determine the most appropriate way to share the residents' feelings of appreciation with the staff in a lasting way. The idea of a tree emerged because it was at once beautiful, living, and would be seen every day. A commemorative plaque was installed and is shown here in a photo. We are all indeed grateful for this loving community of mutual support and caring.



**Seabury**  
an Active Life Community

**Seabury**

YEARS-OF-SERVICE  
AWARDS







## Good News!

**Roy Bauder, Carla Domingo, Nichole Gonzalez, Corinne Robar, Nancy Robbins, and Tiffany Smith** of the dining service staff recently passed a rigorous exam for a state mandated designation as a “Qualified Food Operator” required in all food service operations. These employees must be versed in all aspects of safe food handling.

**Chef Ken** has been asked to serve on the Board of Directors of the CT Culinary Institute and the Manchester Community College Culinary Department. We are honored.

## Memory Walk for Alzheimer's disease

On October 2, 2010, Emily Lauder's Seabury Meadows Team raised TWO THOUSAND DOLLARS for the Memory Walk! Her team of over 20 people (and dogs too) gathered at Bushnell Park to join the fight against Alzheimer's Disease. Congratulations!

## Wow — we've been here awhile!

During our recent Semi-Annual Meeting, we had occasion to celebrate our Years-of-Service awards. We distributed five fifteen-year pins, four ten-year pins, and 16 five-year pins. Congratulations to the recipients! In an industry where staff retention is often a serious issue, Seabury is in the enviable position of having very low turnover, as well as tremendous longevity among our staff. This fact contributes greatly to our success, as much of our effectiveness is built on personal relationships which are established over time. In addition, we are able to offer growth opportunities to staff such as promotions, mentoring, and the gaining of valuable experience. Here are some interesting numbers:

<b>Total number of Seabury employees:</b>	<b>351</b>
<b>Part Time employees:</b>	<b>135 or 38%</b>
<b>Full Time employees:</b>	<b>216 or 62%</b>
<b>Employees with &gt;15 years of service:</b>	<b>16 or 4%</b>
<b>Employees with &gt;10 years of service:</b>	<b>41 or 12%</b>
<b>Employees with &gt;5 years of service:</b>	<b>175 or 50%</b>

## Seabury Voted Best Retirement Community by Hartford Magazine Two Years in a Row!

Seabury has reason to celebrate again this year. Seabury was voted “Best Retirement Community” for the second consecutive year by readers of Hartford Magazine. Seabury is the first and only recipient of this prestigious award.



Seabury, an active life community, offers its residents the opportunity for a fulfilling lifestyle in beautiful surroundings and accommodations in Apartments, Cottages and Villas, with future health care provided at essentially no additional cost.

Seabury is dedicated to a Wellness Philosophy as a way for residents to age successfully. The seven areas of wellness which are planned in every monthly calendar are Physical, Intellectual, Social, Emotional, Vocational, Spiritual and Environmental.

There is no doubt that the variety of physical exercise classes given, and the opportunity to use the pool and fitness exercise machines as often as desired, is a tremendous incentive. The Fitness Center is being used at least twice a week by 85% to 90% of our residents. It is an evidenced-based program, and because each participant can see his or her progress charted, it gives motivation to keep physically fit. Seabury's fitness instructors are all nationally certified.

Seabury is also well known for its intellectual programs. The Adult Learning Program (ALP), an affiliate of UCONN, and Exploritas (formerly Elderhostel) meet at Seabury, and present a variety of college level courses.

Seabury also invites many speakers to address its residents on a host of subjects.

Seabury is recognized for its cultural opportunities and offers many musical and artistic programs. Residents regularly go to Hartford area cultural events such as the Hartford Symphony, The Bushnell, Hartford Stage, and Wadsworth Atheneum, as well as many other special venues.

Although Seabury is considered to be an exceptionally beautiful campus, it is the heart of the community, the residents and the staff, that gives Seabury that special quality for which it is so well known. The warmth and all-encompassing outreach of the residents to each other and to the outside community makes Seabury stand out from the others.

In addition, Seabury follows its mission in providing far reaching, innovative ideas to further its goal of enhancing life for seniors both in and outside the Community.

We are extremely proud of the fact that the greater community recognizes our commitment to successful aging.

## Residents Embrace the Environment

The Seabury Trails surrounding our property were created by Seabury residents. The Trails Committee works hard to maintain attractive and easily navigable paths dedicated to making the walking experience safe and enjoyable. 2010 saw a significant increase in the use of the extensive (and continually growing) trails system. Resident Services and the Trails Committee together kicked off the season by celebrating our 2nd Annual National Trails day and sponsored a series of events during the summer and fall months.

