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# SAH MONTHLY

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## **A MESSAGE FROM MERRY BAJANA, DIRECTOR & PERSONAL HEALTH COORDINATOR FOR SEABURY AT HOME**

*I would like to introduce myself, Merry Bajana LCSW, Director of Personal Health Coordinators at Seabury At Home. I have had the opportunity to meet some of you at the Members' luncheon in January and the pleasure of being introduced to Members during recent annual visits to your homes.*

*I came to Seabury At Home from St. Francis Hospital, where I worked for over 19 years; I left the position as manager in the Case Management Department. I was responsible for overseeing the medical social workers at St Francis, both inpatient and outpatient services. During my 40 years of social work services, I've been fortunate to work in several positions as a case manager and social worker across many levels of care. My career path has also included experience with managed care and integrating payer and provider.*

*I am excited to begin my position as Director of Personal Health Coordinators, where I can draw on my experience of case management and care transition to benefit the Members of Seabury At Home. I am grateful to be a part of a seasoned and experienced Personal Health Coordinators team. I look forward to working alongside this professional group as care is delivered to Members. We will look through a lens of continuous improvement, ensure best practices are implemented and will be guided by the Pillars of Seabury. Essential to the position of Personal Health Coordinator are case management principles, assessment, planning, implementation, coordination, monitoring, and evaluation to improve outcomes, experience and value.*

*I am a strong proponent of preventive care, and consumer knowledge. The medical environment is not always an easy course to navigate, and the role of Personal Health Coordinator can add value to your experience. Partnering with a Personal Health Coordinator during an annual visit is an opportunity to review overall health, present needs and begin future planning of needs. Answering and asking questions is reciprocal in the relationship between Members and the Personal Health Coordinator. I am available to all Members of SAH and look forward to meeting you.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p></p>		<p></p>			<p>1 8:30 AM Men's Breakfast- MDR 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 12:00 PM Chaplain Ann Lunch 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (G)- HH 2:00 PM Chimes Rehearsal (B)- HH 2:00 PM BHM Kick Off!- CH 3:15 PM Prayer Shawl Mnstry- VLR</p>	<p>2 2:30 PM Opera Club- CH 3:00 PM Storytellers- ZM 4:00 PM Drop-In Social- HP</p>	<p>3 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 10:30 AM ISOD Meeting- HH</p>
<p>4 2:00 PM Holy Eucharist- CH 3:00 PM Movie- Beginners- HH </p>	<p>5 10:00 AM Andre Keitt BHM Storyteller- CH 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  Andre Keitt</p>	<p>6 9:00 AM Encore Donations- EN 11:00 AM Gospel of Luke- CFS 1:00 PM ALP- BioDiversity- CH 1:00 PM Roger Niland Class- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- CAS 7:15 PM Eclectica - CH </p>	<p>7 9:00 AM Hospitality Committee- HH 10:30 AM ALP- Movie Buffs- ZM 11:00 AM Holy Eucharist-VAS 1:00 PM Alicia Levy Class- CAS 3:30 PM FG Book Club-HH 7:15 PM Movie- Her Majesty, Mrs. Brown- CH </p>	<p>8 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 10:00 AM ALP- Civil War Monuments- ZM 12:00 PM Chaplain Ann Lunch- Bi 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (G)- HH 2:00 PM Chimes Rehearsal (B)- HH 2:00 PM Meet &amp; Greet-TR 3:00 PM Performing Arts Committee- CAS 3:15 PM Prayer Shawl Mnstry- VLR </p>	<p>9 11:00 AM Shabbat Service-CH 1:30 PM Bloomfield Public Schools Concert- CH 2:00 PM Poets &amp; Writers-ZM 2:00 PM Grand Tea Time- TR 2:30 PM Opera Club-HH 4:00 PM Drop-In Social- HP </p>	<p>10 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 1:00 PM Special Movie Showing- Oppenheimer- CH</p>	
<p>11 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Her Majesty, Mrs. Brown- HH </p>	<p>12 10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 2:00 PM Chorus- MS 3:00 PM Mahjong in GR Lvl 5 3:00 PM Finance &amp; Budget- BR 3:30 PM Bridge- CAS 7:00 PM Sing A Long-TOS </p>	<p>13 9:00 AM Encore Donations - EN 9:30 AM Health Services Mtg-ZM 11:00 AM Trails Committee- BR 11:00 AM Gospel of Luke- CFS 1:00 PM- Roger Niland Class- CAS 2:00 PM Mardi Gras Pop Up! - 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-CH</p>	<p>14 10:30 AM Residents Council- CH 1:00 PM Ash Wednesday- CH 1:00 PM Alicia Levy Class- CAS 2:00 PM Ping Pong Palooza- GR 3:30 PM Low Vision Support- HH 7:15 PM Movie- Silver Lining Playbook- CH </p>	<p>15 10:00 AM Resident Workshop: OS 10:00 AM ALP- Sculpture- ZM 12:00 PM Plastics Collection-CAS 12:00 PM Chaplain Ann Lunch-Bi 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (G)- HH 2:00 PM Chimes Rehearsal (B)- HH 3:15 PM Prayer Shawl Mnstry- VLR 4:00 PM Art Gallery Opening- BP 7:15 PM Ballet-CH </p>	<p>16 1:00 PM ALP- Geography for Travelers- HH 2:30 PM Diabetes Group-MR 2:30 PM Opera Club- CH 4:00 PM Drop-In Social- HP 5:00 PM Mixer Dinner- MDR </p>	<p>17 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 2:30 PM Seabury Authors Speak- CH</p>	
<p>18 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Silver Lining Playbook- HH </p>	<p>19 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>20 9:00 AM Encore Donations - EN 10:00 AM Garden &amp; Greenhouse-ZM 11:00 AM Black Professionals at Seabury Panel Discussion- CH 11:00 AM Gospel of Luke- CFS 1:00 PM ALP- BioDiversity- CH 1:00 PM- Roger Niland 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- HH</p>	<p>21 11:00 AM Holy Eucharist-VAS 1:00 PM Sports &amp; Games Cmte-GVR 1:00 PM Alicia Levy Class- CAS 2:00 PM Ping Pong Palooza- GR 3:30 PM Scholarship Committee- BR 7:15 PM Movie- Reversal of Fortune- CH </p>	<p>22 8:30 AM Women's Breakfast- MDR 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 12:00 PM Chaplain Ann Lunch - Bi 1:00 PM Conversations- Chapel 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (G)- HH 2:00 PM Chimes Rehearsal (B)- HH 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Mnstry- VLR 7:30 PM Choir Rehearsal Chapel -CH</p>	<p>23 10:00 AM Flower and Decoration Committee- CAS 1:00 PM ALP- Geography for Travelers- HH 2:00 PM French Conversation-HP 2:30 PM Opera Club- CH 4:00 PM Drop-In Social- HP</p>	<p>24 9:00 AM Men's Mug- TR - Te - So 10:30 AM Together to Music- CAS</p>	
<p>25 2:00 PM Holy Eucharist- CH 3:00 PM Movie-Reversal of Fortune- HH </p>	<p>26 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 </p>	<p>27 9:00 AM Encore Donations - EN 9:00 AM Buildings &amp; Grounds- HH 11:00 AM Gospel of Luke- CFS 11:15 AM Healthy Feet! - HH 1:00 PM ALP- BioDiversity- CH 1:00 PM- Roger Niland Class- CAS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS</p>	<p>28 11:00 AM Caregiver's Support- HP 11:00 AM Christian Worship- VAR 1:00 PM Alicia Levy Class- CAS 2:00 PM Community Forum-CH 2:00 PM Ping Pong Palooza- GR 7:15 PM Movie- The Visitor- CH </p>	<p>29 10:00 AM Resident Workshop: OS 10:00 AM ALP- Harriet Beecher-ZM 12:00 PM Chaplain Ann Lunch-Bi 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (G)-HH 2:00 PM Chimes Rehearsal (B)- HH 3:15 PM Prayer Shawl Mnstry-VLR 4:00 PM Monthly Resident Executive Team Social- TR 7:30 PM Choir Rehearsal- CH</p>	<p>Bi- Bistro 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 Stars VAR- Views Activity Room</p>	<p>VLR- Views Living Room</p>	

