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.
# IL Calendar March 2024

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2:00 PM Holy Eucharist</strong></td>
<td><strong>3:00 PM Movie-The Visitor</strong></td>
<td><strong>10:30 AM Bloomfield Literacy Week Program</strong></td>
<td><strong>10:00 AM Encore Donations</strong></td>
<td><strong>9:00 AM Hospitality Committee</strong></td>
<td><strong>3:00 AM Men's Breakfast</strong></td>
</tr>
<tr>
<td><strong>1:00 PM ALP-Gardens of Ireland</strong></td>
<td><strong>1:00 PM Open Studio</strong></td>
<td><strong>9:30 AM Health Services</strong></td>
<td><strong>10:00 AM ALP-The Shakers</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>2:00 PM Chorus</strong></td>
<td><strong>3:00 PM Mahjong in GR Lvl 5</strong></td>
<td><strong>1:00 AM Gospel of Luke</strong></td>
<td><strong>1:00 AM Choirs</strong></td>
<td><strong>10:00 AM Residents Council</strong></td>
<td><strong>3:00 AM Men's Breakfast</strong></td>
</tr>
<tr>
<td><strong>3:30 PM Bridge</strong></td>
<td><strong>7:30 PM Sing a Long-TR</strong></td>
<td><strong>1:00 AM ALP-Anatomy of Case</strong></td>
<td><strong>1:00 AM Conversations</strong></td>
<td><strong>10:00 AM Residents Council</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>7:30 PM Sing a Long-TR</strong></td>
<td><strong>7:30 PM Sing a Long-TR</strong></td>
<td><strong>1:00 AM ALP-Conversation</strong></td>
<td><strong>1:00 AM Chimes Rehearsal</strong></td>
<td><strong>10:00 AM Residents Council</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>2:00 PM PALM SUNDAY</strong></td>
<td><strong>3:00 PM Movie-Shine</strong></td>
<td><strong>9:00 AM Encore Donations</strong></td>
<td><strong>9:00 AM Men's Breakfast</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Rise of Bread</strong></td>
</tr>
<tr>
<td><strong>1:00 PM PALM Canterbury Tales</strong></td>
<td><strong>1:00 PM Open Studio</strong></td>
<td><strong>9:00 AM Buildings &amp; Grounds</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>2:00 PM Chorus</strong></td>
<td><strong>3:00 PM Mahjong in GR Lvl 5</strong></td>
<td><strong>1:00 AM Golf of Lake</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>3:30 PM Bridge</strong></td>
<td><strong>7:30 PM Sing a Long-TR</strong></td>
<td><strong>1:00 AM ALP-Enjoying the Art</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>7:30 PM Sing a Long-TR</strong></td>
<td><strong>7:30 PM Sing a Long-TR</strong></td>
<td><strong>1:00 AM ALP-Conversation</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
<td><strong>1:00 PM ALP-Geography</strong></td>
</tr>
<tr>
<td><strong>2:00 PM EASTER SUNDAY</strong></td>
<td><strong>3:00 PM Movie-Hidden Figures</strong></td>
<td><strong>9:00 AM Encore Donations</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>10:00 AM Men's Breakfast</strong></td>
<td><strong>1:00 PM ALP-Rise of Bread</strong></td>
</tr>
</tbody>
</table>

**Event Locations:**
- **ALP:** Alzheimers Literacy Program
- **CFS:** Center for Spirituality
- **CAS:** Community Activity Space
- **Hearing:** Heritage Hall
- **Bi:** Bistro
- **BR:** Board Room
- **DS:** Dance Studio
- **HH:** Heritage Hall
- **MDR:** Main Dining Room
- **MS:** Music Studio
- **PH:** Hearthsicde Parlor
- **VAR:** Views Activity Room
- **VLR:** Views Living Room
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 - dpasquale@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 Vannessa 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.

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.

WELCOME NEW SAH MEMBER
MIDGE TILNEY, FEBRUARY 2024