Other events included a birding expedition led by one of Seabury's most avid birders, a nature walk, and a tree identification tour by a local arborist. The culminating event for the season was the "Autumn Festival." On a brisk October day, Seabury

residents, staff, family, and friends celebrated the environment with several outdoor activities. Some groups took to the trails, while others played bocce, croquet and horseshoes. A new game, "ladder ball" was also introduced, and promises to become a favorite. Another highlight was getting a ride on a specially

equipped All Terrain Vehicle, dubbed the "Love Bug." Fortified with cider and pumpkin bread, a large group set out on a resident-guided nature walk, while another group took a hike through the newly blazed Wildwoods Trail. Still others took to the trails by themselves to let nature be their muse.

Even when the trails were under a layer of snow, many Seabury residents who are exceptionally resilient were out on the trails daily with cross-country skis or snow shoes. They have a healthy appreciation of the benefits gained from time spent outdoors, and it is not just the good exercise, fresh air, and peace and quiet. The American Chemical Society reported in May 2010, that just five minutes of outdoor activity increases self-esteem and mood! Another benefit is the fact that the body gets most of its vitamin D not from diet, but from sunshine. And yet another recent study has shown that trail walking promotes better balance.



Seabury is proud its residents have such an appreciation for the environment and enjoy using and maintaining the trails. Celebrating environmental wellness is just another of the many ways we practice successful aging.





## Seabury's Community Outreach Services Continue to Grow

### *Two New Names- Same High Quality Service*

Seabury is pleased to announce the opening of a new private-duty home care agency, **Seabury Care Now**. The mission of **Seabury Care Now** is to enable individuals, *who need care and services*, to remain safely at home where they are most comfortable and familiar. **Seabury Care Now** is available from three-hours to 24-hours per day and qualifies for coverage under private long-term care insurance.

**Seabury Care Now** is a one-stop shop for all one's *immediate care needs* and provides: private duty nursing visits, medication management, case management, personal care assistance, memory support, companionship, transportation, light housekeeping, laundry, meal planning/preparation, grocery shopping, etc. and medical alert systems – such as Lifeline, My Halo, or Skeeper.

As a result of this new agency, we've also taken on a new name for Seabury Home Care, which is now named **Seabury Visiting Nurses**. This name change allows us to differentiate between the two agencies. **Seabury Visiting Nurses** is a Medicare/Medicaid-Certified Home Care Agency that offers visiting nurses, rehabilitation services, home health aides, and social workers. In order for services to be covered by Medicare/Medicaid, **Seabury Visiting Nurses** must receive a physician's order for services. One must also be considered "homebound" and have a skilled need, i.e. nursing and/or therapy. While **Seabury Visiting Nurses** is generally short-term in nature, **Seabury Care Now** is commonly needed long-term.

Two new names – same high quality service! **Seabury Visiting Nurses** and **Seabury Care Now** offer peace of mind knowing that the same quality of care & services you have come to expect from Seabury are available at home. For more information, please contact Pamela Klapproth, V.P., Community Outreach Services, at 860-243-4021.



**Seabury Visiting Nurses** and **Seabury Care Now** offer peace of mind knowing that the same quality of care & services you have come to expect from Seabury are available at home.







an Active Life Community

SEABURY CHARITABLE FOUNDATION

## A Community of Caring, Philanthropy and Compassion

We are proud to share with you the importance of the Seabury Charitable Foundation mission through first-person testimonials from some of our supporters. Most of those profiled are donors; however, one is from the family of a recipient of benevolent support.

We would like to stress that Seabury diligently protects the privacy and dignity of those receiving benevolent support. Therefore, we would like to thank the family of Amy Uricchio for sharing their mother's story and the impact benevolent support played in contributing to her quality of life.

Finally, here are a few very important facts we'd like you to know:

- Seabury Charitable Foundation is the fundraising arm of Church Home of Hartford, Inc., formally established in 1996, to solicit and receive charitable gifts in support of our mission.
- Since its inception, the Foundation has provided \$1,735,932 in benevolent support to residents who have exhausted their financial resources through no fault of their own.
- The cost of benevolent support and Foundation operating expenses are borne exclusively by the Foundation through donor support and endowment earnings.

Our family is very grateful for the support we received from the Seabury Charitable Foundation. Our beloved mother, Amy Uricchio, was fortunate to benefit from this wonderful organization. The generous support from this worthy establishment allowed her to continue to enjoy an enriched quality of life, surrounded by a loving and dedicated staff at Seabury Meadows, once her

assets were depleted. We are most appreciative for the financial assistance provided to our mother. Upon her passing, we chose the Seabury Charitable Foundation as the preferred charity for donations made in her memory, to benefit others in monetary need. Our family will be forever grateful for the compassion and generosity provided to our mother from this reputable foundation.

Sincerely,  
Marybeth & James Waltman, and Anita Garvey



Amy Uricchio

## MISSION STATEMENT



***Seabury feels a strong moral commitment to those it has admitted into its care. To help fulfill this commitment, the Seabury Charitable Foundation was inaugurated in 1996.***

**The Seabury Charitable Foundation's mission is to:**

- Promote the overall welfare and enhance the quality of life of persons served by Church Home of Hartford, Incorporated (CHHI), d/b/a Seabury.
- To solicit, receive, and accept public and private gifts, grants, and other funds in furtherance of the charitable purposes and mission of Seabury.
- To make every effort to furnish financial assistance when needed to enable the people served by Seabury to become or remain a resident.
- To promote education, enhance communications, and develop innovative programs to maintain a high quality of life and promote a diverse population of older people served by Seabury.
- To assist Seabury with the development, acquisition, improvement, and support of residential and health care facilities.

