



Seabury MONTHLY

www.seaburylife.org

SEPTEMBER 2021



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FREE TAI CHI STUDY AVAILABLE THROUGH UCONN

Back in 2017, in collaboration with UConn, a 12-week tai chi study was held at Seabury to connect wellness with the actively aging. Yin Wu, Ph.D. led the study and held the classes in the East Wing Dance Studio.



Wu is planning to host another 12-week study on Zoom, and YOU are invited! While participants must qualify to participate in the study, as SAH Members, you may contact Wu at your convenience to discuss the program and ask any questions you may have. Please note that while this year's study will be held on Zoom, participants may be asked to go to the main UConn campus in Storrs, for an in-person consultation. If you are interested, please contact Wu at 860-929-6382 or by email at yin.2.wu@uconn.edu.

PROPOSED CANDIDATES FOR OCTOBER SAHEC ELECTIONS

DOUGLASS "DOUGIE" TRUMBLE was born in Cincinnati, Ohio and obtained her bachelor's of Arts from Ohio Wesleyan, Delaware, Ohio. Dougie's early years of personnel work were followed by years of frequent moves and raising children. While family always took precedence, community involvement was also a priority, such as with Girl Scouts, Meals on Wheels, PTOs, Habitat for Humanity, and church. Through my involvement with schools over the years and a sense of civic commitment, I co-founded the Foundation for West Hartford Schools in 1997. Dougie enjoys gardening, reading, traveling and being a member of a couple of women's fellowship groups. She has also honed some new skills from doing 13 years of "Grammy Camp". With her husband, Tom, they have three daughters and five grandchildren, of whom are her greatest treasures.

Please see "Candidates Cont'd" on back page...



THE CONTRACTOR CORNER!

Recent SAH Members who moved to Seabury used Susan Rabinovitch from *Home To Home*. Specializing in moving services, Rabinovitch's team can also come to Seabury to measure your new apartment or cottage! Susan can be reached at 860-558-4625 or susan@hometohomect.com.

The next SAHEC monthly meeting will be Fri., Sept. 10, 2021 at 10:30 a.m. For the Zoom link, contact Debra Pasquale at dkpasquale@comcast.net.



Heather Cahill is the new Executive Director of the Seabury Charitable Foundation. She will be responsible for all programs and activities related to The Foundation. Heather joins the SCF from the Springfield Museums in Massachusetts, where she served as Director of Development. At the museums, Heather oversaw fundraising and membership activities. Both the total dollars raised, and number of members, increased during her tenure at the Quadrangle. Heather is drawn to Seabury's mission and says she is "incredibly excited to join Seabury and help raise funds to support healthy aging and compassionate care."

CANDIDATES CONT'D...

RUTH MITMAN, Ph.D. is the Founder and President of The Mitman Group, a 50-plus market advisor with over 25 years of experience studying the mature market. A Ph.D. graduate in Gerontology and Education from Michigan State University in 1984, Ruth has a diverse professional background in the fields of gerontology and education. As a national speaker, trainer, and consultant, she helps companies increase their market share by understanding how to speak with older customers better than their competitors. She also provides guidance for companies on how to best manage and train each generation of employees, as well as how to maximize the effectiveness of multi-generational teams. Before the establishment of The Mitman Group, Dr. Mitman was a Corporate Gerontologist and Educational Consultant at The Hartford Financial Services Group, Inc. A partial list of her clients includes Mass Mutual Financial Group, Chase Credit Card Services, Genworth, AARP, MIT Age Lab, LIMRA International, Wausau Benefits and the Episcopal Church Pension Fund. Dr. Mitman has served on the faculty of the College of Lifelong Learning at Michigan State University. She was also an instructor at the Institute of Gerontology at the University of Michigan and a consultant for AARP. Ruth lives in West Hartford with her husband, The Rev. Canon John Mitman. They have two children and four grandchildren.

