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IMPORTANT NUMBERS

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COMMUNICATIONS
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KIRSTEN BENSON
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SAH MONTHLY

WWW.SEABURLIFE.ORG

MAY 2024

SAH MEMBER LUNCHEON AND FACILITY-BASED HEALTH SERVICE PROGRAM ON MAY 15TH

As Seabury At Home (SAH) Members, we plan to successfully age in place. Yet we also realize that at some point facility-based care may be in our best interest. During the May 15th SAH luncheon, we'll welcome Jake Bompastore, Seabury's VP of Health Services, for a discussion of facility-based services, the varying levels of care and the relationship to our SAH membership. Bring your questions!

Jake's presentation is in follow-up to the March SAH Member luncheon where our Personal Health Coordinators (PHC) reviewed the range of home-based services offered in 6 out of 8 SAH plans, including Platinum, Gold, Gold Plus, Silver, Sterling, and Copper. The link to this excellent presentation is <https://youtu.be/cTLI8zI4e-4>



Lunch Agenda:

11:30AM - Main Dining Room Reception

12:00 Noon - Main Dining Room Buffet (\$10pp, sandwiches & salads)





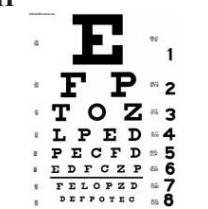










12:40 PM - Presentation with Jake Bompastore

RSVP by Friday, May 10 to Betsy Halligan 860-243-6021 or

Elizabethhalligan@seaburylife.org

PERSONAL HEALTH COORDINATOR, PRIMARY PROVIDER AND 911 - IMPORTANT YET DIFFERENT ROLES

The role of the PHC is to coordinate, monitor and evaluate home based services or help in a transition to short or long-term facility-based healthcare. The PHC is an important partner with you but does not take the place of your health care providers, offer medical or medication advice or serve as a 911 respondent for medical emergencies. Do contact the PHC for any questions about your SAH membership.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Bi- Bistro BR- Board Room CAS- Community Activity Space CH- Chapel CFS- Center for Spirituality DS- Dance Studio GR- Game Room HH- Heritage Hall HP- Hearthside Parlor	MDR- Main Dining Room MS- Music Studio OS- Open Studio TOS- Top of the Stars VAR- Views Activity Room VLR- Views Living Room ZM- Zoom	9:00 AM Hospitality Committee- HH 11:00 AM Christian Worship- VAR 11:15 AM REPLAY Conversations 1:00 PM ALP-Wallace Stevens-Off Campus 3:30 PM FG Book Club-HH 7:15 PM Movie- Glory- CH	8:30 AM Men's Breakfast- MDR 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 12:00 PM Chaplain Lunch Bistro - Bi 1:00 PM Cribbage- 5th Flr GR 1:00 PM Chimes Rehearsal(G)- HH 1:00 PM ALP- Opera Villains- CH 2:00 PM Chimes Rehearsal (B)- HH 3:15 PM Prayer Shawl Ministry-VLR	1:00 PM Opera Club- CH 3:00 PM Storytellers- ZM 3:00 PM Cinco De Mayo Celebration- TR 4:00 PM Drop-In Social- HP 	9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 
2:00 PM Holy Eucharist- CH 3:00 PM Movie-Glory- 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	9:00 AM Encore Donations - EN 10:00 AM ALP- Machiavelli- HH 11:00 AM Gospel of Luke- CFS 2:00 PM Chef Joe- CAS 2:30 PM ISOD - HH 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- CAS 7:15 PM Boyd Meets Girl- CH	10:30 AM Residents Council- CH 11:00 AM Holy Eucharist-VAS 3:30 PM Low Vision Support- HH 7:15 PM Movie- Shakespeare in Love- CH 	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 1:00 PM ALP Howard Sprout- CH 2:00 PM Chimes Rehearsal (B)- HH 3:00 PM Performing Arts Cmte- CAS 3:15 PM Prayer Shawl Ministry-VLR	9:30 AM ALP- Hike- Off Campus 11:00 AM Shabbat Service-CH 1:00 PM Opera Club- CH 4:00 PM Drop-In Social- HP 	9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 
2:00 PM Holy Eucharist- CH 3:00 PM Movie- Shakespeare in Love-HH 	10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 1:00 PM Xfinity Mobile Event- HH 1:00 PM ALP-Zora Hurston- 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 7:15 PM Sing A Long-TOS	9:00 AM Encore Donations - EN 9:30 AM Health Services Mtng-ZM 10:00 AM ALP- Machiavelli- HH 11:00 AM Trails Committee- BR 11:00 AM Gospel of Luke- CFS 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	11:00 AM Christian Worship- VAR 1:00 PM Sports & Games Cmte-GVR 3:30 PM Scholarship Committee- BR 7:15 PM Movie- Brooklyn- CH	8:30 AM Women's Breakfast-MDR 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 1:00 PM ALP Mark Twain Marginalia- ZM 2:00 PM Chimes Rehearsal (B)- HH 3:15 PM Prayer Shawl Ministry-VLR 4:00 PM Resident Executive Team Social- TR	3:30 PM Meet & Greet with Renee-TBD 4:00 PM Drop-In Social- HP 7:15 PM Spring Chorus & Chimes Concert-CH 	9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 2:30 PM Seabury Author's Speak-CH 
2:00 PM Holy Eucharist- CH 3:00 PM Movie-Brooklyn- HH 	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	9:00 AM Encore Donations 10:00 AM Garden & Greenhouse-ZM 10:00 AM ALP- Machiavelli- HH 11:00 AM Gospel of Luke- CFS 2:00 PM Great Decisions- ZM 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Art Group-CAS 7:15 PM Foreign Film Night-CH	10:30 AM Community Forum-CH 11:00 AM Caregiver's Support- HP 11:00 AM Holy Eucharist-VAS 1:00 PM ALP- Beaver Pond- CH 3:30 PM Better Hearing Group- HH 7:15 PM Movie- Origin- CH 	10:00 AM Encore OPEN 10-3 10:00 AM Resident Workshop: OS 12:00 PM Chaplain Lunch Bistro - Bi 1:00 PM Conversations- Chapel - CH 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 7:15 PM MassConnFusion - CH	10:00 AM Flower & Decoration Cmte- CAS 2:00 PM French Conversation- HP 4:00 PM Drop-In Social- HP	9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS
2:00 PM Holy Eucharist- CH 3:00 PM Movie-Origin- 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 - CA - So	9:00 AM Encore Donations - EN 9:00 AM Buildings & Grounds- HH 11:00 AM Gospel of Luke- CFS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 7:15 PM Andrew Finn Magill Concert- CH	11:00 AM Christian Worship- VAR 7:15 PM Movie- The Biggest Little Farm- CH 	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 1:00 PM ALP- Aspects of Legal Practice- ZM 2:00 PM Chimes Rehearsal (B)- HH 3:15 PM Prayer Shawl Mnstry- VLR	4:00 PM Drop-In Social- HP 7:15 PM The Seabury Players- CH 	