## 2010 ANNUAL GIVING

### Annual Campaign

Anonymous (11)  
Mr. Lawrence Albert  
Miss Doris Armstrong  
Mrs. Katharine Armstrong  
The Seabury Auxiliary  
Dr. Richard Bagnall  
Mr. Sydney Barnett  
Ms. Ingrid Boelhouwer  
Anne and Ken Brock Fund of the Cape Cod Foundation  
Mr. and Mrs. Harold Buckingham  
Mrs. Miriam Butterworth  
Mrs. Katharine Carle  
Mrs. Louise Chase  
Mrs. Sally Clemence  
Mr. and Mrs. Jerry Cohen  
Mrs. Anne Cook  
Reverend Clark and Mrs. Joy Coughlin  
Mrs. Asho Craine  
Mrs. Dorothy Dehm  
Ms. Catherine Dondanville  
Mr. and Mrs. Thomas Dunham  
Mr. and Mrs. Joseph Eisele  
Mrs. Sally Emmel  
Mr. and Mrs. Roger Floyd  
Mrs. Sally Foster  
Mr. Ralph Gerke  
Mr. and Mrs. Timothy Healy  
Mr. Barton Jenks  
Mr. and Mrs. Evan Johnson  
Mrs. Mary Lipman  
Mrs. Mary Lowe  
Mr. and Mrs. R.C. Mackeown  
Mrs. June Manning  
Mr. and Mrs. Gale Mattison  
Mrs. Joan Melvin and Mrs. Elsa Walberg  
Mrs. Barbara Merrill  
Mr. and Mrs. Charles Milliken  
Mr. and Mrs. J. Thomas Montgomery  
Ms. Nancy Morrell  
Mrs. Alberta Morris  
Mrs. Ruth O'Neil  
Mr. John Olson  
Mr. and Mrs. Raymond Payne  
Mr. and Mrs. Edward Pepin  
Mrs. Joan Sereda  
Ms. Carol Sparhawk  
Mr. and Mrs. Ralph Sundquist  
Mrs. Estelle Taylor and Mrs. Lynette Grande  
Mr. and Mrs. William Thompson  
Mrs. Esther Viets  
Dr. Douglas and Mrs. Priscilla Viets  
Mr. and Mrs. James Waltman  
Mr. and Mrs. Joseph Walton  
Mr. Grant Warner  
Mrs. Betty Willis  
Mrs. Joan Wister  
Ms. Lois Woodall  
Mrs. Clara Zeiner

### Love Thy Neighbor

Anonymous (7)  
Miss Doris Armstrong  
Mr. and Mrs. Stuart Babcock  
Dr. Richard Bagnall  
Mr. and Mrs. James Ballard  
Mrs. Vivian Bennett  
Mr. Torvald Bertinussen  
Mr. Robert Bossler  
Mr. Dave Bradley  
Anne and Kenneth Brock Fund of the Cape Cod Foundation  
Mrs. Miriam Butterworth  
Mr. Vincent Camperchioli  
Mrs. Frances Carpenter  
Mrs. Margaret Carson  
Mrs. Florence Cohen  
Bishop Clarence and Mrs. Euna Coleridge  
Mrs. Mary Collier  
Reverend Clark and Mrs. Joy Coughlin  
Mrs. Joan Cox  
Mrs. Alice Cruikshank  
Mrs. Evelyn Curtiss  
Mrs. Dorothy Dehm  
Mrs. Anne Desrosiers and Mrs. Elaine Lamothe  
Mr. and Mrs. Thomas Dunham  
Mrs. Carol Fine  
Mr. and Mrs. Roger Floyd  
Mrs. Ilse Freiburger  
Ms. Arlene Friedman  
Mr. and Mrs. Sid Garvais  
Mrs. Ruth Goldfarb  
Mrs. Winifred Granger  
Mrs. Pearl Hall  
Mrs. Dorothy Hassett  
Mrs. Mary Healy  
Mrs. Dorothy Hill  
Mrs. Jeanne Hunciker  
Mr. and Mrs. Evan Johnson  
Mrs. Ethel Larus  
Mrs. Mary Lipman  
Mrs. Trudy Lovell  
Mrs. Mary Lowe  
Mrs. Elaine Luckey  
Mrs. Joan Melvin and Mrs. Elsa Walberg  
Mr. and Mrs. Thomas Montgomery  
Mrs. Dorothea Nordstrom  
Mr. and Mrs. Raymond Payne  
Mr. and Mrs. Richard Phillips  
Mr. James Potter  
Mrs. Virginia Pratt  
Mrs. J. Grace Richter  
Mrs. Lois Schmidt  
Mrs. Dorothy Selig  
Mrs. Joan Sereda  
Mrs. Frank Sheldon  
Mrs. Eleanor Sulston  
Mr. and Mrs. Bill Taylor  
Mrs. Doris Toller  
Mr. and Mrs. Joseph Walton  
Reverend Richard and Mrs. Susan Watson

My wife, Mary Lou, and I moved to Seabury in 2004. We were immediately welcomed and embraced by the community. We jumped into Seabury activities with all four feet! We had three glorious years here until my wonderful bride of 53 years was diagnosed with terminal cancer. The Seabury staff and the VNA Hospice team worked beautifully together to make Mary Lou's last six weeks very comfortable.

