PRESIDENT’S POST — By: The Rev. Stanley C. Kemmerer

I hope all are enjoying the fall season with its leaf peeping, football games, political yard signs (?)...

But fall is not just about these things. It’s also about health insurance open enrollment for the coming year. The corridor for making changes is October 14 – December 6. We in the Seabury Community have in the Personal Health Coordinators a tremendous resource to help us navigate the ever changing labyrinth of plans and combinations of plans. Do contact them for assistance.

If you want to keep informed on the actions of your Member Council, you will find its meeting minutes on the Portal, arranged in chronological order. At this writing the minutes from February 23, 2018 thru last month’s meeting have been uploaded and are available for view. Minutes yet to receive Council approval appear as draft minutes, to be replaced once approval has taken place at the next Council meeting, as permanent minutes. Once on the Portal, click on the SAH Members Council tab, then on the Minutes of the Council Meetings Tab.

I commend the reports of the various committees which I find to be a treasure trove of information on activities and resources available to us all, whether we are Residents or Seabury At Home Members.

Finally, there are three very helpful documents pertaining to the Seabury Ervin Library, from which we are eligible to borrow: one document is an overview, a second is 23 FAQs, and the third is a guide to donating materials. These documents can be found on the Portal, by clicking on the “Resident Committees” tab, then “Library” and finally, “News.” Here is where you will find the historical Minutes from past meetings, as well as the aforementioned documents. Enjoy the fall. And these wonderful resources for all of us!

Main Dining Room Is Open!
The two week renovation process is complete, and the MDR is once again, open for business! Come by and enjoy a wonderfully-prepared meal in the dining room, where new wallpaper was applied and carpet installed, along with a complete overhaul of the Private Dining Room, seen at left! Bon Appétit!
SEABURY AT HOME BOOK CLUB — REMINDER

“Margaret Fuller: A New American Life” by Megan Marshall is our next book. We will be meeting on Thurs., Nov. 21, 2019 at 10:30 a.m. in The Atrium. All SAH Members are welcome! Please call Lisa or Cindy at 860-243-4021 or -4030 if you are attending for the first time.

NEW & HELPFUL INFORMATION ON THE PORTAL

As an extension to Stan’s note about helpful documents on the Portal, during last month’s SAH Member Council Meeting, it was discussed that it would be beneficial to post Seabury’s list of resources for downsizing, decluttering, moving and donating items as you prepare to move.

For SAH Members, this could be ideal so those of you who are planning to move in the future, can get a head start on reaching out and interviewing these professionals so the process can perhaps, be a bit less daunting when you do decide to move.

From the home page of the Portal, please start by clicking on the “Seabury Info” tab, then click on the “Administration” tab and finally, the “Downsizing Kit” tab. On this page, please find two documents and click “Open” to load either of the two documents.

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VACANT — Member Director*

* — Nancy Kramer, once the Member Director of the SAH Member Council, is now an Independent Living Resident at Seabury, and has resigned her role. The SAH Member Council and the Nominating Committee are working diligently to replace Nancy with a new Member Director. If you have any questions or concerns, please contact one of the Officers, listed above.

Unless a special session is called by the Council, there will be NO meetings in November or December. Therefore, the next SAH Member Council Meeting will take place on Fri., Jan. 10, 2020 at 10:30 a.m. in The Board Room. SAH Members with questions or concerns are encouraged to attend the meeting or communicate with one of their SAH Member Council Officers. The easiest way to access the Board Room is by parking at Hilltop, walk through Door 15 and take your first left down the hallway. The Board Room will be on the left. Coffee, tea and water will be served. In addition, if you have a story or idea to share in the SAH Newsletter, please share them with Marc Ziroli at marcziroli@seaburylife.org or with a SAH Member Council Officer. We hope to see you there!
**The consecration of The Bishops’ Chapel will take place on Thurs., Nov. 7 at 1:30 p.m., following the Seabury, Inc. Board Meeting.**

### November 2019

**Sunday**
- 10:30 Chapel \(\text{CH}\) 918
- 11:00 BeaaS Smith Clothing \(\text{CAS}\)
- 11:00 HSO Small Ensemble \(\text{Performance CH}\)
- 9:00 Bank Opens \(\text{HG}\)
- 10:00 Hospitality Comm \(\text{CAS}\)
- 10:00 ALP \(\text{HH}\)
- 10:30 Annual meeting with \(\text{CHHH}\)

**Monday**
- 10:30 Chapel \(\text{CH}\) 918
- 10:00 Health Comm. \(\text{HH}\)
- 10:00 Studio CAS \(\text{HH}\)
- 10:00 ALP \(\text{GG}\)
- 10:00 Donations \(\text{RS}\)
- 10:00 Encore \(\text{HH}\)
- 10:30 ALP \(\text{SP}\)

**Tuesday**
- 9:00 Bank Opens \(\text{HG}\)
- 9:00 -11:30 Encore \(\text{Donations}\)
- 3:00 Low Vision Support \(\text{HH}\)
- 4:00 Drop-In Social \(\text{SP}\)

**Wednesday**
- 12:00 Conversational French \(\text{HH}\)
- 1:45 Tea \(\text{HG}\)
- 2:15 Together to Music \(\text{HH}\)
- 3:00 Poets & Writers \(\text{HH}\)
- 7:00 Bridge \(\text{HH}\)
- 7:15 Quilt Making Presentation with Linda Berry \(\text{CH}\)

**Thursday**
- 9:00 Men’s Mug Club \(\text{TR}\)
- 10:30 ISOD Steering Comm.GV \(\text{HH}\)
- 4:30 Drop-In Social \(\text{HH}\)
- 7:15 Movie: Wadjda \(\text{CH}\)

**Friday**
- 8:00 Food Drive Collection \(\text{HH}\)
- 9:00 Men’s Mug Club \(\text{TR}\)
- 10:30 ISOD: Guest Speaker, Christine Palm \(\text{HH}\)
- 4:30 Drop-In Social \(\text{HH}\)
- 7:15 Movie: Sand of Iwo \(\text{HH}\)

**Saturday**
- 9:00 Men’s Mug Club \(\text{TR}\)
- 10:30 ISOD: Guest Speaker, Christine Palm \(\text{HH}\)
- 4:30 Drop-In Social \(\text{HH}\)
- 7:15 Movie: The Heiress \(\text{CH}\)

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### Location Key
- 5TH: 5th Flr across from Library
- ATR: Atrium
- B: Bistro
- BL: Bistro Lounge
- BC: Business Center
- BR: Board Room
- SP: Center of Spirituality
- 918: Channel 918
- 919: Channel 919
- CH: Chapel
- CAS: Community Activity Space
- DS: Dance Studio
- ES: Encore Shop
- GR: Game Room
- GV: Garden View
- HP: Hearthside Parlor
- HH: Heritage Hall
- HT: HIPo
- L: Library
- LB: Lobby
- MDR: Main Dining Room
- MR: Media Room
- NAT: Natatorium
- NL: North Lounge
- OFF: Offsite
- PS: Pilates Studio
- SWBR: South Wing Briton Room
- SWD: South Wing Dance Studio
- TR: Terrace Room
- BDV: Views Activity Room
- VDR: Views Dining Room
- VFS: Views Fitness Studio
- VL: Views Library
- VP: Views Parlor
- VTV: Views TV Area
- VLR: Views Living Room

All programs are subject to change.