# SAH MONTHLY

## **SPECIAL NOTICE: CHANGE IN EMAILS COMING!!**

*In our last two Member Surveys, several people noted that they feel overwhelmed by the sheer number of messages sent daily by multiple Seabury departments, especially as these Members seldom participate in on-site programs and activities. Help is coming! Enclosed with your next monthly invoice will be a form for you to fill out and return, the purpose of which is to permit you to sharply curtail and prioritize these daily messages according to your needs and desires. Stay tuned!*

## **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, February 13, 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](mailto:mitmangroup@comcast.net) or 860-306-5840 (cell); Debra Pasquale - [dkpasquale@comcast.net](mailto:dkpasquale@comcast.net) or 860-305-8712 (cell); or Russ Tonkin - [rtonks@aol.com](mailto:rtonks@aol.com) or 860-463-0107 (cell).*

## **NEWS & NOTES FROM THE COUNCIL**

*At two previous Member Luncheons, individuals have asked, "Why can't Seabury staff or Personal Health Coordinators assist us with suggesting an electrician/roofer/plumber/landscaper (choose one) to assist us with staying in our home? Isn't that part of the At-Home premise"? Three years ago, to meet this need, we established the Services Directory on the SAH portal. The professionals listed here have been nominated by you, our Members, who have experienced expert, trusted services from these vendors over a period of time. Explore the Portal!*

*For comments, concerns or questions, please contact Council Vice Chair Ruth Mitman at [mitmangroup@comcast.net](mailto:mitmangroup@comcast.net)*

### **NEXT MONTHLY MEETING**

**Fri., March 8, 2024 | 10:30 a.m. | Board Room**

*While various SAH Member Association committees are continuing their work, there is no immediate action that needs to be taken by the Council at large.*

*Therefore, the February meeting scheduled for February 9 is cancelled. Our next meeting will be on March 8th.*

### **MEN'S BREAKFAST**

*The next Men's Breakfast will be held on Thursday, February the 1st. in the MDR. Doors will open at 8:30, talk about 9:00. Our speaker will be Paul Orth discussing "Court Cases of Interest". Sign up at CAS or with Tom Gworek at [gtgworek@gmail.com](mailto:gtgworek@gmail.com). Please sign up by afternoon, Tuesday the 31st.*