About three months after her death, I was still groping for some way to adequately commemorate Mary Lou's life and to say "Thanks!" to all of Seabury for the loving care she received. One day my mind flashed back to a 2005 committee meeting I was in; when Steve Yanofsky mentioned that the area outside the Medical Entrance would be a good location for a gazebo... it would provide a destination with a lovely view for residents in wheelchairs where they would be protected from the sun. "All we need is someone to donate it." After the meeting, I mentioned Steve's thought to Mary Lou, and she agreed it was a wonderful idea. But neither of us imagined what the future would bring.

Once I remembered that incident, I contacted Pegeen Sullivan of the Seabury Charitable Foundation and asked if the idea would be acceptable to Seabury. She could have not have been more enthusiastic or helpful! She accompanied me to the gazebo manufacturer's display area, helped to pick out styles and colors

that matched the look of Seabury, and attended to the details of site preparation and installation...even to the Angel at the top that reminds me of Mary Lou.

The Seabury Charitable Foundation plays a number of different roles, but all of them are directed to making life more comfortable for all of us.



Jim Trail

### Seabury Charitable Foundation Board of Directors

Mark Hopper, *President*  
Bette-Jane Hardersen, *Vice President*  
Raymond J. Payne, *Secretary*  
Kenneth S. Brock, *Assistant Secretary*  
Joseph P. Merritt, *Treasurer*

Doris Armstrong, *Member*  
Winnie Granger, *Member*  
H. David Crombie, M.D., *Member*  
Betsy Rich, *Member*  
Priscilla Viets, *Member*  
Robert Stanwood, *Member*

continued on next page

"The Seabury Charitable Foundation is one guarantee for our future."

- Winnie Granger  
Resident Board Member

A CGA is a Charitable Gift Annuity. We decided in January 2009, to make a charitable gift annuity to the Seabury Charitable Foundation Inc.

We researched the financial markets and determined at the present time the interest rates earned from a charitable gift annuity were much higher than other types of annuities on the market.

We decided the Charitable Gift Annuity made to Seabury Charitable Foundation Inc. provided the following three benefits:

1. The money supports the work of the Seabury Charitable Foundation.
2. It provides us with substantial tax benefits in the form of income tax deductions.
3. It provides us with a fixed income for life. The money is sent to our checking account on a monthly basis. You can also use your savings account and receive the payment quarterly.

We recommend to those who are planning on investing to try a CGA. You will feel good about giving to help others in the Seabury community, receive fixed income for life, and enjoy tax benefits. Try it, you will enjoy the good feeling you experience from your gift.



Bishop Clarence and Euna Coleridge  
Seabury Residents

### Golf Tournament

Anonymous (6)  
Access Technology Group, LLC  
Mr. Lawrence Albert  
Miss Doris Armstrong  
Seabury Auxiliary  
Mr. and Mrs. Stuart Babcock  
Mr. Steve Basile  
Mr. and Mrs. Marco Bernasconi  
Mr. and Mrs. Donald Berry  
Mr. Torvald Bertinuson  
Mr. Dale Bertoldi  
BlumShapiro  
Ms. Ingrid Boelhouwer  
Mr. Robert Bossler  
Terry Boulton  
Mr. and Mrs. Kenneth Brock  
Mrs. Jean Broders  
Mr. Myles Brown  
Mr. and Mrs. Harold Buckingham  
Mr. James Bullock  
Mrs. Mildred Bush and Mr. Joseph Glynn  
Mr. Guy Cambria  
Mrs. Sally Clemence  
Dr. and Mrs. Richard Cobb  
COCC  
Reverend Clarence and Mrs. Euna Coleridge  
Dr. and Mrs. Patrick Coll  
Mrs. June Comer  
ConnectiCare, Inc.  
Mrs. Anne Cook  
Mr. Bill Corr  
Mrs. Roberta Cosby  
Dr. and Mrs. H. David Crombie  
Mrs. Alice Cruikshank  
Mrs. Evelyn Curtiss  
Mr. James Daley  
Miss Lorna Daniells  
Mr. Harry Davidson  
Mrs. Dorothy Dehm  
Mr. and Mrs. Hans Deutsch  
Mrs. Jane Doble  
Mrs. Shirley Dudley  
Mr. and Mrs. Thomas Dunham  
Bartlett Brainard Eacott  
Mr. and Mrs. Joseph Eisele  
Mr. and Mrs. James Ervin  
Mr. and Mrs. James Farrell  
Mrs. Jean Filer  
Mr. and Mrs. Roger Floyd  
Mr. Nick Foligno  
Ms. Arlene Friedman  
Mr. Martin Geitz  
Mr. Hunter Giroux-Saint Francis Center  
for Occupational Health  
Mr. Art Gold  
Dr. Jerry Graham-Avon Wellness Dental  
Mrs. Winifred Granger  
Mrs. Elizabeth Haas and Mrs. Angeline Laplante  
Mrs. Pearl Hall  
Mrs. Dorothy Hassett  
Mr. and Mrs. Timothy Healy  
Mrs. Eileen Hemond  
Mrs. Lillian Hilbert  
Holloways Appliance  
Hughes & Hughes  
Mrs. Emily Hughes  
Miss Jeanne Hunciker  
John Boyle Company  
Kemper Associates Architects, LLC  
Wendy and Richard Kobylenski  
Mrs. Ruth Kort  
Mrs. Mary Lipman

