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SAH MONTHLY

WWW.SEABURLIFE.ORG

JANUARY 2024

NEW YEARS RESOLUTIONS FOR SEABURY AT HOME MEMBERS



Consider these easy and quick actions to enhance your Seabury At Home (SAH) Membership experience for a happy and healthy 2024:

- *Share your Seabury Personal Health Coordinator's (PHC) name and contact information with your Health Care Advocate and consider inviting your Health Care Advocate to your next annual PHC home visit. Planning and building this relationship will best assist you, should any contract related home care services be needed and will be invaluable in an emergency situation.*
- *Advise your PHC if you're: traveling away from your primary residence for an extended period; planning elective surgery; or are working with your primary care provider regarding significant or new health changes. A brief email with this information will facilitate your PHC's ability to better support any evolving needs.*
- *Contact any member of Seabury Marketing if you'd like to discuss the wait list program for the independent community of the Seabury campus, or have questions related to downsizing or a future relocation to Seabury.*
- *Contact a Member of the SAH Members' Council to learn more about SAH Membership activities and programs.*
- *Review your SAH contract to remind yourself of the many benefits of your SAH Membership.*

IL Calendar							January 2024
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		1 9:00 AM Encore Donations - EN 1:00 PM Encore Committee - BR 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- CAS	2 9:00 AM Hospitality Committee- HH 10:30 AM Community Forum-CH 11:00 AM Christian Worship- VAR 11:30 AM Gospel of Luke- CFS 3:30 PM FG Book Club-HH 7:15 PM Movie- Before Sunrise - HH	3 8:30 AM Men's Breakfast- MDR 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 1:00 PM Cribbage- 5th Flr GR 3:15 PM Prayer Shawl Ministry- VLR	4 11:00 AM Plastics Collection - CAS 2:30 PM Seabury Resident Opera Club- CH 3:00 PM Storytellers- ZM 4:00 PM Drop-In Social- HP	5 9:00 AM Men’s Mug- TR 10:30 AM Together to Music- CAS	
7 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Before Sunrise -HH	8 10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 3:00 PM Mahjong in GR Lvl 5 3:00 PM Finance & Budget- BR 3:30 PM Bridge- CAS 7:00 PM Sing A Long-TOS	9 9:00 AM Encore Donations - EN 9:30 AM Health Services Meeting-ZM 1:30 PM Enact. Owens – CH 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 Rehearsal-CH	10 10:30 AM Residents Council- CH 11:00 AM Holy Eucharist-VAS 11:30 AM Gospel of Luke- CFS 3:30 PM Low Vision Support- HH - 7:15 PM Movie- East of Eden-HH	11 10:00 AM Encore OPEN 10-3 - En 10:00 AM Resident Workshop: OS 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 3:00 PM Performing Arts Cmte- CAS 3:15 PM Prayer Shawl Ministry- VLR 7:15 PM Katie Lansdale Concert - CH	12 10:00 AM Martha Simpson Art Class- CAS 10:30 AM SAHEC Monthly Meeting -BR 11:00 AM Shabbat Service-CH 2:00 PM Poets & Writers-ZM 1:00 PM Seabury Resident Opera Club-HH 3:00 PM New Resident Welcome-CH 4:00 PM Drop-In Social- HP	13 9:00 AM Men’s Mug- TR 10:30 AM Together to Music- CAS 11:00 AM Buck Lawton Memorial-CH	
14 2:00 PM Holy Eucharist- CH 3:00 PM Movie-East of Eden- HH	15 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	16 9:00 AM Encore Donations - EN 10:00 AM Garden & Greenhouse- ZM 1:00 PM Roger Niland Acrylic Class- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Art Group-CAS 7:15 PM Foreign Film Movie Night - HH <i><u>Martin Luther King Day</u></i>	17 11:00 AM Christian Worship- VAR 11:30 AM Gospel of Luke- CFS 1:00 PM Sports & Games Cmte-GVR 1:00 PM Alicia Carmona Watercolor Class- CAS 3:30 PM Scholarship Committee- BR 7:15 PM Movie- Maestro- HH	18 10:00 AM Resident Workshop: OS 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 3:15 PM Prayer Shawl Ministry- VLR 7:15 PM New World Trio- CH	19 10:00 AM Martha Simpson Art Class- CAS 2:00 PM Surprise Celebration- MDR 4:00 PM Drop-In Social- HP	20 9:00 AM Men’s Mug- TR 10:30 AM Together to Music- CAS	
21 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Maestro-HH	22 1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS 7:00 PM Sing A Long-TOS	23 9:00 AM Encore Donations - EN 9:00 AM Buildings & Grounds- CH 1:00 PM Roger Niland Acrylic Class- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS	24 11:00 AM Holy Eucharist-VAS 11:30 AM Gospel of Luke- CFS 1:00 PM Alicia Carmona Watercolor Class- CAS 3:30 PM Better Hearing Group-HH 7:15 PM Movie- White Heat- HH	25 8:30 AM Women's Breakfast-MDR 10:00 AM Encore OPEN 10-3 - En 10:00 AM Resident Workshop: OS 1:00 PM Conversations- CH 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (Gold Group)- HH 2:00 PM Chimes Rehearsal (Blue Group)- HH 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Ministry- VLR	26 10:00 AM Flower and Decoration Cmte- CAS 1:30 PM ALP Michelangelo- CH 2:00 PM French Conversation - HP 2:30 PM Seabury Resident Opera Club- HH 4:00 PM Drop-In Social- HP 6:30 PM Student Recital Jennifer Brevik- CH	27 9:00 AM Men’s Mug- TR 10:30 AM Together to Music- CAS 11:00 AM Dick Watson Memorial-CH	
28 2:00 PM Holy Eucharist- CH 3:00 PM Movie-White Heat- HH	29 1:00 PM Open Studio- CAS 1:00 PM ALP CW-ZM 2:00 PM Chorus- MS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS	30 9:00 AM Encore Donations – EN 1:00 PM Roger Niland Acrylic Class- CAS 1:00 PM ALP The Lobbyist- HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS	31 11:00 AM Christian Worship- VAR 11:00 AM Caregiver's Support Group- HP 11:30 AM Gospel of Luke- CFS 1:00 PM Alicia Carmona Watercolor Class- CAS 7:15 PM Movie- Beginners- HH		BR- Board Room CAS- Community Activity Space CFS- Center for Spirituality DS- Dance Studio GR- Game Room HH- Heritage Hall	HP- Hearthside Parlor MDR- Main Dining Room MS- Music Studio TOS- Top of the Stairs VAR- Views Activity Room VLR- Views Living Room	

