



Seabury MONTHLY

www.seaburylife.org

FEBRUARY 2021



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184 SAH MEMBERS RECEIVE FIRST VACCINE DOSE!



Renée Bernasconi Meets With Members.

Who would have ever thought what the significance of Fri. Jan. 22, 2021 at Seabury would be? Well, for SAH Members, it was to receive the coveted first dose of the COVID-19 vaccine, manufactured by Pfizer & BioNTech SE, and administered by CVS Pharmacy.

A total of 184 SAH Members signed up to come to Seabury to receive the injection, which took place in The Bishops' Chapel. As the vaccine rollout continued to expand across the state, including the populations of ages 75 and above, some folks took advantage of receiving the vaccine even sooner at other locations. But 79% of the total active Membership chose to come to Seabury. Pictures, excitement, relief and smiles (behind the masks) filled the day, and we are so thrilled that with all of our combined efforts, that we are helping to make a difference as we emerge from this pandemic, so THANK YOU for your support and for your courage!

As a reminder, if you came to Seabury on Jan. 22, YOU MUST return to Seabury on Fri., Feb. 12 to receive your second dose. More reminders will be forthcoming, as well as confirmation of your arrival time.

As a community, 99% of all Seabury Residents — Independent, Assisted Living, Memory Support and Skilled Nursing — received their first injection on either Jan. 2, 14 or 15 and on Sat., Jan. 23, a total of 159 Employees and Skilled Nursing Residents received their second and final dose. In all, 959 doses have been administered with three more "second dose" clinics yet to be held. As for fulltime employees, 82% have chosen to receive the vaccine! Stay tuned for future reopening announcements to benefit Members and Residents!

Tax Deduction Reminder

As a reminder, you should have received a tax deduction memo from Continuing Care Actuaries, outlining the percentages that can be deducted from your Membership Fees (100%) and Monthly Fees (71%) paid during calendar year 2020. Please consult your tax advisor with any questions.



Please continue to stay up-to-date with the COVID Team's weekly communications, as strategy to re-open campus will be forthcoming.



As a reminder, the next SAH Executive Committee Meeting will take place on Fri., March 12, 2021 at 10:30 a.m. via Zoom Video Communications. If you are interested in joining the meeting, please contact At-Large SAHI Board Liaison Debra Pasquale at dkpasquale@comcast.net or 860-305-8712 and she will send you the Zoom ID information as we get closer to the date. The other Executive Committee Members are Stanley Kemmerer, President; 860-673-9137; Baker Salsbury, Vice President; 860-454-4267; Susan Sappington, At-Large SCF Board Liaison; 860-243-1364; Meg Lines, Recording Secretary; 860-242-1850; Ranjana Chawla, At-Large; 860-561-4507; and Dexter Cheney, At-Large; 203-624-8937. We hope you can join us!

SEABURY FITNESS CLASSES AVAILABLE ON ZOOM!

We are all anxiously awaiting the day when SAH Members can come back to campus so you can participate in fitness & wellness, which is included of course, in your Contract! But in the meantime, we have put together a schedule for you to participate at home. Beginning the week of Jan. 25, the schedule is as follows until further notice:



Brian Harris works with a Resident.

Monday:

10:00 a.m.: Zoom Mat Yoga. Must be able to get up and down from the floor. Moderate Intensity.
11:00 a.m.: Zoom Chair Yoga. Seated Yoga. Low Intensity.
12:00 p.m.: Weight Winners. Every other Monday starting on Jan. 11. Weight loss support group.

Tuesday:

8:15 a.m.: Zoom Core. Floor exercises for core strength. Must be able to get up and down from the floor. High Intensity.

Wednesday:

10:00 a.m.: Zoom Functional Strength. Seated and standing strength and stretching exercises using a chair. Moderate Intensity.
1:30 p.m.: Zoom Meditation.

Thursday:

8:15 a.m.: Zoom Core. Floor exercises for core strength. Must be able to get up and down from the floor. High Intensity.
3:00 p.m.: Zoom Mat Yoga. Must be able to get up and down from the floor. Moderate Intensity.

Friday:

10:00 a.m.: Zoom Tai Chi.
11:00 a.m.: Zoom Functional Strength. Seated and standing strength and stretching exercises using a chair. Moderate Intensity.

Contact the fitness staff if you are interested and they will help find the right option for you. They will send you ZOOM link(s) to participate.

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