

Contents:

01: The History of "Conversations" Series, Starting Back up March 24

02: Important Phone Numbers!

03: Current Healthcare Visitation Guidelines

04: File of Life Update Initiative

05: Hartford HealthCare Provider Update

01: The History of "Conversations" Series, Starting Back up March 24.

In 2011, the current VP of Health Services at that time (Margie Sullivan) and resident, Jeff Dugan had a one-time session in Heritage Hall about preparing for one's own death. The room was packed with residents and staff. Extra chairs had to be set up in the back, and people were standing along the sides of the room. People said they had been waiting for such an event for a long time and listed several areas about which they wanted more information.

In response, another session was scheduled. Again, Heritage Hall was filled with both residents and staff members. People were asked to fill out a questionnaire, and at the end of the session virtually every

questionnaire had been filled out. One of the questions was, "Do you want to have more sessions on death and dying?" Every answer was a resounding yes.

And so it was that a session on preparing for death became a Death and Dying Series. But that didn't sit well with the VP of Health Services. "People always talk about death and dying, but that isn't the right order. First, you're dying and then you die," she said. Thus, the series was named the "Dying and Death Series," and off they went. The sessions were randomly scheduled, usually every couple of months, and topics were identified based on the returned questionnaires. Margie answered all the clinical/medical questions and Jeff responded to the spiritual/pastoral concerns. At times a specialist (Hospice nurse, physician, attorney) was invited to speak about their role in assisting people who were dying.

The series stopped when Margie Sullivan retired in 2018. That same year, Russ Tonkin, retired physician and current Seabury At Home member, heard about the Dying and Death Series and contacted Jeff to say he would be

very interested in participating in the series if it was going to continue.

Russ and Jeff met a few times to discuss the matter. Wanting to make a new beginning after the previous Dying and Death Series; and because the series is all about life, not death, the new team named their series the Conversations Series, as the series is an ongoing sequence of conversations about the many ways people can prepare for a good death and live life to the fullest up to the end.

The Conversations Series was halted when the COVID-19 pandemic put an end to in-person gatherings. It is scheduled to begin again on March 24 at 10:00 a.m. in the Chapel.

The first session will cover the following topics:

- Having a conversation
- Advanced Directives
- Hospice - Medicare benefit & Threshold Choir
- Palliative Care - difference from hospice
- DNR & MOLST Plan - mandatory CPR
- Funerals: prepaying, cremation, and caskets
- Will
- POA (Power of Attorney)

- Movies

Topics pending:

- Probate issues
- Burials (Green)
- Procedure for transitioning to higher level of care at Seabury
- VSED-dehydration, hunger
- Reiki, Music, Massage
- Fears-Pain, Being alone, Dementia

02: Important Phone Numbers

Hartford HealthCare Clinic & Seabury Nurse Service:

- To book an appointment with Hartford HealthCare Doctors and APRN's in the clinic– Please call 860-380-5150
- To book an appointment with Seabury's Community Nurse Service, call Beth Caponera at 860-243-4031, Jake 860-243-6027, or Susie 860-243-6071
- Appointments with Beth Caponera will take place in the exam room in the Seabury Healthcare Lobby (next to Susie Washington's desk), or resident's home.

If ever it is a true medical emergency, please call 911, then alert security with SARA pendant or phone call.



03: File of Life Update

We believe it is prudent to update our records on an annual basis and will take this opportunity to request that the **FILE OF LIFE Card(s)**, distributed last Friday, be completed by Seabury Residents. Please return a photocopy of the **FILE OF LIFE Card(S)** to the Front Desk by **March 9, 2022**.

As a matter of clarification for Seabury Residents:

1. Please keep the **FILE OF LIFE Card** for your refrigerator.
2. Please bring a copy of the **FILE OF LIFE Card(s)** to the Front Desk.
3. We would also be happy to make a copy for you in or near

The HUB and collect a copy in this location!

Should you have any questions, please contact Christine Dupont at 860-243-6001 or email at christinedupont@seaburylife.org.

04: Current Healthcare Visitation Guidelines

1. Complete temperature & screening questions in the Main Lobby, Health Services Lobby or Meadows Entrance
2. All visits are encouraged to take place in the resident's room or apartment.
3. Obtain/return a visitor's badge from security for access to skilled nursing if you are leaving skilled nursing with a resident, please notify their nurse of your departure and return
4. Proper mask and shield wearing is a must in all areas.
5. Proof of vaccination or a negative test is now required.

05: Hartford Healthcare Providers Update

HHC Clinic appointments take place in the clinic - 860-380-5150, the clinic is for non-emergent services

The clinic is currently covered by Dr. Sowmya Kurtakoti, Geriann Gallagher (APRN), Dr. Rohini Becherl (on Friday's only) and Marc Libin (RN).

We recently welcomed Dr. Alona Kantorovich to Skilled Nursing.

If you have a general health services questions, please call or email Jake Bompastore at jakebompastore@seaburylife.org or 860-243-6027.