



SAH MONTHLY

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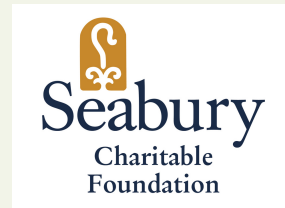
APRIL 2024

A MESSAGE FROM HEATHER CAHILL, EXECUTIVE DIRECTOR OF SEABURY CHARITABLE FOUNDATION

In 2004, the Seabury Charitable Foundation hosted their first golf tournament to raise funds for those in need of benevolent support. Golf With Purpose is Seabury's only fundraising event and is a favorite with both Seabury Residents and At Home Members. This year's Golf With Purpose tournament is on Tuesday, June 11 at the Golf Club of Avon. There are several ways to get involved whether you wish to play, sponsor a tee sign, or come for dinner and the auction. All proceeds benefit the Seabury Charitable Foundation and provide financial assistance and special care items for those in need as well as programs and events for our entire Seabury community.

Each year, the number of Seabury At Home Members in attendance increases. To celebrate the 20th Anniversary, there will be a number of special contests and prizes. For more information visit www.seaburlife.org/golf/ or contact Heather Cahill at 959.255.6461 or heathercahill@seaburlife.org.

We hope to see you there!!



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BLOOMFIELD, CT 06002
860-286-0243

IMPORTANT NUMBERS

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VP OF MARKETING &
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860-243-6081

KIRSTEN BENSON
DIR. OF FITNESS
860-243-4025

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DIRECTOR/PHC
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860-243-4030

TIFFANY FRASER
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JEANNE HUGHES
PHC
203-538-7721

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SAH MEMBERS' COUNCIL

Looking for an opportunity to become more acquainted with fellow Seabury At Home (SAH) Members? The SAH Members' Council is seeking two SAH Members to join the SAH Members' Association Nominating Committee. The Nominating Committee is charged with recruiting and preparing a Council slate for each Annual Meeting. The term of service is two years and Nominating Committee Members are ineligible for election to the Council during their term of service on the Nominating Committee. Please contact Ruth Mitman (RSVP April 10) for inquiries or your willingness to join the Nominating Committee. 860-306-5840 (cell) mitmangroup@comcast.net

APRIL 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, April 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

The next SAH Member Council Monthly Meeting will be held on Friday, April 12 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, April 19 at 8:30 in the MDR. Our speaker will be Chef Ani Robaina. She was classically trained at the famed French Culinary Institute and has cooked with some of the culinary world's most respected chefs, including Chef Douglas Rodriguez, Chef David Bouley, and Chef Monique Barbeau at the James Beard Award-Winning Fuller's Restaurant at the Seattle Sheraton. Ani's culinary journey led her to become the Executive Chef at the prestigious Pond House Café in West Hartford, CT. Chef Ani just recently opened 'Ani's Table & Marketplace' in Rocky Hill. During the Women's Breakfast, Chef Ani will be talking about her upbringing, career, and how her journey led her to opening her own business. Sign up at CAS or with Jasmine Mills at jasminemills@seaburylife.org. Please sign up by afternoon, Tuesday the 17th.

MEN'S BREAKFAST

The next Men's Breakfast will be held on Thursday, April 4 in the MDR. Doors will open at 8:30, talk about 9:00. Our speaker will be Wes Boyd and his topic is: "45 Minutes that Made all the Difference" Sign up at CAS or with Tom Gworek at gtgworek@gmail.com. Please sign up by afternoon, Tuesday the 2nd.

WELCOME NEW SAH MEMBER

RON CLARKE, MARCH 2024