Mrs. Trudy Lovell  
Mrs. Elaine Luckey  
Mr. and Mrs. R.C. Mackeown  
Macri Associates Inc.  
Mr. and Mrs. Raymond Madorin  
Mr. and Mrs. James Matzen  
Mrs. Barbara Merrill  
Reverend Barry and Mrs. Nancy Miller  
Mobilex, USA  
Mr. and Mrs. John Mobley  
Allen Molin Landscaping  
Mr. and Mrs. J. Thomas Montgomery  
Murtha Cullina LLP  
Mrs. Della Nolte  
Mrs. Dorothea Nordstrom  
Mr. Michael O'Brien  
Mrs. Ruth O'Neil  
Ovation Benefits  
Ms. Brandy Page  
Ms. Marje Gail Harrison and Mr. John Passalacqua  
BlumShapiro  
Mr. and Mrs. Raymond Payne  
PennWood Builders  
Pharmacia Corporation  
Mr. and Mrs. Richard Phillips  
Porter's Funeral Service  
Mr. James Potter  
Mrs. Virginia Pratt  
Pullman & Comley, LLC  
Suburban Pharmacy  
Mr. and Mrs. Jack Rich  
Mr. and Mrs. James Ritter  
Mrs. Bernie Robertson  
Robinson Restoration  
D. Savadoff & Co.  
Mrs. Joan Sereda  
Mrs. Frank Sheldon  
Dan Sullivan  
Mr. and Mrs. David Sullivan  
Mrs. Eleanor Sulston  
Mr. David Swicker  
Sysco  
Mrs. Estelle Taylor  
Mr. John Taylor  
Dr. Jeffrey Tencer  
Mrs. Doris Toller  
Uconn Health Center  
Miss Adrienne von Kummer  
Mr. Abraham Waksman  
Mr. and Mrs. Joseph Walton  
Mrs. Katherine Warren  
Reverend Richard and Mrs. Susan Watson  
Webster Financial Advisors  
Mr. Gerard Wetjen  
Williams Service Center  
Mrs. Betty Willis  
Mrs. Ann Winship  
Mrs. Clara Zeiner

### 2010 Memorials

In Memory of Annie Allen  
Mrs. Dorothy Dehm  
Mr. John Mobley  
  
In Memory of Doris Arthur  
Mrs. Winifred Granger  
Mr. and Mrs. John Mobley  
Mrs. Dorothea Nordstrom  
Barbara and Edgar Prasse  
Mr. David Swicker  
Mr. and Mrs. Johnson Winship



In Memory of Vivian Bennett  
Miss Lorna Daniells  
Ms. Arlene Friedman  
Mrs. Della Nolte  
Mr. and Mrs. Shirley Manning  
Mr. and Mrs. John Mobley  
Mr. and Mrs. Peoples  
Mr. Alfred Tager  
Reverend Jervis Zimmerman

In Memory of Freda Berstein  
Mr. and Mrs. John Mobley

In Memory of Janette Boothby  
Mrs. Winifred Granger  
Mr. and Mrs. John Mobley  
Mr. Alfred Tager

In Memory of Elizabeth Bosson  
Mrs. Frank Sheldon

In Memory of Florence Cohen  
Mrs. Ellen Cohen  
Miss Lorna Daniells  
Mrs. Dorothy Dehm  
Mr. and Mrs. Roger Floyd  
Ms. Arlene Friedman  
Mrs. Winifred Granger  
Mrs. Madelyn Heiman  
Mrs. Lillian Hilbert  
Mr. and Mrs. Keith Hook  
Mr. and Mrs. John Mobley  
Mrs. Bernie Robertson  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship  
Reverend Jervis Zimmerman

