



Seabury MONTHLY

www.seaburylife.org

OCTOBER 2021



(860) 286-0243
200 Seabury Drive
Bloomfield, CT 06002

SAH Staff For Admin. Questions

Christine T. DuPont
VP of Marketing &
Communications
860-243-6081

For Care & Services:

Cindy Harrigan
PHC: 860-243-4030

Tiffany Fraser
PHC: 860-243-4021

Jeanne Hughes
PHC: 203-215-7164

Important Phone Numbers

Marc J. Zirolli
Marketing Counselor; Editor
860-243-4033

Matt McGowan
Fitness: 860-243-4032

SAH EXECUTIVE COMMITTEE ANNUAL MEETING DATE SET



On Tues., Oct. 19, 2021 at 10:30 a.m., the SAH Executive Committee (SAHEC) invites you to Seabury and The Bishops' Chapel for its annual meeting and formal introduction of elected nominees to the Executive Committee.

This year, three positions are up for nomination: two At-Large positions, and one At-Large & Seabury Charitable Foundation Liaison position. The earlier positions run for two years through Sept. 30, 2023 while the latter is a three-year term, through Sept. 30, 2024. As a reminder, the three nominees are: Ruth Mitman, Ph.D. (At-Large), Marisela "Marcie" A. Sener (At-Large) and Douglass "Dougie" Trumble (At-Large & Seabury Charitable Foundation Liaison). If you have not yet voted, please click the following Survey Monkey link to select "Yea" or "Nay" for all three candidates: <https://www.surveymonkey.com/r/HPRGJ9J>.

It is extremely important that the Executive Committee achieves a quorum for the elections. The SAHEC staff liaison, Marc Zirolli, has received some paper ballots to those electing to receive mailed ballots, and has been closely monitoring the online survey results ahead of the Oct. 19 meeting. Please take a quick moment, if you haven't already, to vote. Each MEMBER — NOT HOUSEHOLD — gets to vote!

Lastly, we hope to solidify a guest speaker for this meeting and, weather permitting, an outdoor reception on the Terrace Courtyard. Seabury will follow all CDC guidelines at the time of the meeting, but if the weather is inclement, there will NOT be a reception, in favor of utmost safety for all. Seabury also reserves the right to switch the meeting from in-person, to Zoom. Thank you for your understanding, and contact Marc Zirolli at marczirolli@seaburylife.org if you wish to RSVP to the meeting.



THE CONTRACTOR CORNER!

Jay Wilson of Infinity Group is Seabury's primary contractor for apartment and cottage renovations for new Residents! Kitchen islands and custom built-ins are only some of the breadth of custom offerings by Jay. Your marketing counselor will work with you and Jay during your planned move to Seabury!

Windsor Federal

Tuesday & Thursday

9:00 a.m. - 1:00 p.m.

Seabury Main Lobby



Tiffany Fraser, MSW, started at Seabury At Home on Sept. 15, 2021 and is your new Personal Health Coordinator, alongside Cindy Harrigan! She is very excited to be at Seabury and looks forward to meeting all of you. Tiffany can be reached at 860-243-4021 or by email at tiffanyfraser@seaburylife.org.

--

As a reminder, the next SAH Executive Committee Meeting — the Annual Meeting for elections — will take place on Tues., Oct. 19, 2021 at 10:30 a.m. in The Bishops' Chapel. If you are interested in attending, and you haven't already RSVP'd, please email Marc Zirulli at marczirulli@seaburylife.org.



SAH FISCAL YEAR 2021 FINAL MEMBER TALLY



A very busy — and successful — fiscal year 2021 concluded for SAH on Thurs., Sept. 30! A total of 47 new Members joined the program, bringing the active tally to 255.

SAH hit a major milestone on Sept. 16, which saw its historical

Membership total eclipse 400 Members. During the fiscal year, nine Members moved to an Independent Living apartment or cottage at Seabury, two Members transitioned to a level of care at Seabury (these two Members remain SAH Members per their Contract), six Members passed away, and six Members terminated their Contracts for personal reasons. Thus the net total of new Members for the fiscal year checks in at 26. As the pandemic continues, the SAH Membership, and program, is stronger and bigger than ever!

SEABURY ART EXPO

Have you heard?

The Seabury Art Group and the Marketing team are sponsoring **ART EXPO 2021!** It will happen on Oct. 27, 2021 from 1:00 p.m. to 5:00 p.m. The Expo will be held here at Seabury in the Terrace Room and The Bishops' Chapel.

This will be an opportunity for the creative folks here at Seabury to display and sell their work in the Terrace Room. Included are members of the Wood Working Shop, the Poets and Writers Group as well as the Art Group.



