THREE AT-LARGE MEMBERS ELECTED TO SAH EXEC. COMMITTEE

On Tues., Oct. 19, 2021, a few dozen SAH Members gathered at Seabury — at long last — to welcome three new At-Large members to the SAH Executive Committee, listened to a presentation and then enjoyed tabled appetizers, cocktails and sparkling water out on the Terrace to enjoy a picture-perfect autumn day.

Ruth Mitman, Marcie Sener and Dougie Trumble were overwhelmingly welcomed into the Executive Committee by fulfilling a quorum of a minimum 20% of the Member Association. The SAHEC greatly appreciates the participation by the Members, as a total of 63 votes were tallied either using Survey Monkey or a mail-in ballot.

Amy Finkle, of Lifeway Mobility, provided a very insightful presentation on tips and techniques to safely modify your home, from using threshold ramps to walk-in showers. To cap the morning, Members were treated to a wonderful private reception on the Terrace Courtyard!

SAH MEMBER TESTIMONIAL

“SAH not only keeps us in touch as Members through this newsletter, but allows us the comfort and piece of mind with portable living, 328 miles outside of the Connecticut catchment area. It’s so commendable that although out of state, we feel connected with management, friends and the Seabury community.”
OPEN ENROLLMENT IS HERE!

Have you heard? Open Enrollment for Medicare began Oct. 15 and runs through Dec. 7, 2021. If you are looking to switch to Medicare, and would like some helpful tips as it compares to Medicare Advantage, Lisa Galipo, who retired last year as a Personal Health Coordinator for Seabury At Home, developed a video showing a side-by-side comparison of Medicare versus Medicare Advantage. Galipo called it *Medicare 101*, and you can follow this YouTube link to watch it: https://www.youtube.com/watch?v=iAlQugqMI-Q&t=7s.

Furthermore, CHOICES is offering virtual Open Enrollment events and folks can find this information on www.ct.gov and then in the search bar, enter “CHOICES”. Or, you may call 1-800-994-9422 for assistance.

Lastly, if you have any questions as it relates to specific coverage at Seabury, please contact Terry Nichols, Seabury’s Billing & Reimbursement Specialist, at 860-243-6029.

SEABURY CHARITABLE FOUNDATION NEWS

Thinking about a gift to the Seabury Charitable Foundation? Naming the Seabury Charitable Foundation (SCF) as a beneficiary of your estate, life insurance policy, or retirement plan offers you the opportunity to create a meaningful legacy while also building and ensuring the long-term financial strength of Seabury.

By supporting the SCF, you help ensure that SAH Members and Residents have a place to live with independence and dignity, in pleasant and comfortable surroundings, and with exceptional, loving care. Your gift can support a project or purpose of your choosing and assist the SCF in meeting its goal of aiding Seabury, its SAH Members and Residents, and the communities we serve. Whether through enhanced health features, Resident and SAH Member enrichment and programming, campus improvements or other needed purposes or projects, your gift to the SCF provides Members, Residents, and their loved ones additional peace of mind.

To learn more, please contact Heather Cahill, Executive Director of the SCF, at heathercahill@seaburylife.org or 959-255-6461.
## NOVEMBER 2021

### Location Key

- **AR** Views Activity Room
- **AMD** All Meals Delivery
- **APR** Atrium Room
- **ATR** Atrium
- **B** Bistro
- **BC** Business Center
- **BLC** Board Room
- **BR** Board Room
- **VS** Center of Spirituality
- **M** Main Dining Room
- **MR** Media Room
- **NAT** Natatorium
- **NL** North Lounge
- **OFF** Offsite
- **PS** Pilates Studio
- **S** South Wing Dance Studio
- **TR** Terrace Room
- **TOS** Top of Stairs
- **W** Views Activity Room
- **WDS** West Dining Room
- **WVS** Views Library
- **WS** West Wing Dance Studio
- **Z** Zoom

### Calendar of Activities

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>1</td>
<td>10:00 All Saint’s Day Mass</td>
<td>2</td>
<td>9:00 Encore Donations</td>
<td>3</td>
<td>9:00 Hospitality Comm Zoom Meeting</td>
<td>4</td>
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<tr>
<td>200 Seabury Drive</td>
<td>1:00 Open Studio</td>
<td>10:00 1:00 ALP: Creative Writing</td>
<td>1:00 ALP</td>
<td>1:00 Encore Committee</td>
<td>1:00 Community Eucharist</td>
<td>10:00 ALP: Black Death</td>
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<td>Bloomfield, CT</td>
<td>2:00 Chorus</td>
<td>9:00-11:30</td>
<td>1:30 Meditation</td>
<td>2:00 Chimes (Blue)</td>
<td>3:00 Storytellers</td>
<td>ZO</td>
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<tr>
<td>06022</td>
<td>3:30 Bridge</td>
<td>ZO</td>
<td>ZO</td>
<td>HH</td>
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<tr>
<td>(860) 286-0243</td>
<td>CAS</td>
<td>EN</td>
<td>BR</td>
<td>ZO</td>
<td>Meeting</td>
<td>10:00 ALP: Black Death</td>
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<td><a href="http://www.seaburylife.org">www.seaburylife.org</a></td>
<td>CAS</td>
<td></td>
<td></td>
<td></td>
<td>EN</td>
<td>3:00 Storytellers</td>
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### All programs are subject to change.