SAH MONTHLY

SAH CAREGIVER'S COFFEE IS NOW SELF-CARE FOR SAH CAREGIVERS

The Seabury At Home (SAH) "SAH Caregiver's Coffee" was launched last September. After seven (once a month) sessions, attended by nearly 20 Members, we're renaming this well-received initiative to better reflect Member input on our purpose and format. Join us on Tuesday, May 14th, 1:00 – 2:30 PM in Seabury's Hearthside Parlor for "Self-care for SAH Caregivers" to explore (and share) self-care strategies. 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).

SAH MEMBERS' COUNCIL - CALL FOR NOMINATIONS

Please help us identify candidates for the SAH Member Council's anticipated vacancies. The mission of the SAH Member Council is to forge a unique identity for the membership community, assess the needs and promote the interests and well-being of Members, foster communication and serve as liaison for the SAH Members' Association with the Seabury Staff, administration, and Seabury Residents' Association. You may nominate yourself or recommend a fellow Member. Elections will be held this fall. Terms of service are two years. The officer vacancies are Chair, Vice Chair and Recording Secretary:

- The Chair shall preside at all meetings, appoint all committees with the approval of the Council, and perform any other duties connected with the office.
 - The Vice-Chair shall assist the Chair, shall serve as Chair in the absence of the Chair and shall become Chair if that position becomes vacant.
 - The Recording Secretary shall record the proceedings of all the meetings of the Association and the Council and shall distribute these minutes at least one week prior to the upcoming meeting.
- Additionally, two At-Large Positions are available:

- The At-Large Member Liaison to the Seabury Charitable Foundation (SCF) Inc. is a three-year term of service. This position is a recommendation, and the appointment must be approved by the SCF Board.
 - The At-Large Member shall serve for a two-year term and perform duties as assigned by the Chair.
- We welcome confidential exploratory conversations, inquiries, or nominations by May 30.

Debra K. Pasquale

For the Nominating Committee, 860-305-8712 or dkpasquale@comcast.net.

SAH MEMBERS, NEW TO CAMPUS!

MEG LINES - MARCH, 2024

TED & ELLEN SEE - MARCH 2024

NEWS & NOTES FROM THE COUNCIL

The next SAH Member Council Monthly Meeting will be held on Friday, June 14 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