



Seabury MONTHLY

www.seaburylife.org

JANUARY 2020



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DEMENTIA PRESENTATION BY LiveWell

Please join us in The Bishops' Chapel on Wed., Jan. 15, 2020 from 7:15 p.m. - 8:45 p.m. Dementia specialists from LiveWell will present "To Whom I May Concern." This is an interactive theater program designed to give voice to people who have recently been diagnosed with a progressive brain illness such as Alzheimer's disease. They describe this program as 'non-fiction' storytelling theater performed by individuals in Connecticut who are living with different forms of dementia. It is funny, poignant and real.



Using their own words and scripting, these individuals share their stories and experiences with audiences made up of family members, peers, friends, care partners and professionals. Working with a professional moderator and writer, in groups online or in person, clients are able to create their own narrative, expressing their fear, anger, frustration, hope, and determination — often with humor and love.

Inspired by her work with individuals with Alzheimer's and their families, "To Whom I May Concern" is the brainchild of Maureen Matthews, who has worked with memory-impaired individuals for over 30 years. Searching for a way to support and encourage dialogue between individuals with dementia and the people around them, Maureen developed the project as a way to facilitate this communication. From a single group performance created as part of her dissertation, "To Whom I May Concern" has grown into a program that is used by groups around the country to help understand what it means to have a diagnosis of a form of dementia.

LiveWell is a not-for-profit based in Plantsville.



"Unique Boutique" A Success!

The annual "Unique Boutique" holiday sale by the Encore! shop took place on Thurs., Dec. 5, 2019. Dozens passed through The Bishops' Chapel to find the perfect holiday decor or gift item for that special someone. In total, Encore! earned \$3,717.50 in sales, which was over \$1,500 more than last year!

See something on the calendar? Visit www.seaburylife.org and click the lifestyle tab to read the Independent Living Newsletter, for more information.



As a reminder, 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 to 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 Zirulli at marczirulli@seaburylife.org or with a SAH Member Council Officer. We hope to see you there!

ANNUAL BOARD PARTY MIXES MEMBERS WITH RESIDENTS



On Thurs., Dec. 5, 2019, over 100 SAH Members, Residents, Staff and Board Members of Seabury celebrated another year of success at the annual Holiday Board Party. The event took place in The Bishops' Chapel and Terrace Room, and those in attendance enjoyed cocktails and a delicious fare prepared by Seabury's culinary team. The annual party is open to all SAH Members — we hope to see you next year!

SEABURY AT HOME BOOK CLUB IN JANUARY

"Agent Running in the Field" by John le Carré is our next book. We will be meeting on **Thurs., Jan. 16, 2020 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.



Agent Running in the Field

SEABURY AT HOME MEMBER COUNCIL OFFICERS

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****Thurs., Jan. 16, 2020**** — The ALP Spring Preview starts at 9:00 a.m. in The Bishops' Chapel!





JANUARY 2020

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

200 Seabury Drive
Bloomfield, CT
06002

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5
10:30 Chapel CH
4:00 UConn @ SMU HH
7:15 Movie: Whale Rider 918

6
11:00 HSO Small Ensemble CH
Performance
1:00 Open Studio CAS
3:00 MahJongg GR
3:00 Meditation SP
3:30 Critic's Circle GV
6:45 Duplicate Bridge CAS

7
9:00 Bank Opens
9:00 -11:30 Encore
Donations
1:00 Encore Comm. HP
2:00 Bereavement Support SP
3:00 Knit 'N' Stitch HP
4:00 Action Forum CAS
4:30 Drop-In Social HP

12
10:30 Chapel CH
2:30 Seabury Authors Speak CH
w/Davida Crabtree
7:15 Movie: Shine 918

13
10:00 Health Comm. HH
1:00 Open Studio CAS
3:00 MahJongg GR
3:00 Meditation SP
3:30 Entertainment & Education GV
6:45 Duplicate Bridge CAS

14
9:00 Bank Opens
9:00 -11:30 Encore
Donations
12:30 Coin Club B
2:00 Bereavement Support SP
3:00 Knit 'N' Stitch HP
4:30 Drop-In Social HP
8:00 UConn @ Memphis HH

19
10:30 Chapel CH
12:00 UConn vs. Tulsa HH
7:15 Movie: Boycott 918

20
8:30 Men's Breakfast MDR
1:00 Open Studio CAS
1:30 Resident Shop MR
Committee
2:00 Connecticut Dance HH
Academy
3:00 MahJongg GR
3:00 Meditation SP
6:45 Duplicate Bridge CAS

