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# SAH MONTHLY

[WWW.SEABURLIFE.ORG](http://WWW.SEABURLIFE.ORG)

JUNE 2024

## **EXCITING NEWS UPDATE FROM SEABURY AT HOME**

*You may have noticed this communication and the June newsletter were sent using the Constant Contact e-marketing platform. This solution will address the problem we've been having which is uneven email service through our Resident and Member listserv. Using email for business communication is becoming increasingly unreliable, as the very necessary spam filters that exist to protect our data become smarter and effectively block communications from more and more platforms. We hope this initial test using Constant Contact will demonstrate to those of us using backend analytical tools that our message has been sent and opened by Members.*







*Seabury At Home is fortunate to report that a new hire has accepted the position of Personal Health Coordinator. The Seabury At Home program maintains 4 Personal Health Coordinator FTE's and this person replaces Tiffany Fraser. Karen Orzechowski, MSW, LCSW has accepted the position. Karen is a Licensed Clinical Social Worker with over 25 years of experience. Karen has spent most of her professional career as Director of Social Services in Skilled and Rehabilitative Care Facilities in Connecticut. Karen brings a solid foundation in care coordination and transition of care experience, along with her administrative and leadership experience. She will begin with us on July 10.*

*Cindy Harrigan will be shifting to a remote work status in June, while continuing to work as a full-time Personal Health Coordinator for the SAH team.*

*On the Seabury campus, we are happy to announce that a new full-time Director of Marketing has joined the Seabury team and began working on May 29. Christine Mola is an experienced professional with extensive background in senior living, hospitality, event design and management, media, and business ownership.*

# IL Calendar

# June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS
2 2:00 PM Holy Eucharist 3:00 PM Movie- <b>The Biggest Little Farm</b> - HH	3 10:00 AM ALP- Space Art ZM 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS 4:00 PM Art Gallery- BP 	4 9:00 AM Encore Donations - EN 11:00 AM Gospel of Luke- CFS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 6:00 PM Coin Club- CAS 7:15 PM <b>Seabury Chamber Players Performance</b> CH	5 9:00 AM Hospitality Committee- HH 11:00 AM Holy Eucharist-VAS 3:30 PM FG Book Club-HH 7:15 PM <b>Movie- The Painted Veil</b> - CH	6 8:30 AM Men's Breakfast- MDR 9:30 AM ALP Annual Meeting Chapel 10:00 AM Resident Workshop: OS 10:30 AM ComCom- ZM 12:00 PM Chaplain Lunch Bistro 1:00 PM Cribbage- 5th Flr GR 3:15 PM Prayer Shawl Ministry- VLR 5:30 Dinner with a Doc – CAS	7 1:00 PM Sports and Games Day-Hilltop 3:00 PM Storytellers- ZM 4:00 PM Drop-In Social- HP 	8 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS
9 2:00 PM Holy Eucharist- CH 3:00 PM <b>Movie-The Painted Veil</b> - HH 	10 10:00 AM Library Comm- CAS 1:00 PM Open Studio- CAS 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-TOS	11 9:00 AM Encore Donations - EN 9:30 AM Health Services Meeting-ZM 11:00 AM Trails Committee- BR 11:00 AM Gospel of Luke- CFS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 4:00 PM Threshold Choir Rehearsal- CH 7:15 PM <b>Janet Stodd Concert</b> - CH	12 10:30 AM <b>Residents Council</b> - CH 11:00 AM Christian Worship- VAR 3:30 PM Low Vision Support Group- HH 7:15 PM <b>Movie- The King's Speech</b> - CH	13 10:00 AM Resident Workshop: OS 10:00 AM Encore OPEN 10-3 11:00 AM <b>Self-Care and Zumba Party!</b> - CH 12:00 PM Chaplain Lunch Bistro 1:00 PM Cribbage- 5th Flr GR 3:00 PM Performing Arts Committee- CAS 3:15 PM Prayer Shawl Ministry- VLR 7:15 PM <b>BeS#arp</b> -CH	14 10:30 AM SAHEC Monthly Meeting -BR 11:00 AM Shabbat Program-CH 4:00 PM Drop-In Social- HP	15 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS 2:30 PM <b>Seabury Author's Speech</b> - CH 
16 2:00 PM Holy Eucharist- CH 3:00 PM <b>Movie-The King's Speech</b> - HH 	17 10:00 AM Dining Committee- ZM 12:00 PM Weight Winners- SW DS 1:00 PM Open Studio- CAS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS	18 9:00 AM Encore Donations - EN 10:00 AM Garden & Greenhouse- ZM 11:00 AM Gospel of Luke- CFS 4:00 PM Drop-In Social- HP 4:00 PM Processing Grief- CFS 7:15 PM <b>Foreign Film Movie Night</b> - CH	19 11:00 AM Holy Eucharist-AS 11:00 AM Caregiver's Support Group- HP 12:00 PM SAH Luncheon -- MDR 1:00 PM Sports & Games Committee-GVR 3:30 PM Scholarship Committee- BR 7:15 PM <b>Movie- Harriet</b> - CH	20 10:00 AM Resident Workshop: 12:00 PM Chaplain Lunch Bistro 1:00 PM Cribbage- 5th Flr GR 3:15 PM Prayer Shawl Ministry- VLR 	21 4:00 PM Drop-In Social- HP 	22 9:00 AM Men's Mug-TR 10:30 AM Together to Music- CAS 10:30 AM ISOD- HH
23 2:00 PM Holy Eucharist- CH 3:00 PM <b>Movie-Harriet</b> - HH 	24 1:00 PM Open Studio- CAS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge- CAS	25 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	26 10:30 AM Community Forum-CH 11:00 AM Christian Worship- VAR 7:15 PM <b>Movie- Walk the Line</b> - CH	27 10:00 AM Resident Workshop: OS 10:00 AM Encore OPEN 10-3 12:00 PM Chaplain Lunch Bistro 1:00 PM Cribbage- 5th Flr GR 2:30 PM Catholic Mass- CH 3:15 PM Prayer Shawl Ministry- VLR 7:15 PM <b>Opera Concert</b> - CH	28 2:00 PM French Conversation 4:00 PM Drop-In Social- HP 	29 9:00 AM Men's Mug- TR 10:30 AM Together to Music- CAS
30 2:00 PM Holy Eucharist- CH 3:00 PM <b>Movie-Walk the Line</b> -HH						

# SAH MONTHLY

## SHARE CRITICAL RESOURCES

*The two most recent SAH Member luncheon presentations offered comprehensive information about home and facility based long-term care. Don't wait! To further safeguard your future care needs we encourage you to share these outstanding resources with your family members, health care advocates, and power of attorney. Here are the two YouTube links:*

- <https://youtu.be/cTLI8zl4e-4>
- <https://youtu.be/TMvZY6EvCYg>

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

*Join us on Tuesday, June 11th, 1:00 – 2:30 PM in Seabury's Hearthside Parlor for "Self-care for SAH Caregivers" to explore and share self-care strategies. Our discussion includes emotional, environmental, mental, physical, recreational, spiritual and social principles and examples. 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).*

## WELCOME, NEW SAH MEMBERS!

*May was a busy month featuring the addition of five new Seabury At Home Members to the program, which brings our total up to 294 active Members currently and 498 Members since inception in 2008. We're on pace to add six more new Members in the month of June, with two closings already scheduled!*

Welcome:

*Ken Boyd   Robert & Gail Rosenberg  
Constance "Cecie" Clement   Barbara Ryan*

## 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](mailto:mitmangroup@comcast.net)*