



SEABURY AT HOME MONTHLY

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WWW.SEABURLIFE.ORG

NOVEMBER 2024

NOVEMBER HAPPENINGS!

Seabury At Home 101 - Invite your family members or your designated healthcare representatives to join the Seabury At Home Marketing and Personal Health Coordination team on Tuesday, November 19, at 7:00 PM for an evening webinar. This team will provide information on a range of topics as it relates to your Life Care Agreement with Seabury At Home. This is an opportunity for your family and designated representatives to learn more about Seabury At Home and how to best support you in the future. Please share the following Zoom information with your family and designated representatives.

[https://us02web.zoom.us/j/83361203450?
pwd=ie6bMhKnu4cWaLjxnea1W6rJpd8ax6.1](https://us02web.zoom.us/j/83361203450?pwd=ie6bMhKnu4cWaLjxnea1W6rJpd8ax6.1)

Meeting ID: 833 6120 3450

Passcode: 887571

November 20th SAH Luncheon: Aging Well Together




While we can't completely control the aging process, we can greatly influence it through our lifestyle and our actions. Did you know that 70% of all illnesses and deaths are directly attributable to our behaviors?


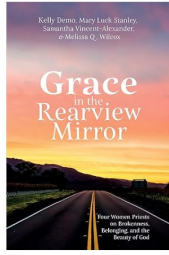


Join guest speaker Dr. Ruth Mitman to learn:

- How a positive attitude of aging can add years to your life.
- Actions we can take now to help ward off memory loss. It's not too late.
- Why socialization takes the number one spot on the list of successful aging tips.
- How aging stereotypes can negatively impact our physical and emotional health.

Ruth Mitman is a gerontologist with over 25 years of experience studying the mature market. A Ph.D. graduate in Gerontology, Transportation and Education from Michigan State University, Ruth has a diverse professional background in striving to improve the quality of life for the older population.

RSVP by November 15 to SeaburyAtHome@seaburylife.org. We will begin at 11:30 AM with a brief reception in the Dining Room, followed by a lunch buffet beginning at 12:00 (\$10pp, sandwiches, cold salads, dessert, coffee, etc.), and our guest presenter at approximately 12:40 PM.

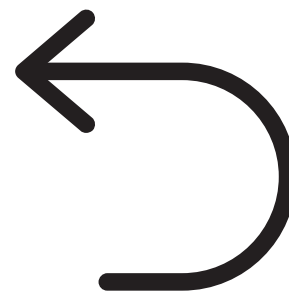
SUNDAY	MONDAY	TUESDAY	WEDNESDAY
BP-Bistro Parlor BR-Board Rm CAC-Cultural Arts Corridor CAS-Community Activity Space CFS-Center for Spirituality	CH-Chapel EN-Encore GR-Game Room GV-Garden View Room HH-Heritage Hall	HP-Hearthside Parlor MDR-Main Dining Room MR-Music Room RW-Resident Workshop SW DS-South Wing Dance Studio	TOS-Top of the Stairs TR-Terrace Room VAR-Views Activity Room VLR-Views Living Room ZM-Zoom
3 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Sound of Metal-HH 	4 10:00 AM New Resident Introduction-CH 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM ALP-Creative Writing-ZM 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 7:15 PM A History of Huskies Hoops-CH	5 9:00 AM Encore Donations-EN 9:00 AM Bank Open 10:00 AM Drawing Class-CAS 1:00 PM ALP-Fil Biographies-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-HP 6:00 PM Coin Club	6 9:00 AM Hospitality Co 10:00 AM Big Y Groce 10:00 AM Elder Scam 10:30 AM ALP-Movie E 1:00 PM ALP-New is C 1:00 PM Watercolor Cl 3:30 Book Club-HH 7:15 PM Movie-The Tv
10 2:00 PM Holy Eucharist-CH 3:00 PM Movie-The Two Popes-HH	11 9:00 AM Veterans Day Breakfast-MDR 10:00 AM Library Committee-CAS 1:00 PM Open Studio-CAS 1:00 PM ALP-Creative Writing-ZM 2:00 PM Chorus Rehearsal-MR 3:00 PM Finance & Budget-BR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 7:00 PM Sing-Along-TR	12 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services-HH 10:00 AM Drawing Class-CAS 11:00 AM Trails-BR 1:00 PM ALP-Fil Biographies-HH 1:00 PM Stompin' Boots-CAS 3:30 PM 10 Minute Plays-CAS 4:00 PM Threshold Choir-CH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-HP	13 10:00 AM Geissler's G 10:30 AM Residents C 1:00 PM ALP-New is C 1:00 PM Watercolor Cl 3:30 PM Low Vision S 7:15 PM Movie-Erin Br
17 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Erin Brockovich-HH 	18 10:00 AM Dining Services-CAS 10:00 AM Artificial Intelligence-CH 11:00 AM Resident Workshop-RW 11:15 AM Posture Presentation-HH 12:00 PM Weight Winners-SW DS 1:00 PM ALP-Creative Writing-ZM 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 3:30 PM Poets and Writers-GV 3:45 PM Advent & Carols Rehearsal-CH	19 9:00 AM Bank Open 10:00 AM Drawing Class-CAS 11:00 AM Gardens & Greenhouse-GV 1:00 PM ALP-Fil Biographies-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-HP 7:15 PM Foreign Film Series-CH	20 10:00 AM Stop & Shop 11:00 AM Caregivers S 1:00 PM Sports & Gam 1:00 PM ALP-Beaver F 1:00 PM Watercolor Cl 7:15 PM Movie-Stand 
24 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Stand By Me-HH	25 1:00 PM Wildlife on Wheels-CH 1:00 PM Open Studio-CAS 1:00 PM ALP-Creative Writing-ZM 2:00 PM Chorus Rehearsal-MR 2:30 PM Catholic Mass 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 3:45 PM Advent & Carols Rehearsal-CH	26 9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Buildings & Grounds-HH 10:00 AM ALP-Amazing Women-ZM 10:00 AM Drawing Class-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-Social-HP 4:00 PM Visual Arts-CAS	27 10:00 AM Big Y Groce 1:00 PM Watercolor Cl 3:30 PM Better Hearing 7:15 PM Movie-Avalon