Seabury Art Expo 2021

We will have local artists and artisans in the Chapel who will bring us interesting and exciting work to admire and purchase. There will be an internationally known fiber artist, a creator of beaded jewelry, blown glassmakers, a dressmaker of beautiful and unusual pieces, A fine art wood craftsman, both a watercolor artist and an acrylic landscape artist, and many more.

For those of you who look for unusual handmade items for gifting and for yourselves, this should be a fun time. The local artists and artisans will have the ability to accept your credit card, however, bring some cash and your checkbooks so you can support our resident artistic folks as well. This will be a great way to start your Holiday shopping! For more information, contact Meredith West, Program & Events Coordinator, at meredithwest@seaburylife.org.



OCTOBER 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

31 October

10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918

**200 Seabury Drive
Bloomfield, CT
06002**

(860) 286-0243

www.seaburylife.org



1

9:30 ALP: Hikes ZO
2:15 Together to Music CAS
3:00 Storytellers ZO

2

9:00 Virtual Men's Mug ZO

3

10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918

4

1:00 Open Studio CAS
1:00 ALP: Creative Write ZO
2:00 Chorus CH
3:30 Bridge CAS

5

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

6

9:00 Hospitality Comm Zoom Meeting
1:00 Community Eucharist CH
1:00 ALP: Curriculum ZO
1:30 Meditation ZO

7

10:00 Encore OPEN 10-3 EN
10:00 ALP: Herbs & Spices ZO
10:00 Resident Workshop: MR
Open Shop
1:00 Chimes (Gold) HH
1:00 ALP: Monuments ZO
2:00 Chimes (Blue) HH

8

10:00 ALP: Black Death ZO
1:00 Fall Fest HT
2:00 Poets and Writers ZO
2:15 Together to Music CAS

9

9:00 Virtual Men's Mug ZO

10

10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918

11

1:00 Open Studio CAS
1:00 ALP: Creative Write ZO
2:00 Chorus CH
3:30 Bridge CAS

12

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

13

10:30 Resident Council ZO
1:00 Community Eucharist CH
1:30 Meditation ZO
2:00 ComCom ZO
3:00 Low Vision Support HP
Group

14

10:00 Resident Workshop: MR
Open Shop
1:00 Chimes (Gold) HH
1:00 ALP: M & E Meeting ZO
2:00 Chimes (Blue) HH

15

10:00 ALP: Black Death ZO
1:00 Holistic Day HT
2:15 Together to Music CAS
3:00 Women Together ZOOM
Meeting

16

9:00 Virtual Men's Mug ZO
2:30 Seabury Author ZO
Speaks:
Marye Gail Harrison

17

10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918

18

10:00 Dining Committee ZO
1:00 Open Studio CAS
1:00 ALP: Creative Write ZO
1:00 Fitness: Improve ZO
Balance and Prevent
Falls
2:00 Chorus CH
3:30 Bridge CAS

19

9:00 Encore Donations EN
9-11:30am
10:00 Garden & Greenhouse ZO
10:00 ALP: Amazing Women ZO
10:30 SAHEC Annual CH
Meeting
1:00 ALP ZO
2:00 Chimes HH
4:00 Art Group Meeting ATR

20

10:00 ALP: Election Law ZO
1:00 Community Eucharist CH
1:00 Sports & Games ZO
Committee Meeting
1:30 Meditation ZO
2:00 Community Forum ZO
3:00 FB Book Club HH
3:30 Scholarship Committee ZO
Meeting
7:15 New World Trio CH

21

10:00 Encore OPEN 10-3 EN
10:00 Resident Workshop: MR
Open Shop
1:00 Chimes (Gold) HH
2:00 Chimes (Blue) HH

22

Breast Cancer
Awareness Day
10:00 ALP: Black Death ZO
10:00 Flower and CAS
Decoration Committee
2:15 Together to Music CAS

23

9:00 Virtual Men's Mug ZO

24

10:00 Seabury Chapel Prays 918
2:00 Seabury Chapel Prays 918

25

10:00 Library Comm CAS
1:00 Open Studio CAS
1:00 ALP: Creative Write ZO
2:00 Chorus CH
3:30 Bridge CAS

26

9:00 Encore Donations EN
9-11:30am
9:00 Buildings & Grounds ZO
10:00 ALP: Amazing Women ZO
2:00 Chimes HH

27

10:00 ALP: Progeria ZO
1:00 Community Eucharist CH
1:00 Seabury Art Expo CH
1:30 Meditation ZO

28

10:00 Resident Workshop: MR
Open Shop
10:00 ALP: Opium Trade ZO
1:00 Chimes (Gold) HH
1:00 ALP: Board of ZO
Directors
2:00 Chimes (Blue) HH

29

10:00 ALP: Black Death ZO
10:00 Flower and CAS
Decoration Committee
1:00 Halloween Costume HT
Parade
2:15 Together to Music CAS
3:00 Magic By Chris CH

30

9:00 Virtual Men's Mug ZO

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	Natorium
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