21
9:00 Bank Opens
9:00 -11:30 Encore
Donations
10:00 2G's GV
11:00 Comfab Committee CAS
Meeting
1:30 Conversations: Dying CH
and Death
2:00 Bereavement Support SP
3:00 Knit 'N' Stitch HP

26
10:30 Chapel CH
7:15 Movie: Jules and Jim 918

27
10:00 Library Committee L
1:00 Open Studio CAS
3:00 MahJongg GR
3:00 Meditation SP
6:45 Duplicate Bridge CAS

28
9:00 Bank Opens
9:00 -11:30 Encore
Donations
9:00 Buildings & Grounds CAS
2:00 Bereavement Support SP
3:00 Knit 'N' Stitch HP
4:30 Drop-In Social HP
7:15 Folk Singing CH
Performance w/Carol
and Bob

1
9:00 Hospitality Comm CAS
1:00 Fannie's Book Group TR
4:00 Seabury Artists Group
ATR
7:15 Movie: Waking NED CH
Devine

8
2:00 Communications Comm.
BR
3:00 New Residents Welcome
CH
7:15 Movie: IRIS CH

15
2:00 Sports & Games Comm
GV
2:00 Great Decisions HH
3:30 Scholarship Committee BR
7:15 Live Well, Dementia CH
Specialist:
Performance
7:15 NO Movie CH

22
11:00 Community Forum CH
1:15 Trip** Hartford Stage
4:00 Cat Owners' Group HP
7:15 NO Movie CH
7:15 Mad Agnes: Folk Music
CH

29
1:30 ALP CH
2:00 Great Decisions HH
7:15 Movie: Funny Girl CH

2
9:00 Bank Opens
10:00 Encore Opens
10:00 Community Hymns VLR
w/Chaplain Jenn
7:00 UConn vs. Wichita St. HH

9
9:00 Bank Opens
9:00 AARP Safe Driving MR
Course
10:30 Catholic Communion CH
Service w/Tim Healy
7:00 UConn vs. Baylor HH

16
9:00 Bank Opens
9:00 ALP Preview Meeting CH
10:00 Encore Opens
10:00 Community Hymns VLR
w/Chaplain Jenn
1:00 Spiritual Life SP
Committee Meeting
3:00 Caregivers Support GV
Group at Seabury
6:00 UConn @ Central Fla. HH

23
9:00 Bank Opens
3:00 Parkinsons Support GV
Group
7:00 UConn vs. Tennessee HH

30
9:00 Bank Opens
10:00 Encore Opens
10:00 ALP CH
7:00 UConn vs. Cincinnati HH

3
11:00 Dr. Coll's Lecture: HH
(Special Time)
2:15 Together to Music CAS
3:00 Poets & Writers HP
7:00 Bridge CAS

10
10:00 Ipad Class BC
10:30 SAH Council Mtg. BR
1:45 Tea TOS
2:15 Together to Music CAS
3:00 Jewish Service CH
7:00 Bridge CAS
7:15 Cuatro Puntos String
Quintet CH

17
9:00 AARP Safe Driving MR
Course
2:15 Together to Music CAS
6:15 Trip** HSO Masterworks
7:00 Bridge CAS

24
10:00 Ipad Class BC
10:00 Flower Committee CAS
1:45 Tea TOS
2:15 Together to Music CAS
3:00 Better Hearing Group HH
3:00 Jewish Services CH
7:00 Bridge CAS

31
2:15 Together to Music CAS
7:00 Bridge CAS

4
9:00 Men's Mug Club TR
10:30 ISOD Steering Comm. GV
4:30 Drop-In Social HP
7:15 Movie: Whale Rider CH

11
8:00 Food Drive Collection
9:00 Men's Mug Club TR
10:30 ISOD HH
1:00 UConn vs. Houston HH
4:30 Drop-In Social HP
7:15 Movie: Shine CH

18
9:00 Men's Mug Club TR
10:15 Storytellers w/Martha HH
Reingold
4:30 Drop-In Social HP
6:15 Trip** HSO Masterworks
7:15 Movie: Boycott CH

25
9:00 Men's Mug Club TR
1:00 UConn @ E. Carolina HH
4:30 Drop-In Social HP
7:15 Movie: Jules and Jim CH

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	Hilltop
L	Library
LB	Lobby
MDR	Main Dining Room
MR	Media Room
NAT	Natatorium
NL	North Lounge
OFF	Offsite
PS	Pilates Studio
SWBR	South Wing Britton Room
SWD	South Wing Dance Studio
TR	Terrace Room
TOS	Top of Stairs
AR	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