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
om m		1 11:00 AM Stop & Shop Grocery Run 1:00 PM Opera Club-HH 3:30 PM Storytellers-ZM 4:00 PM Drop-in Social-HP 7:15 PM Hierax Saxophone Quartet-CH	2 9:00 AM Men's Mug-TR 9:30 AM Virtual Episcopal service-CH
ommittee-HH y Run Education-CH Buffs-ZM Old/Old is New-CH ass-CAS vo Popes-CH	7 8:30 AM Men's Breakfast-MDR 10:00 AM Resident Workshop-RW 10:00 AM ALP-Indian Rights-HH 10:30 AM Com.com-ZM 11:30 AM Sustainable Holiday Gifting-BP 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 1:00 PM Acrylic Painting-CAS 3:15 PM Prayer Shawl Min.-VLR 4:00 PM Resident/Exec Team Social-TR	8 9:30 AM ALP-Hikes-offsite 10:30 AM SAHEC Monthly Mtg-BR 11:00 AM Shabbat Program-CH 1:00 PM Opera Club-HH 4:00 PM Drop-in Social-HP	9 9:00 AM Men's Mug-TR 10:00 AM Alzheimer's Walk-Waterman 
rocery Run Council-CH Old/Old is New-CH ass-CAS upport-HH ockovich-CH	14 10:00 AM Resident Workshop-RW 10:00 AM ALP-Modern Art-HH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Conversations-CH 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 1:00 PM Acrylic Painting-CAS 3:00 PM Performing Arts Comm-BR 3:00 PM Early Days of ESPN-CH 3:15 PM Prayer Shawl Min.-VLR 7:15 PM Andrew Finn McGill concert-CH	15 10:00 AM Grace in the Rearview Mirror-CH 1:00 PM Opera Club-HH 4:00 PM Drop-in Social-HP 	16 9:00 AM Men's Mug-TR
o Grocery Run Support-HP nes Comm-GV Pond-HH ass-CAS By Me-HH	21 8:30 AM Women's Breakfast-MDR 10:00 AM Resident Workshop-RW 10:00 AM Encore Boutique-CH 10:00 AM ALP-Modern Art-HH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 1:00 PM Chimes-HH 1:00 PM Acrylic Painting-CAS 3:15 PM Prayer Shawl Min.-VLR	22 10:00 AM ALP-Buddhists-CH 10:15 AM Flower & Décor-CAS 1:00 PM Opera Club-CH 2:00 PM French Conversation-HP 4:00 PM Drop-in Social-HP	23 7:00 AM The Met. Opera-Bus Trip 9:00 AM Men's Mug-TR 
y Run ass-CAS g Group-HH -CH	28 THANKSGIVING 	29 1:00 PM Opera Club-CH 4:00 PM Drop-in Social-HP	30 9:00 AM Men's Mug-TR

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HEALTHY TIP OF THE MONTH!

Did You Know.....Left turns are one of the most dangerous driving maneuvers for older adults. It involves crossing traffic, which can be a complicated maneuver as it requires a quick assessment of the speed and distance of oncoming traffic. Sometimes, it is difficult to see approaching traffic as the view is blocked by other left-turning vehicles. Due to the busy driving environment, left turns require more mental effort than right turns. United Parcel Service (UPS) programs its trucks to avoid left turns. This is for both safety and economic reasons. Plan your trips in advance and, if possible, greatly reduce or eliminate dangerous left turns.



-Dr. Ruth Mitman, Gerontologist, Seabury At Home Member

SELF-CARE FOR SAH CAREGIVERS

Join us in Seabury's Hearthside Parlor for Self-Care for Seabury At Home Caregivers on Tuesday, November 12, 12:45-2:30. Spend a little time nourishing and supporting YOU. Join Fellow Seabury At Home (SAH) Members, each of us who provide some level of care for a loved one, with caring conversation and self-care ideas. For questions contact SAH Member and co-host Debra Pasquale - dkpasquale@comcast.net; 860-305-8712 (cell).



WELCOME, NEW SAH MEMBERS!

New Members to the Seabury At Home Membership in October include:
Glen & Joyce Breland

SAH MEMBERS, ON THE MOVE!

In October, four Members moved to independent living on campus. Best wishes to Noreen Channels, Donald Galbraith, Herold Steever, and Glen MacLeod!

NEWS & NOTES FROM THE COUNCIL

The next SAH Member Council Monthly Meeting will be held on Friday, November 8 at 10:30 AM in the Board Room. For comments, concerns or questions, please contact Council Chair Ruth Mitman at mitmangroup@comcast.net