In Memory of Barbara Crampton  
Mr. James Bullock  
Mr. and Mrs. Joseph Eisele  
Ms. Arlene Friedman  
Mrs. Madelyn Heiman  
Mrs. Barbara Merrill  
Mr. and Mrs. John Mobley  
Mrs. Dorothea Nordstrom  
Mrs. Bernie Robertson  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Edward Crouch  
Mr. and Mrs. Arthur Harchkham  
Reverend Janet Jaeger  
Mr. and Mrs. John Mobley  
Mrs. Carey Nelson  
Mr. David Swicker  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Marilyn Fisher  
Mrs. Carol Shepard

In Memory of Kenneth Fortier  
Mr. and Mrs. Bruce Lomasky  
Mrs. Della Nolte  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Lillian Grant  
Mr. Alfred Tager

In Memory of Mary Healy  
Mr. and Mrs. Roger Floyd  
Mr. and Mrs. Bruce Lomasky  
Mr. and Mrs. John Mobley  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Janet Jaeger  
Mrs. Dorothy Dehm  
Mrs. Winifred Granger  
Mrs. Madelyn Heiman  
Mr. and Mrs. John Mobley  
Barbara and Edgar Prasse  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Martha Kaiser  
Mrs. Marcia Smith

In Memory of Margaret Kubasek  
Mr. Paul DeFlaun  
Harper & Whitfield, P.C.  
HealthCare Risk Specialists  
Mr. and Mrs. John Mobley  
Mrs. Celeste Polley  
Kelli and Maura Shea  
Mike and Nancy Sheetz  
Simsbury Bank  
Spacefitters Installations LLC  
Mrs. Eleanor Werle

In Memory of Melvin Levy  
Mr. and Mrs. Arthur Harchkham

In Memory of Dora Loutrel  
Mr. James Bullock  
Mr. and Mrs. Stephen Finney  
Mrs. Winifred Granger  
Reverend Janet Jaeger  
Mrs. Mary Lowe  
Mrs. Della Nolte  
Barbara and Edgar Prasse  
Mr. David Swicker  
Mr. Alfred Tager  
Miss Adrienne von Kummer  
Mr. and Mrs. Johnson Winship  
Reverend Jervis Zimmerman

In Memory of Gary Mackeown  
Ms. Arlene Friedman  
Mr. and Mrs. John Mobley

Mrs. Nancy Kline and Mr. James Trail  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Lillian Marshall  
Mrs. Dorothy Dehm  
Mr. and Mrs. John Mobley

In Memory of Susan Merritt Trail  
Mrs. Nancy Kline and Mr. James Trail

In Memory of William Miller  
Ms. Cassie Sauer

In Memory of Edith Nilson  
Mr. James Bullock  
Mrs. Dorothy Dehm  
Mrs. Winifred Granger  
Mr. and Mrs. John Mobley  
Barbara and Edgar Prasse  
Mr. David Swicker  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Musetta Noyes  
Mr. Paul Kelly  
The Board of Trustees of the Massachusetts  
Maritime Academy  
Mr. and Mrs. John Mobley  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

In Memory of Barbara Robin  
Mr. Alfred Tager

In Memory of Linda Santana  
Mrs. Roberta Cosby  
Mr. Alfred Tager

In Memory of Elaine Taylor  
Mrs. Roberta Cosby  
Mrs. Dorothy Dehm  
Reverend Janet Jaeger  
Mr. Alfred Tager

In Memory of Amy Uricchio  
Ms. Carol Belau  
Mrs. Kerry Lurate  
Nancy Oliveira and Al Bourin  
Mr. Robert Prew  
Ms. Stephanie Roraback  
Mr. and Mrs. Michael Schultz  
Mr. and Mrs. Walter Smyka  
Mr. and Mrs. Charles Stoppa Jr.  
Sunshine Club-Social Security  
Administration: Hartford, CT  
Mr. and Mrs. James Waltman

In Memory of Helen Warner  
Mrs. Beverly Eaton  
Dr. Manuel Yvars

In Memory of Marjory Wells  
Harper & Whitfield, P.C.  
Mr. and Mrs. Keith Hook  
Mr. and Mrs. John Mobley  
Mrs. Della Nolte  
Mr. David Swicker  
Mr. Alfred Tager  
Mr. and Mrs. Johnson Winship

#### 2010 Honorariums

In Honor of Trudy Lovell  
Mrs. Mary Armour  
Inge Baer  
Mrs. Vivian Bennett  
Mrs. Ursula Bergman  
Mrs. Jane Doble  
Mr. and Mrs. Seymour Fliegel  
Mrs. Mary Jane Fogerty  
Mrs. Dorothy Hill  
Mrs. Constance Johnson  
Mrs. Dorothea Nordstrom  
Mr. Marshall Soltz  
Mrs. Doris Toller

In Honor of Bruce Lomasky's Birthday  
Mr. and Mrs. Stuart Shlien

In Honor of Dorothy Eisele's Birthday  
Mr. and Mrs. Rob Eisele  
Mr. and Mrs. Dave Smith  
Mr. and Mrs. Jim Smith

