



SEABURY AT HOME MONTHLY

WWW.SEABURLIFE.ORG

SEPTEMBER 2024

2024 NOMINATIONS FOR SEABURY AT HOME (SAH) MEMBERS' ASSOCIATION COUNCIL

In preparation for the October 23 annual meeting, we will hold an election for the SAH Members' Association Council this month. On September 9th, you will receive a set of full biographies on each candidate and a ballot to vote. Please cast your vote no later than September 20. Each Seabury At Home Member is entitled to and asked to complete a ballot.

2024 Nominations for SAH Members' Association Council Nominations for Open Positions Term of Office

Chair: Ruth Mitman 10/1/2024 to 9/30/2026

Vice Chair: Dougie Trumble 10/1/2024 to 9/30/2026

Recording Secretary: Jack Gregory 10/1/2024 to 9/30/2026

At-Large Director: Artie Fasciani 10/1/2024 to 9/30/2026

At-Large Director: Baker Salsbury 10/1/2024 to 9/30/2025

At-Large Liaison to SCFI: Dougla Pyrke 10/1/2024 to 9/30/2027

SEPTEMBER MEMBER LUNCHEON

Join us on September 18, 11:30 - 1:30, in Seabury's Main Dining Room for a buffet lunch and panel discussion with former SAH Members and now campus residents on the various aspects of relocation from home to independent living on the Seabury campus. This will be recorded and shared with the Membership.

Lunch Agenda:

- 11:30 AM - Main Dining Room Reception
- Noon - Main Dining Room Buffet (\$10pp, sandwiches, salads, dessert, coffee, tea)
- 12:45 PM - Moderated Discussion with Seabury Marketing Team and former Seabury At Home Members, now Seabury campus Residents
- RSVP by Monday, September 16, to Christine Mola at 860-243-4033 or ChristineMola@seaburylife.org