MARISELA "MARCIE" A. SENER was a resident of West Hartford for 41 years and currently a resident of Bloomfield for the last three years. She was born and raised in Cuba where she came from in 1961 as a political refugee. She escaped from the Communist regime after suffering dangerous persecution. She lived in New York City for 16 years before moving to Hartford to marry her husband, Robert N. H. Sener to whom she was married for 38 years before his passing in 2014. Marcie worked at The Hartford Financial Services Group, Inc. in several capacities for 22 years before retiring as Senior Bond Underwriter. After retirement Marcie has been involved in many volunteer organizations. Her past involvement includes Auxiliary Board Easter Seals; Visiting Nurses Association; American School for the Deaf; Hartford Hospital Auxiliary Board; Spanish translator for Hartford Hospital and Saint Francis Hospital; fundraising events for Gomez All Age School, Great Harbour Cay, Bahamas; Bookkeeper for The Beach Villas Association of Great Harbour Cay, Bahamas and The Westminster Presbyterian Church for 10 years including serving as an Elder. Marcie has been a member of the Junior League of Hartford since 1981 and has served on many committees including the 1996 Show House. She's also a member of The Hartford Golf Club (past member of the Finance Committee and Entertaining Committee); The Town and County Club (past member of Membership Committee); and Asylum Hill Congregational Church as the Costume Designer and Production Designer for The Boars Head Festival. Marcie's hobbies are gardening, cooking, collecting, miniature rooms, jewelry making, painting, Mahjong, and pickleball.





SEPTEMBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



The ALP Fall Preview will be on Tues., Sept. 14, 2021 at 10:00 a.m. on Zoom. Visit <https://alp.uconn.edu> for more information.

5
10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918
3:00 Movies CH

6
1:00 Open Studio CAS
3:30 Bridge CAS

7
9:00 Encore Donations EN
9-11:30am
1:00 Encore Committee Meeting ZO
2:00 Chimes HH

8
9:00 Hospitality Committee ZO
10:30 Resident Council ZO
1:00 Community Eucharist CH
1:30 Meditation ZO
2:00 ComCom ZO
7:00 Movie Night CH

9
10:00 Encore OPEN 10-3 EN
2:00 Chimes HH
2:00 Clara Trio CH

10
10:30 SAHEC Monthly Meeting ZO
2:00 Poets and Writers ZO
2:15 Together to Music CAS

11
9:00 Virtual Men's Mug ZO

12
10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918
3:00 Movies CH

13
1:00 Open Studio CAS
3:30 Bridge CAS

14
9:00 Encore Donations EN
9-11:30am
9:30 Health Services ZOOM
Committee
10:00 ALP: Preview Meeting ZO
11:00 Trails Comm Meeting ZO
2:00 Chimes HH

15
1:00 Community Eucharist CH
1:30 Meditation ZO
7:00 Movie Night CH

16
2:00 Chimes HH

17
2:15 Together to Music CAS
3:00 Women Together ZOOM Meeting

18
9:00 Virtual Men's Mug ZO
11:00 Westfarms Quartet CH

19
10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918
3:00 Movies CH

20
10:00 Dining Committee ZO
1:00 Open Studio CAS
2:00 Sports & Games Committee Meeting ZO
3:30 Bridge CAS

21
9:00 Encore Donations EN
9-11:30am
10:00 Garden & Greenhouse ZO
1:00 ALP ZO
2:00 Chimes HH

22
9:30 ALP: Comedy ZO
1:00 Community Eucharist CH
1:30 Meditation ZO
2:00 Community Forum ZO
3:30 Scholarship Committee Meeting ZO
7:00 Movie Night CH

23
10:00 Encore OPEN 10-3 EN
1:00 ALP: Board of Directors ZO
2:00 Chimes HH

24
9:30 ALP: Hikes ZO
10:00 Flower and Decoration Comm. CAS
2:15 Together to Music CAS

25
9:00 Virtual Men's Mug ZO

26
10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918
3:00 Movies CH

27
10:00 Library Comm ZO
1:00 Open Studio CAS
1:00 ALP: Creative Write ZO
3:30 Bridge CAS
7:15 Cuatro Puntos CH

28
9:00 Encore Donations EN
9-11:30am
9:00 Buildings & Grounds ZO
10:30 ALP: Brooks & Rich ZO
2:00 Chimes HH
7:15 Campbell Harmon CH

29
9:30 ALP: Comedy ZO
10:30 SRA/SRC Annual Meeting ZO
1:00 Community Eucharist CH
1:30 Meditation ZO
7:00 Movie Night CH

30
10:00 ALP: Herbs & Spices ZO
2:00 Chimes HH

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
- ZO Zoom