In Honor of Susan Watson  
Mrs. Dorothy Cloughsey

In Honor of Joan Sereda  
Mrs. Dorothy Cloughsey

In Honor of Herman Freitag  
Mrs. Dorothy Cloughsey

#### 2010 Charitable Gift Annuity

Mr. and Mrs. Stuart Babcock  
Mrs. Carol Ann Weisbrod

#### In-Kind Giving

Mr. Torvald Bertinuson  
Mrs. Ethel Larus

#### Chaplains Discretionary Fund

Mrs. Carolyne Ziemen

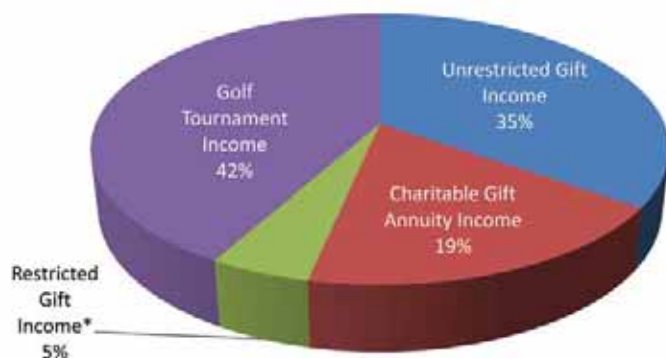
#### Meadows Activity Fund

Mrs. Ethel Larus  
Mrs. Carey Nelson

#### Technology Initiative Fund

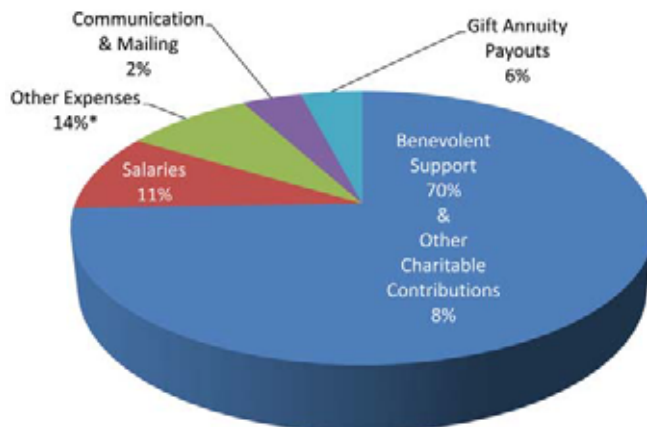
Mr. and Mrs. John Mobley

### Source of Donation Revenue FY10



\*Restricted Gift Income includes donor-designated gifts for benevolent support, Chaplain's Discretionary Fund, Meadows Activities Fund, and Therapeutic Technology Fund.

### Expenses FY10



\* Includes golf tournament expenses

## Innovation and Renovation Set Standard for Excellence in Seabury's Culinary Program

Seabury enjoys a great reputation for being innovative and forward thinking. Executive Chef Ken Cassella has fostered this mindset among his staff, and the result has been an exciting year of new initiatives and advancements in the delivery of culinary services at Seabury.

First and foremost, the main dining room underwent a major transformation from floor to ceiling. New carpet, window treatments, wall treatments, artwork, and lighting gave the room a fresh and appealing new look. Table settings were also updated with new linens, china, glassware, and silverware. Perhaps the most dramatic feature of the renovation was the installation of sliding glass doors at the front of the dining room to permit access to our expansive deck, which has been outfitted with

new outdoor living areas. Residents and guests can relax and socialize under the pergola while enjoying breathtaking views of Talcott Mountain.

Chef Cassella is a strong advocate of the farm-to-plate movement, and strives to combine healthy eating with local

products. He incorporates use of local produce and sustainable fish whenever possible into daily meal offerings. He also practices what he calls "stealth health", which encourages healthy eating by making health-wise choices in the preparation of meals. Simple things such as using whole grains or maximizing the flavor of a dish using fresh herbs help our residents eat healthier without even realizing it.

Chef Cassella also implemented a mini Farmer's Market in the Timepiece Bistro to offer Seabury residents the opportunity to buy fresh-from-the-farm produce. Many residents said seeing bushels of fresh fruit and vegetables brought back fond memories of gardening and canning.

Seabury residents showed their support for local farms and sustainable living by taking a trip to Sankow's Beaver Brook Farm in Old Lyme, CT. The Sankow family has been providing



Gourmet lunch "al fresco" at Sankow's Farm.

artisan cheeses and organic meats to surrounding communities for over a decade. The group enjoyed an al fresco dining experience in the cool shade of several tents bearing the Connecticut-grown emblem. Chef Ken, supported by Seabury Culinary team members Corrine Robar and Donovan Lipscomb, prepared a farm-to-plate luncheon extravaganza exclusively featuring Connecticut-grown products. The luncheon was heralded by one guest as 'the Waldorf-Astoria on the farm.'

