



200 SEABURY DRIVE
BLOOMFIELD, CT 06002
860-286-0243

IMPORTANT NUMBERS

CHRISTINE T. DUPONT
VP OF MARKETING &
COMMUNICATIONS
860-243-6081

KIRSTEN BENSON
DIR. OF FITNESS
860-243-4025

CINDY HARRIGAN
PHC
860-243-4030

TIFFANY FRASER
PHC
860-243-4021

JEANNE HUGHES
PHC
203-538-7721

SAH MONTHLY

WWW.SEABURLIFE.ORG

DECEMBER 2023

CHANGE IN EMAILS!

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!

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>9:30 AM ALP Hydroponic Gardening-ZM 1:30 PM Seabury Resident Opera Club- CH 3:00 PM Storytellers- ZM 4:00 PM Drop-In Social- HP</p>	<p>9:00 AM Men's Mug- TR 9:45 AM Gift Wrapping- TOS 10:30 AM Together to Music- CAS 10:30 AM ISOD Meeting- HH</p>
<p>2:00 PM Holy Eucharist- CH 3:00 PM Movie-An American in Paris- HH 4:00 PM Labyrinth Experience- CH</p>	<p>All Day- Labyrinth Experience- CH 10:00 AM Rashmi Sale-HH 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS</p>	<p>All Day-5pm Labyrinth Experience- CH 9:00 AM Encore Donations - EN 10:00 AM ALP Distance Swims-ZM & HH 10:00 AM Roger Niland Drawing Class-CAS 1:00 PM Encore Committee- BR 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Art Gallery Opening-TOS 6:00 PM Coin Club- CAS 7:00 PM Holiday Sing A Long- TR</p>	<p>9:00 AM Hospitality Committee- HH 10:00 AM Roger Niland Painting Class-CAS 11:00 AM Christian Worship- VAR 11:30 AM Gospel of Luke- CFS 1:30 PM Alicia Carmona-Levy Watercolor Class-CAS 3:30 PM FG Book Club-HH 7:15 PM Movie- Rustin- HH</p>	<p>10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes (Gold Group)- HH 2:00 PM Chimes (Blue Group)- HH 3:15 PM Prayer Shawl Ministry-VLR 4:00 PM Hannukah- TOS 5:30 PM Seabury Board Party- CH</p>	<p>10:30 AM SAHEC Monthly Mtng -BR 11:00 AM Shabbat Service-CH 2:00 PM ALP Celiac Disease- HH 2:00 PM Poets & Writers-ZM 4:00 PM Hannukah- TOS 4:00 PM Drop-In Social- HP</p>	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 4:00 PM Hannukah- TOS</p>
<p>2:00 PM Holy Eucharist- CH 3:00 PM Movie-Rustin- HH 4:00 PM Hannukah- TOS 7:00 PM Blue Christmas Service- CH</p>	<p>10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 2:00 PM Chorus- CH 3:00 PM Mahjong in GR Lvl 5 3:00 PM Finance & Budget- BR 3:30 PM Bridge- CAS 4:00 PM Hannukah- TOS</p>	<p>9:00 AM Encore Donations - EN 9:30 AM Health Services Mtng-ZM 10:00 AM ALP Houdini- ZM 10:00 AM Roger Niland Drawing Class-CAS 11:00 AM Trails Committee- BR 1:00 PM Coin Club- BR 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Threshold Choir Rehearsal-CH 4:00 PM Hannukah- TOS</p>	<p>10:00 AM Roger Niland Painting Class-CAS 10:30 AM Movie Buffs- ZM 11:00 AM Sankta Lucia Celebration- CH 11:30 AM Gospel of Luke- CFS 1:00 PM Residents Council- CH 1:30 PM Alicia Carmona-Levy Watercolor Class-CAS 3:30 PM Low Vision Support- HH 4:00 PM Hannukah- TOS 7:15 PM Movie- NYAD- HH</p>	<p>10:00 AM Encore OPEN 10-3 - En 10:00 AM Resident Workshop: OS 1:00 PM Holiday Concert Rehearsal- CH 1:00 PM Cribbage- 5th Flr GR 4:00 PM Hannukah- TOS 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>2:30 PM Diabetes Group-MR 2:30 PM Seabury Resident Opera Club- HH 4:00 PM Drop-In Social- HP 4:00 PM Hannukah- TOS 7:15 PM Holiday Concert - CH</p>	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS</p>
<p>2:00 PM Holy Eucharist- CH 3:00 PM Movie-NYAD- HH</p>	<p>10:00 AM Dining Committee- ZM 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS</p>	<p>9:00 AM Encore Donations - EN 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Art Group-CAS 7:00 PM Carol Sing A Long- CH 7:15 PM Foreign Film Movie Night - HH</p>	<p>11:30 AM Gospel of Luke- CFS 12:00 PM SAH Luncheon -MDR 7:00 PM St Lucia-Atrium 7:15 PM Movie- Love Actually - HH</p>	<p>10:00 AM Resident Workshop: OS 10:30 AM Seabury Christmas Service- CH 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes (Gold Group)- HH 2:00 PM Chimes (Blue Group)- HH 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>2:00 PM French Conversation- HP 2:30 PM Seabury Resident Opera Club- CH 4:00 PM Drop-In Social- HP</p>	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 7:15 PM Christmas Reading from Wind in the Willows- Atrium</p>
<p>2:00 PM Holy Eucharist- CH</p>		<p>9:00 AM Encore Donations - EN 10:30 AM Christmas Service at the Waterman 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS</p>	<p>10:30 AM Community Forum-CH 11:00 AM Caregiver's Support Group- HP 11:30 AM Gospel of Luke- CFS 7:15 PM Movie- The Big Sick- HH</p>	<p>10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes (Gold Group)- HH 2:00 PM Chimes (Blue Group)- HH 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Ministry-VLR</p>	<p>2:30 PM Seabury Resident Opera Club- CH 4:00 PM Drop-In Social- HP</p>	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS</p>
<p>2:00 PM Holy Eucharist- CH 1:30 PM Movie-The Big Sick- HH 7:15 PM New Years Eve Concert!- CH</p>			<p>BR- Board Room CAS- Community Activity Space CFS- Center for Spirituality DS- Dance Studio GR- Game Room HH- Heritage Hall</p>	<p>HP- Hearthside Parlor MDR- Main Dining Room MS- Music Studio TOS- Top of the Stairs VAR- Views Activity Room VLR- Views Living Room</p>		

SAH MONTHLY

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 Zirolli 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 Salisbury 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.SEABURLIFE.ORG | WWW.SEABURYATHOME.ORG