200 SEABURY DRIVE
BLOOMFIELD, CT 06002
860-286-0243

IMPORTANT NUMBERS

CHRISTINE T. DUPONT
VP OF MARKETING &
COMMUNICATIONS
860-243-6081








KIRSTEN BENSON
DIR. OF FITNESS
860-243-4025

MERRY BAJANA
DIRECTOR/PERSONAL
HEALTH
COORDINATOR
860-243-4038

CINDY HARRIGAN
PERSONAL HEALTH
COORDINATOR
860-243-4030

KAREN ORZECOWSKI
PERSONAL HEALTH
COORDINATOR
860-243-4021

JEANNE HUGHES
PERSONAL HEALTH
COORDINATOR
203-538-7721

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Norma Rae-HH	2 LABOR DAY—HUB CLOSED 1:00 PM Open Studio-CAS 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 	3 9:00 AM Encore Donations-EN 9:00 AM Bank Open 1:30 PM Encore Committee-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-Social-HP 6:00 PM Coin Club-CAS	4 9:00 AM Hospitality Comm-HH 3:30 PM FG Book Club-HH	5 8:30 AM Men's Breakfast-MDR 10:00 AM Encore OPEN 10-3 10:30 AM ComCom-ZM 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 3:00 PM Seabury Opera Club-CH 3:15 PM Prayer Shawl Min.-VLR	6 3:00 PM Storytellers 4:00 PM Drop-in Social-HP 	7 9:00 AM Men's Mug-TR
8 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Two Popes-HH 	9 11:00 AM Accessibility & Mobility-CAS 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsal-MR 3:00 PM Finance & Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:15 PM Poets and Writers-ZM 3:30 PM Bridge-CAS 7:00 PM Sing-Along-TOS	10 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services Mtg-ZM 11:00 AM Trails Comm-BR 2:00 PM Xfinity Mobile Trivia -HH 3:30 PM 10 Minute Plays-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-Social-HP	11 3:30 PM Low Vision Support-HH 	12 10:00 AM Resident Workshop-OS 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 3:00 PM Performing Arts Comm-CAS 3:15 PM Prayer Shawl Min.-VLR	13 10:30 AM SAHEC Monthly Mtg-BR 11:00 AM Shabbat Program-CH 2:00 PM Opera Club-HH 3:00 PM Intro for New Residents-CH 4:00 PM Drop-in Social-HP	14 9:00 AM Men's Mug-TR
15 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Music of Strangers-HH	16 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS	17 9:00 AM Encore Donations-EN 9:00 AM Bank Open 10:00 AM Gardens & Greenhouse-ZM 4:00 PM Visual Arts-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-Social-HP	18 11:00 AM Caregivers Support-HP 12:00 PM SAH Luncheon-MDR 1:00 PM Sports & Games Comm-GR 1:00 PM Conversations-CH 3:30 PM Scholarship Comm-BR	19 8:30 AM Women's Breakfast-MDR 10:00 AM Encore OPEN 10-3 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 3:15 PM Prayer Shawl Min.-VLR	20 10:00 AM-3:00 PM Adv. Botanical Printing Class-CAS 2:00 PM Opera Club-HH 2:00 PM Annual Memorial Srvc-CH 4:00 PM Drop-in Social-HP	21 9:00 AM Men's Mug-TR 3:00 PM Seabury Authors Club-CH
22 FIRST DAY OF FALL 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Fugitive-HH 	23 10:00 AM Library Committee-CAS 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:00 PM Residents Council-CH 3:30 PM Committee Fair-CH 3:30 PM Bridge-CAS 7:00 PM Sing-Along-TOS	24 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Buildings & Grounds-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-Social-HP	25 10:30 AM Community Forum-CH 1:00 PM ALP-Beaver Pond-CH 3:30 PM Better Hearing Group-HH	26 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 2:30 PM Catholic Mass-CH 3:15 PM Prayer Shawl Min.-VLR 7:15 PM Seabury's Got Talent-CH	27 10:15 AM Flower & Décor-CAS 11:00 ALP-Caravaggio-CH 2:00 PM French Conversation-HP 2:00 PM Opera Club-CH 4:00 PM Drop-in Social-HP	28 9:00 AM Men's Mug-TR 
29 2:00 PM Holy Eucharist-CH 3:00 PM Movie-A Room With A View-HH	30 ACTIVE AGING WEEK 11:00 AM Dr. Guha-"I AM" 1:00 PM ALP-Death/Destroyer-CH 1:00 PM Open Studio-CAS 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS			BP-Bistro Parlor BR-Board Rm CAS-Community Activity Space CFS-Center for Spirituality CH-Chapel EN-Encore GR-Game Room	GV-Garden View HH-Heritage Hall HP-Hearthside Parlor MDR-Main Dining Room MR-Music Room OS-Open Space TOS-Top of the Stairs	TR-Terrace Room VAR-Views Activity Room VLR-Views Living Room ZM-Zoom

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SEABURY RIGHTSIZING & REPLACEMENT PROJECT, 2025-2026

Thank you to everyone who attended the August Community Forum, in person or on Zoom. We've already heard considerable positive feedback regarding this project, plus some great questions and suggestions.

Please use the link below to view the recording for the August Community Forum featuring the Special Presentation of the Rightsizing & Replacement Project for 2025-2026. Seabury will add 24 homes to the South Wing independent living apartment building with underbuilding parking. Construction is set to begin in the Spring of 2025. <https://youtu.be/PD3IAS4X5vM>

As a reminder, please send all questions or comments to answers@seaburylife.org.

SAVE THE DATES

- In late October, Seabury will be partnering with Stop & Shop Pharmacy to hold clinics on campus for Flu and COVID vaccinations. More information will be provided regarding specific dates and times.
- The SAH Members' Association Annual meeting will be held on October 23, 5:00-7:00 PM, in Seabury's Bishops Chapel. Enjoy connecting with fellow SAH Members while sampling the culinary delights of Seabury's wonderful chefs.

SELF-CARE FOR SAH CAREGIVERS

Join us – NO reservation required – on Tuesday, September 10, 1-2:30 PM in Seabury's Hearthside Parlor for Self-care for Seabury At Home Caregivers. We aim to fortify and build our internal mechanisms via informal conversation including experiences, good humor, strategies and stories. For questions contact SAH Member and Co-host Russ Tonkin – rtonks@aol.com; 860-463-0107 (cell).

WELCOME, NEW SAH MEMBERS!

New Members to the Seabury At Home Membership in August include:
Kay Clarke
David Reik & Judith Lohman
Sara Knauft

SAH MEMBERS, ON THE MOVE!

In August, two Members moved to independent living on campus. Best wishes to Alan and Rosiland Spier, Welcome!

NEWS & NOTES FROM THE COUNCIL

The next SAH Member Council Monthly Meeting will be held on Friday, September 13 at 10:30 AM in the Board Room (no Zoom available). This meeting will be a retreat for the SAH Member Council to review and prioritize a project list for the next fiscal year. For comments, concerns or questions, please contact Council Vice Chair Ruth Mitman at mitmangroup@comcast.net