Chef Cassella is passionate about his craft and strives to foster that enthusiasm among his staff. He developed a Culinary Apprentice Program with a rigorous curriculum designed to increase both culinary knowledge and personal cooking skills. Lead cook Conley Francis and line cook Donovan Lipscomb were the first graduates of Phase I of the program. They have recently embarked on Phase II and two of their peers have started Phase I.

It is dedication and commitment like this that keeps Seabury's culinary program at the peak of excellence.





# MANAGEMENT TEAM & MEDICAL STAFF

## Management Team



Roy Bauder  
*Director of  
Dining Services*



Renée J. Bernasconi, CMP  
*Vice President, Marketing  
& Communications*



Robin L. Glanzrock  
*Director of Operations  
Seabury Meadows*



Cindy Harrigan  
*Personal Health  
Coordinator –  
Seabury At Home*



Pamela B. Klapproth,  
MBA, NHA  
*Vice President,  
Community  
Outreach Services*



Steven Long,  
EMT-B, CPR-I, FSI-1  
*Director of Safety  
& Security*



John S. Mobley,  
MS, NHA  
*Executive Vice President  
& Chief Executive Officer*



Kabir Nain, LNHA  
*Administrator,  
Skilled Nursing*



Brandy J. Page,  
MS, CPT-A  
*Director of Fitness,  
Rehabilitation &  
Wellness Development*



Karen J. Sprout  
*Vice President,  
Human Resources*



Heather Stanton  
*Director of Resident Services*



Marjorie A. Sullivan,  
RNC, CASP  
*Sr. Vice President,  
Health Services*



Pegeen L. Sullivan  
*Vice President,  
Community Life*



Ann W. Winship  
*Director of Public Relations/  
Marketing Counselor*



Steven F. Yanofsky,  
MBA, CASP  
*Vice President, Finance*



Glen Zenor,  
LCS, CIAQM  
*Vice President,  
Environmental Services*

## Medical Staff

Patrick Coll, M.D.  
*Seabury Medical Director  
Associate Professor of Family  
Medicine, Associate Director of  
the Center on Aging, UCONN  
Health Center  
Director of the Clinical Program  
for the Center on Aging,  
UCONN Health Center*



*Dr. Coll*

Elizabeth Appel, M.D.  
*Internist*

Sally Ann Ardolino, M.D.  
*Internist*

Robert Dicks, M.D.  
*Internist*

Thelissa A. Harris, M.D.  
*Psychiatrist*

Herbert J. Keating III, M.D.  
*Internist*

Glendo Tangarorang, M.D.  
*Internist*

Lavern Wright, M.D.  
*Internist*

Munish Shastru, M.D.  
*Internist*



**Seabury**

## OPERATING STATEMENT

*We are dedicated to providing the highest  
quality of life to the people we serve  
through excellence in personalized service.*



The Rev. Dr. Gail Keeney-Mulligan  
*Chaplain, Director of Spiritual Life*



Lori Maglieri, RN  
*Supervisor of Assisted Living (SALSA)  
Seabury Wellness Clinic*



Katherine Warren, RN, C-NE, BA  
*Director of Nursing*



# Five Reasons Why We Chose Seabury At Home?



Upon learning that we signed up for Seabury At Home, several people have wondered why such seemingly young and active people would want to do such a thing. Here's why...

*At this stage of our lives, it seems prudent to think about what we would like to have happen if and when our health declines. In our situation, there were several factors that we considered important.*

- 1. First** - we had already been accepted by Seabury's campus community, and are on a wait list until space becomes available. In part, Seabury's acceptance of our application was dependent on their physician's evaluation of our health and whether, in their estimation, we were likely to be able to live independently for five years. When space does become available, one needs to "pass" a second health screen. Since we don't know when our choice of apartment will be available, there's a certain amount of uncertainty to be faced. Seabury At Home removes that uncertainty since, if you've been accepted by Seabury At Home, you do not need a second medical evaluation.
- 2. Second** - since we have Seabury At Home, our children do not have to worry about having to arrange for health care services once Mom and Dad are unable to handle it by themselves. In other words, we won't be a burden to our children.
- 3. Third** - although we each had good long-term care insurance policies, Seabury At Home offered better coverage at a competitive price.
- 4. Fourth** - instead of our having to deal with a faceless entity, Seabury At Home has assigned a Personal Health Coordinator (PHC) to us. Although we have no need of Seabury's services at this time, we meet with our PHC at least once a year to review our health status. Furthermore, when we finally do move to Seabury, we will already have developed relationships with Seabury's residents and staff.
- 5. Fifth** - we think that Seabury At Home is ideal for people who want to plan for their future health care needs while remaining in their homes as long as possible.

*Steve & Pat Zwerling, Members of Seabury At Home*



[www.seaburyretirement.com](http://www.seaburyretirement.com)  
[www.seaburyathome.org](http://www.seaburyathome.org)

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 [twitter.com/seaburylife](https://twitter.com/seaburylife)

Seabury is an interfaith, not-for-profit, life care community, sponsored by Church Home of Hartford, Incorporated, an affiliate of the Episcopal Diocese of CT, providing retirement housing since 1876.

