During January, thanks to the design of our IT Team, all members will receive in the US mail an invitation and a form to return, specifying your choice of Seabury At Home emails and notices you wish to receive.

**Tier one**: all members will receive the monthly Newsletter and important messages from Seabury administration and Personal Health Coordinators.

**Tier two**: Optional  In addition to Tier one, members may choose to continue to receive notices of all campus activities, from art fairs to food trucks, from concerts to library events, etc.

With this change, the Council hopes to address a common complaint from members: “My inbox is flooded with mail and notices from Seabury every day, so now I just ignore them.”

Come the New Year, you will have a choice!

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**LET’S WELCOME MERRY BAJANA TO SEABURY AT HOME TEAM**

We are excited to announce and welcome Merry Bajana, MSW, LCSW to the Seabury At Home Personal Health Coordination team. Merry joined Seabury At Home on Wednesday, November 29 after a lengthy and successful tenure at St. Francis Hospital working as a Licensed Clinical Social Worker and overseeing a team of 21 social workers in several departments and specialties within the hospital system. Within the context of several face-to-face meetings with Merry as we discussed what the blended role of Director and Personal Health Coordinator would look like, we learned the depth and breadth of her experience and are very excited to have such valuable expertise joining our ranks. Merry will be central in leading the personal health coordination team, but will also be coordinating care for our membership, as needed. In addition, Merry will play an important role in communication and education between the program, administration and Seabury At home Member council.

We are planning a welcome reception in January for everyone to have a chance to meet with Merry in person and get better acquainted. More to come!
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>December 1</td>
<td>All Day Labyrinth Experience - CH 10:00 AM Encore Donations - EN 10:00 AM ALP Distance Swims-ZM &amp; HH 10:00 AM Roger Ni...</td>
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<tr>
<td>December 2</td>
<td>9:00 AM Hospital Committee - HH 10:00 AM Roger Ni...</td>
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<tr>
<td>December 3</td>
<td>0:00 AM Resident Workshop: OS 10:00 AM Chimes - HH 1:00 PM ALP Celiac Disease - HH 4:00 PM Drop-In Social - HH</td>
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<tr>
<td>December 4</td>
<td>9:00 AM Encore OPEN 10-3 - En 10:00 AM Movie Buffs - ZM 11:00 AM Ministry of Music - HH 12:00 PM Charity Concert - CH</td>
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<tr>
<td>December 5</td>
<td>3:00 PM Movie - HH 3:30 PM Drop-In Social - HH</td>
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<tr>
<td>December 6</td>
<td>2:00 PM Drop-In Social - HH</td>
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<tr>
<td>December 7</td>
<td>2:30 PM Movie - HH</td>
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<tr>
<td>December 8</td>
<td>9:00 AM Men's Mug - TR 10:30 AM Together to Music - CAS 10:30 AM ISO Meeting - HH</td>
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</tbody>
</table>

**Notes:**
- **CH:** Community Hall
- **CFS:** Center for Spirituality
- **CAS:** Community Activity Space
- **CFS:** Center for Spirituality
- **Atrium:** Atrium
- **Dance Studio:** Dance Studio
- **Game Room:** Game Room
- **Heritage Hall:** Heritage Hall
- **Main Dining Room:** Main Dining Room
- **Music Studio:** Music Studio
- **Top of the Stairs:** Top of the Stairs
- **Views Activity Room:** Views Activity Room
- **Views Living Room:** Views Living Room
A FUND SOLEY FOR SEABURY AT HOME MEMBERS

In the annual appeal letter from the Charitable Foundation, you may have noticed: Your assistance has made possible the Seabury At Home Members Association Fund to provide financial assistance to SAH members experiencing urgent, unanticipated needs…. To explain: a year ago, the Council established this fund, nicknamed the “Kemerer Fund” in honor of our first chair, Stan Kemerer. Its aim is to provide emergency financial assistance to SAH members or their dependents “experiencing urgent, unanticipated needs”, whether home, travel or health/medical related, e.g., a medical issue not covered in your Seabury contract. The Fund was seeded by 10K in donations from Council members; your donation may come at any time during the year or, as Carol and I just did, you may stipulate on any Foundation gift that ___% be directed to the Kemerer Fund. Join us!

UPDATE TO THE NEXT SAH CAREGIVERS’ COFFEE

“Are you devoting increasing amounts of energy and time assisting any loved one? If so, please join fellow Seabury At Home Members in discussing your caregiving experiences and focusing on self-care strategies on Tuesday, December 5th, 1:00 – 2:30 PM in Seabury’s Hearthside Parlor. To register and/or for questions, contact SAH Members and Co-hosts Ruth Mitman– mitmangroup@comcast.net or 860-306-5840 (cell); Debra Pasquale -dkpasquale@comcast.net or 860-305-8712 (cell); or Russ Tonkin – rtonks@aol.com or 860-463-0107 (cell).”

NEWS & NOTES FROM THE COUNCIL

Many of us came to Seabury and Seabury At home through the kind ministrations and expert persuasions of marketing counselor Marc Ziorlli who worked for Seabury for the last nine years. Marc played a key role in our staff, and his assistance and friendly demeanor were valued by residents, members, and colleagues alike. We wish him the best in all his future endeavors.

As always, comments, questions, or concerns to Council Chair: Baker Salsbury at: bakersal-mph99@comcast.net

NEXT MONTHLY MEETING

Fri., Jan 12, 2024 | 10:30 a.m. | Board Room

NEXT MEN’S BREAKFAST

JANUARY 4, 2024, PROGRAM PAUSED FOR DECEMBER

WWW.SEABURYLIFE.ORG | WWW.SEABURYATHOME.ORG