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SAH MONTHLY

WWW.SEABURLIFE.ORG

MARCH 2024

A MESSAGE FROM MERRY BAJANA, SAH TIERED COMMUNICATION PROJECT

How much information is too much?

A letter was sent out to Seabury At Home Members with the February monthly statements, giving them a way to identify the level of information they like to receive. Results from the 2023 Needs Assessment Survey and general comments made to SAH Council Members indicated that a study of the number of emails received would be helpful. Some Members are looking forward to streamlining communications and filtering out the information that is not pertinent to them or their membership preferences. With much thought and preparedness, the SAH Members' Association Council and Seabury staff have developed the concept of tiers to identify the level of communication that meets individuals' needs.

Tier One:



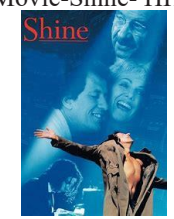
- All Members will receive the SAH monthly Newsletter and notices of high importance from the Seabury administration, including notices of the Annual Meeting, election of officers, statement of fee changes, and the like.*

Tier Two:

- Opt-In: Members who select Tier Two will continue to receive email notices of all programs and services available to Residents and Members alike, e.g., the library meeting, art fair, chapel concert, food truck, pickleball tournament, etc.*

Members who do not respond will default to accepting Tier Two. To date, 80 responses have been received indicating Members' level of preference for communication. If you haven't already, please send in your response by March 8, 2024.

We are targeting a launch on April 1, 2024. We will test and make adjustments as needed throughout the entire month of April.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1PM ALP- Geography- HH 2:30 PM Opera Club- CH 3:00 PM Storytellers- ZM 4:00 PM Drop-In Social- HP</p>	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music</p>
<p>2:00 PM Holy Eucharist- CH 3:00 PM Movie-The Visitor - HH</p> 	<p>10:30 AM Bloomfield Literacy Week Program-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</p> 	<p>9:00 AM Encore Donations - EN 10:00 AM ALP- The Shakers- HH 11:00 AM Gospel of Luke- CFS 1:00 PM Encore Committee- BR 1:00 PM Roger Nyland Paint- CAS 2PM Childrens Food Pantry Presentation- HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- CAS 7:15 PM Movie- Three Identical Strangers- CH</p>	<p>9:00 AM Hospitality Committee- HH 10:30 AM ALP- Movie Buffs- ZM 11:00 AM Holy Eucharist-VAS 1:00 PM ALP- Musicals- HH 1:00 PM Alicia Watercolor- CAS 2:00 PM Ping Pong Palooza- GR 3:30 PM FG Book Club-HH</p> 	<p>8:30 AM Men's Breakfast- MDR 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 11AM Bldg of the Steeple- CH 12:00 PM Chaplain Lunch Bistro - 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 7:15 PM Indian Dance- CH</p> 	<p>11:00 AM Shabbat Service-CH 1:00 PM ALP- Geography- HH 1:00 PM Opera Club- CH 3:00 PM Meet & Greet with Kenny Martinez- TR 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 3:00 PM Movie-Three Identical Strangers- HH</p> 	<p>10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 1PM ALP- Gardens of Ireland- CH 2:00 PM Chorus- MS 3:00 PM Mahjong in GR Lvl 5 3:00 PM Finance & Budget- BR 3:30 PM Bridge- CAS 3:30 PM Poets & Writers-ZM 7:00 PM Sing A Long-TR</p>	<p>9:00 AM Encore Donations - EN 9:30 AM Health Services Mtg-ZM 10:00 AM ALP- The Shakers- HH 11:00 AM Trails Committee- BR 11:00 AM Gospel of Luke- CFS 1:00 PM Roger Nyland Paint- CAS 2:00 PM Great Decisions- ZM 3:30 PM 10 Minute Plays- HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4PM Threshold Choir Rehearsal-CH 7:15 PM Armentano Band- CH</p>	<p>10:30 AM Residents Council- CH 11:00 AM Christian Worship- VAR 1:00 PM ALP- Musicals- HH 1:00 PM Alicia Watercolor- CAS 2:00 PM Ping Pong Palooza- GR 3:00 PM Pet Therapy-CH 3:30 PM Low Vision Support- HH 7:15 PM Movie- The Holdovers- CH</p> 	<p>10:00 AM Resident Workshop: OS 12:00 PM Chaplain Lunch Bistro - Bi 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal (G)- HH 2:00 PM Chimes Rehearsal (B)- HH 3:00 PM Performing Arts Cmte- CAS 3:15 PM Prayer Shawl Mnstry- VLR 7:15 PM Simsbury Light Opera-CH</p> 	<p>1:00 PM ALP- Geography- HH 1:00 PM Opera Club- CH 3:00 PM St Paddy's Pop Up!- TR 4:00 PM Drop-In Social- HP</p>	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 10:30 AM ISOD Meeting- HH 2:30 PM Seabury Authors-CH</p> 
<p>2:00 PM Holy Eucharist- CH 3:00 PM Movie-The Holdovers- HH</p> 	<p>10:00 AM Dining Committee- ZM 10AM ALP- Canterbury Tales- 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>9:00 AM Encore Donations - EN 10AM Garden & Greenhouse- ZM 10AM ALP-Anatomy of Case- HH 11:00 AM Gospel of Luke- CFS 1:00 PM Conversations- CH 1:00 PM Roger Nyland Paint - 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-CH</p>	<p>11:00 AM Holy Eucharist-VAS 1:00 PM Sports & Games Cmte- GVR 1:00 PM ALP- Musicals- HH 1:00 PM Alicia Watercolor- CAS 2:00 PM Ping Pong Palooza- GR 3:30 PM Scholarship Committee- BR 7:15 PM Movie- Shine- CH</p>	<p>8:30 AM Women's Breakfast- MDR 10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 12:00 PM Chaplain Lunch Bistro - Bi 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 4PM Resident/Exec Team Social- TR</p>	<p>10AM Flower and Decoration- CAS 10:00 AM ALP- Rise of Bread- HH 1:00 PM ALP- Geography- HH 2:00 PM French Conversation- HP 2:30 PM Opera Club- CH 4:00 PM Drop-In Social- HP 7:15 PM Saxophone Quartet- CH</p> 	<p>9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS</p>
<p>2:00 PM PALM SUNDAY- CH 3:00 PM Movie-Shine- HH</p> 	<p>10AM ALP-Canterbury Tales- HH 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>9:00 AM Encore Donations - EN 9:00 AM Buildings & Grounds- CH 11AM Tuesday of Holy Week- CH 1:00 PM Roger Nyland Paint- CAS 2:00 PM Great Decisions- ZM 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 7:15 PM Al Fenton Big Band-CH</p>	<p>10:00 AM ALP- Beaver Pond- CH 10:30 AM Community Forum-CH 11:00 AM Caregiver's Support- HP 11:00 AM Christian Worship- VAR 1:00 PM Alicia Watercolor- CAS 2:30 PM Weds of Holy Week - CH 3:30 PM Better Hearing Group- HH 7:15 PM Movie- Hidden Figures- CH</p>	<p>10:00 AM Resident Workshop: OS 11AM Maundy Thurs Worship - CH 11:00 AM ALP- Sailing Alone- HH 12:00 PM Chaplain Lunch Bistro - 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 7:15 PM HSO Jazz Quartet-CH</p>	<p>12:00 PM Good Friday Worship - CH 1:00 PM Good Friday Stations of the Cross -CH 2PM Good Friday Meditations- 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 EASTER SUNDAY- CH 3:00 PM Movie-Hidden Figures- HH</p>	<p>Bi- Bistro BR- Board Room CAS- Community Activity Space CFS- Center for Spirituality</p>	<p>DS- Dance Studio GR- Game Room HH- Heritage Hall HP- Hearthside Parlor</p>	<p>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

