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PRESIDENT'S POST -- BY BAKER SALSURY

At our Member Luncheon on April 19, VP of Marketing & Communications, Tina DuPont, gave a splendid presentation on the “portability” component of our contracts. This was recorded and Members may access it shortly. A critical point: In the event of a medical event or emergency, here or away, contacting your Personal Health Coordinator as soon as possible will help ensure an unbroken chain of assistance.






Also Important: Portability assures assistance **ONLY** in the United States, not internationally. For the last 10 years, Carol and I have obtained emergency medical insurance/assistance worldwide for a nominal annual fee. In addition to the full range of medical care and coordination with home insurers/providers and Seabury staff, such services also pay for airfare for you and your spouse back to the US, with an accompanying nurse if needed. One such company is found at www.emergencyassistanceplus.com.

- Baker Salsbury, MPH, MSW, MHSA

SAHEC NEEDS ASSESSMENT SURVEY UPDATE

Thank YOU, fellow SAH Members, for taking a moment to complete our biennial Needs Assessment survey that was distributed via SurveyMonkey, and hard-copy, to those requesting. A total of 89 surveys were collected, accounting for 30.1% of the Membership! The next step will be for the SAH executive committee to mine these results, discuss at the next monthly meeting on **Fri., May 12 at 10:30 a.m.**, and then release the results with action steps, to the Membership. Your input is invaluable to the direction of the SAH Membership and the experiences made available to you!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 2:00 PM Chorus- CH 2:30 PM Independent Film Viewing- HH 3:00 PM Mahjong GR (Level Five - Commons) 3:30 PM Bridge- CAS</p>	<p>2 9:00 AM Encore Donations - EN 10:00 AM ALP- Merchant of Venice-CH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- BR</p>	<p>3 9:00 AM Hospitality Committee-ZM 11:00 AM Holy Eucharist- VAR 1:30 PM Roger Niland-CAS 3:30 PM FG Book Club-HH 7:15 PM Movie- The Descendants-HH</p>	<p>4 8:30 AM Men's Breakfast- MDR 10:00 AM Encore OPEN 10-3 - EN 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 1:00 PM Chimes & Chorus Rehearsal-CH 1:00 PM Cribbage- 5th Floor GR 3:15PM Prayer Shawl Ministry- VLR</p>	<p>5 9:30 AM ALP- Hikes - CH 2:00 PM Together to Music- CAS 3:00 PM Storytellers- ZM 7:15 PM Chimes & Chorus Spring Concert- CH</p>	<p>6 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>7 2:00 PM Holy Eucharist- CH 3:00 PM Movie- The Descendants-HH</p>	<p>8 10:00 AM ALP- Radar- ZM 1:00 PM Open Studio- CAS 2:00 PM Chorus- CH 3:00 PM Mahjong in Game Room (Level Five - Commons) - Ga - So 3:00 PM Finance & Budget- BR 3:30 PM Bridge- CAS 7:00 PM Sing A Long - TOS</p>	<p>9 9:00 AM Encore Donations - EN 9:30 AM Health Services Mtg-ZM 11:00 AM Trails Committee- ZM 1:00 PM ALP- Wildlife- HH 3:30 PM 10 Minute Plays-HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Threshold Choir-CH</p>	<p>10 10:30 AM Residents Council- CH 11:00 AM Christian Worship- VAR 1:30 PM Roger Niland-CAS 3:30 PM Low Vision Support-HH 7:15 PM Simsbury Community Band-CH 7:15 PM Movie- Monsoon Wedding-HH</p>	<p>11 10:00 AM Resident Workshop: OS 1:00 PM Chimes Rehearsal- HH 1:00 PM Cribbage- 5th Floor GR 3:00 PM Pop Up! 3:15PM Prayer Shawl Ministry- VLR 4:00 PM Performing Arts Cmte- CAS</p>	<p>12 10:30 AM SAHEC Monthly Meeting -BR 11:00 AM Shabbat Service- CH 1:00 PM ALP- Neanderthal- CH/ZM 2:00 PM Tea-Time- TOS 2:00 PM Together to Music- CAS 2:00 PM Poets & Writers-ZM</p>	<p>13 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>14 2:00 PM Holy Eucharist- CH 3:00 PM Movie- Monsoon Wedding -HH</p> 	<p>15 10:00 AM Dining Committee- ZM 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 1:00 PM ALP- Democracy- CH/ZM 2:00 PM Chorus- MS 3:00 PM Mahjong in GR (Level Five - Commons) 3:15 PM Fashion Show Rehearsal- CH 3:30 PM Bridge- CAS</p>	<p>16 9:00 AM Encore Donations - EN 10:00AM Garden & Greenhouse- ZM 3:00 PM ENCORE Fashion Show- CH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 7:15 PM Foreign Film Movie Night -HH</p>	<p>17 11:00 AM Holy Eucharist- VAR 1:00PM Sports & Games Cmte- GVR 1:30 PM Roger Niland-CAS 3:30 PM Scholarship Cmte - BR 7:15 PM Movie- Vertigo -HH</p>	<p>18 8:30 AM Women's Breakfast- MDR 10:00 AM Encore OPEN 10-3 - EN 10:00 AM Resident Workshop: OS 1:00 PM Chimes Rehearsal- HH 1:00 PM Cribbage- 5th Floor GR 3:30 PM Ruth Mitman Dementia Talk- CH 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>19 9:30 AM ALP- Hikes - CH 11AM-2PM Cousins Maine Lobster Food Truck- Hilltop 2:00 PM Together to Music- CAS 2:30 PM Diabetes Group-MR 3:00 PM Meet & Greet - TOS</p>	<p>20 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>21 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Vertigo-HH</p>	<p>22 10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 1:00 PM ALP- Democracy- CH/ZM 2:00 PM Chorus-Heritage Hall 3:00 PM Mahjong in GR (Level Five - Commons) 3:30 PM Bridge- CAS 7:00 PM Sing A Long- Songs by Gershwin-TOS</p>	<p>23 9:00 AM Encore Donations - EN 9:00 AM Buildings & Grounds- ZM 1:00 PM ALP- Sculpture- CH 3:00 PM Performing Arts Showcase - HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS</p>	<p>24 11:00 AM Christian Worship- VAR 11:00 AM Caregiver's Support Group- HP 2:00 PM Community Forum-CH 7:15 PM Movie- Notting Hill-HH</p>	<p>25 10:00 AM Resident Workshop: OS 1:00 PM Conversations- CH 1:00 PM Cribbage- 5th Floor GR 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>26 10:15 AM Flower and Decoration Committee-CAS 2:00 PM Tea-Time- TOS 2:00 PM Together to Music- CAS 2:30 PM French Conversation- HP</p>	<p>27 9:00 AM Virtual Men's Mug-ZM 4:00 PM Drop-In Social- HP</p>
<p>28 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Notting Hill-HH</p>	<p>29 1:00 PM Open Studio- CAS 3:00 PM Mahjong in GR (Level Five - Commons) 3:30 PM Bridge- CAS</p> 	<p>30 9:00 AM Encore Donations - EN 1:00 PM ALP- Music- CH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS</p>	<p>31 11:00 AM Holy Eucharist- VAR 7:15 PM Movie- Maria: By Callas-HH</p>	<p>BR- Board Room CFS- Center for Spirituality DS-Dance Studio GR- Game Room HH- Heritage Hall HP-Hearthside Parlor MDR- Main Dining Room MS- Music Studio OS- Open Shop SNF- Skilled Nursing Facility TOS- Top of the Stairs VAR- Views Activity Room VLR- Views Living Room ZM- Zoom</p>	<p>June 13, Golf Club of Avon: Seabury Residents and At Home Members are encouraged to participate in the Seabury Charitable Foundation's annual fundraising event. Residents and Members can choose to play 18- or 9-holes and/or join for the dinner and silent auction. The event is a day of fun and camaraderie which raises money for events, programming, and benevolent aid. For more information visit seaburylife.org/golf or contact Heather Cahill at heathercahill@seaburylife.org or 959-255-6461 </p>	 <p>Come enjoy Cousins Maine Lobster Food Truck! They will be at Hilltop on Friday May 19th from 11am-2pm! Cash & Credit Cards are accepted!</p>