SAH MONTHLY

JANUARY MEMBER LUNCHEON

We are excited to see everyone again in the New Year on Wednesday, January 17. We will use this opportunity to meet the new Seabury At Home Director and Personal Health Coordinator, Merry Bajana. As a reminder, 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.

Luncheon Schedule:

- *Cocktail Starter - 11:30 AM in Hearthside Parlor*
- *Buffet Lunch in Main Dining Room beginning at 12:00 Noon, Fixed price of \$10 (assorted sandwiches (egg, tuna, chicken salad, turkey, vegetarian), green salad, pasta salad, chips, cookies and brownies. Coffee, tea, soft beverages.*
- *RSVP by Friday, January 12 to Betsy Halligan at elizabethhalligan@seaburylife.org or 860-243-6021*
- *Marketing team will be available to provide a tour before or after the luncheon, please make arrangements when you RSVP to the luncheon.*

UPDATE TO THE NEXT SAH CAREGIVERS' COFFEE

If you're devoting increasing amounts of energy and time assisting any loved one please join fellow Seabury At Home Members in discussing your caregiving experiences and focusing on self-care strategies on Tuesday, January 9th, 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

As always, comments, questions, or concerns to Council Chair: Baker Salisbury at: bakersal-mp99@comcast.net

NEXT MONTHLY MEETING

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

SAH IN MEMORIAM



Dr. Arthur Phinney (12/9/23)
Marnie Mueller (12/20/23)

MEN'S BREAKFAST

The next Men's Breakfast will be on Thursday, January 4. The speaker will be Seabury Resident, Borden Painter. He will present on playing football with Jim Brown. As always, the doors to the MDR will open at 8:30. Sign up in the book at CAS or E-mail Tom Gworek at gtgworek@gmail.com.