SAH MEMBER LUNCHEON

We are excited to see everyone again in the Spring on Wednesday, March 20. We will use this opportunity to review home-based care services within the SAH contracts and the differences between live-in care, home health aide or companion care. We will also discuss some scenarios on how these care components are determined, selected and activated, supervised, and ultimately terminated based on the length and complexity of the needs.

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, March 15 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.

MARCH 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, March 12, 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

The next SAH Member Council Monthly Meeting will be held on Friday, March 8 at 10:30 AM in the Board Room, and on Zoom. For comments, concerns or questions, please contact Council Vice Chair Ruth Mitman at mitmangroup@comcast.net

WOMEN'S BREAKFAST

The next Women's Breakfast will be held on Thursday, March 21 at 8:30 in the MDR. Our speaker will be Vanessa Dorantes, the State of Connecticut's first African American Department of Children and Family Services Commissioner where she oversaw the Department's 3,200 staff members. Sign up at CAS or with Jasmine Mills at jasminemills@seaburylife.org. Please sign up by afternoon, Tuesday the 19th.

WELCOME NEW SAH MEMBER
MIDGE TILNEY, FEBRUARY 2024

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, March 7 in the MDR. Doors will open at 8:30, talk about 9:00. Our speaker will be David Lund and his topic is: "Setting the Stage, Football and Beyond." Sign up at CAS or with Tom Gworek at gtgworek@gmail.com. Please sign up by afternoon, Tuesday the 5th.