SAH MONTHLY

19TH ANNUAL SEABURY GOLF TOURNAMENT SET FOR JUNE 13



Seabury is pleased to announce that the 19th Annual Seabury Charitable *Golf With Purpose* Tournament will take place on Tues., June 13, 2023 at 12:00 p.m. at the Golf Club of Avon!

Seabury Residents and SAH Members are encouraged to participate in the Seabury Charitable Foundation's annual fundraising event. Residents and Members can choose to play 18- or 9-holes and/or join for the dinner and silent auction. The event is a day of fun and camaraderie which raises money for events, programming and benevolent aid. In 2022, the Tournament netted over \$70,000! For more information visit www.seaburylife.org/golf or contact Heather Cahill at heathercahill@seaburylife.org or 959-255-6461.

PERFORMING ARTS SHOWCASE OPEN TO SAH MEMBERS

On Tues., May 23 at 3:00 p.m. in Heritage Hall, an event titled *Performing Arts Showcase* will be held to let Seabury Residents and SAH Members know what is available to participate in at Seabury. Performances will include singing, dance, play reading, chimes and chorus. The program should last no more than an hour, followed by refreshments. Please contact Pat Zwerling at 860-904-9474 if you plan to attend!

SAH MEMBER, RUTH MITMAN, SCHEDULED TO LECTURE AT SEABURY THIS MONTH!

On Thurs., May 18 at 3:00 p.m. in the Chapel, Ruth Mitman will host a presentation on *Why Can't I Remember Anything? A Discussion About Dementia*. Faulty memory happens to all of us. There is, however, a difference between not being able to find your keys and not knowing what your keys are for. Our focus will be:

- The definition and types of dementia.
- The symptoms and behaviors that might indicate the presence of dementia.
- Strategies that will enhance the level of communication with those suffering from dementia.
- Ways to build 'brain reserve' to help ward off this insidious disease.

On Thurs., May 25 at 1:00 p.m. will be the monthly *Conversations* discussion on *The Joys and Challenges of Aging*, also to take place in the Chapel. As we age, we hope that our lives will become easier. We anticipate that retirement will be a time when we can finally relax. In our time together, we will focus on both the joys and challenges of aging. We will celebrate our experiences, knowledge and resources as well as offer strategies and suggestions for living through the challenges that aging can bring.

WELCOME NEW MEMBERS!

NEXT MONTHLY MEETING

Fri., May 12, 2023 | 10:30 a.m. | Board Room

Nancy Upchurch
Roberta Kurlantzick
Roz Katz