



SEABURY AT HOME MONTHLY

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

WWW.SEABURLIFE.ORG

APRIL 2025

APRIL EVENT - SAVE THE DATE!

IMPORTANT NUMBERS

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With a more formal invitation to follow, Seabury At Home staff, in partnership with the Seabury At Home Members' Council will be holding a dynamic and informative program open to all Members and their family members and/or

designated healthcare representatives on Saturday, April 26! This is a great learning opportunity for everyone to understand the various ways the Seabury At Home program supports Members.



9:30 AM Coffee & Registration

10:00 AM Seabury At Home 101 Presentation

11:15 AM Moderated Member/Family panel with Q&A – Designated Member volunteers and the Personal Health Coordination Team will highlight a couple of service experiences in two distinct categories:

- Proactive Planning (e.g., Short-term home-based care following planned surgery)
- Reactive/Episodic Moments (e.g., Episodic home care, skilled care, hospital/urgent care navigation)

The presentation and panel will be followed by a lunch buffet in the Chapel and tours of the healthcare areas on campus. We will take reservations for this event to plan for food and staff resources, as well as parking management. Stay tuned!

SPRING, 2025 RESIDENT MEMBER ASSESSMENT SURVEY!

Bravo, Seabury At Home Members! The voting period for the 2025 Resident Member Assessment survey is now officially closed, and we are happy to announce that we received a total of 71 responses! A dedicated group of the Members' Council has begun analyzing the results and will share forward with the entire membership in coming months.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Best Wishes Easter</p> <p>May the gifts of Easter Cause you much delight.</p> <p>And the sun of Easter Make your pathway bright *r</p>		<p>1</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 6:00 PM Coin Club-HH</p>	<p>2</p> <p>9:00 AM Hospitality Committee-HH 9:00 AM Entangled & Ingested-CAS 11:00 AM Caregivers Support Grp-CFS 1:00 PM Stop & Shop/CVS-Grocery Run 3:30 PM Book Club-HH 4:00 PM New Artists Reception-Bistro Hall 7:15 PM Movie-Flow-CH</p>	<p>3</p> <p>8:30 AM Men's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM Com.com-ZM 11:00 AM Aging with Grace Workshop-CAS 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 3:15 PM Prayer Shawl Min.-VLR</p>	<p>4</p> <p>10:00 AM Ocean State Trip 3:00 PM Storytellers-HH 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS</p>	<p>5</p> <p>9:00 AM Men's Mug-TR</p>
<p>6 LIBRARY WEEK</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-Flow-HH</p>	<p>7</p> <p>10:30 AM Gift Shop by Door 24 Open 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS</p> 	<p>8</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:30 AM Health Services Comte-HH 11:00 AM Trails-BR 1:00 PM Stompin'Boots-CAS 1:00 PM AHCC-CFS 3:30 PM 10 Minute Plays-CAS 4:00 PM Threshold Choir-CH 4:00 PM Processing Grief-CFS</p>	<p>9</p> <p>10:30 AM Resident's Council-CH 1:00 PM Geisslers-Grocery Run 3:30 PM Low Vision Support-HH 7:15 PM Movie-Dangerous Liaisons-CH</p> 	<p>10</p> <p>10:00 AM Open Workshop-RW 11:00 AM Aging with Grace Workshop-CAS 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 2:00 PM French Conversation-CR 3:00 PM Performing Arts Comm-BR 3:15 PM Prayer Shawl Min.-VLR 7:15 PM New World Trio-CH</p>	<p>11 SURVEYS DUE</p> <p>10:30 AM SAHMC Monthly Meeting-BR 11:00 AM Shabbat Program-CH 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS</p>	<p>12</p> <p>9:00 AM Men's Mug-TR 2:00 PM Seabury Authors Speak-CH</p>
<p>13 PALM SUNDAY</p> <p>2:00 PM Palm Sunday Holy Eucharist-CH 3:00 PM Movie-Dangerous Liaisons-HH</p> 	<p>14</p> <p>10:00 AM Library Committee-CAS 10:30 AM Gift Shop by Door 24 Open 11:15 AM Get Down/Up Off Floor-SWDS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 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</p>	<p>15</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 11:00 AM Gardens & Greenhouse-BR 4:00 PM Passover Seder-CAS 4:00 PM Visual Arts-GS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 7:15 PM Foreign Film Series-CH</p>	<p>16</p> <p>9:30 AM New Britain Museum-offsite 9:30 AM Sports & Games-GV 11:00 AM Caregivers Support Grp-CFS 11:00 AM Holy Eucharist-CH 1:00 PM Stop & Shop/CVS-Grocery Run 3:00 PM Music for Reflection During Holy Week-CH 3:30 PM Scholarship-BR 7:15 PM Movie-Network-CH</p>	<p>17</p> <p>8:30 AM Women's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 11:00 AM Maundy Thurs Liturgy-CH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 3:15 PM Prayer Shawl Min.-VLR</p>	<p>18</p> <p>11:00 AM Good Friday Liturgy-CH 3:00 PM Tea in the Terrace Room 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS</p>	<p>19</p> <p>9:00 AM Men's Mug-TR</p> 
<p>20 EASTER</p> <p>2:00 PM Easter Holy Eucharist-CH 3:00 PM Movie-Network-HH</p> 	<p>21</p> <p>9:30 AM Dining Committee-CAS 10:30 AM Gift Shop by Door 24 Open 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 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</p>	<p>22</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 9:00 AM Building & Grounds-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS</p>	<p>23</p> <p>10:30 AM Community Forum-CH 1:00 PM Geisslers-Grocery Run 3:30 PM Better Hearing Group-HH 7:15 PM Movie-Thelma-CH</p>	<p>24</p> <p>10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-HH 1:00 PM Cribbage-5th Flr GR 2:00 PM French Conversation-CR 2:30 PM Catholic Mass-CH 3:15 PM Prayer Shawl Min.-VLR 7:15 PM Jolly Beggars-CH</p>	<p>25</p> <p>10:15 AM Flower & Decorating-CAS 3:00 PM Meet the Providers-CH 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-AR 7:00 PM Games-CAS</p> 	<p>26</p> <p>9:00 AM Men's Mug-TR 11:30 AM Wadsworth Atheneum Museum -offsite</p>
<p>27</p> <p>2:00 PM Holy Eucharist-CH 3:00 PM Movie-Thelma-HH 4:00 PM Labyrinth at Seabury-CH through Tuesday, 4/29 at 4:00 pm</p>	<p>28 Labyrinth-CH</p> <p>10:30 AM Gift Shop by Door 24 Open 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 2:00 PM Chorus Rehearsal-MR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 7:00 pm Sing-Along-TOS</p>	<p>29 Labyrinth-CH</p> <p>9:00 AM Encore Donations-EN 9:00 AM Bank Open 1:30 PM Fitness Interns Present-HH 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 4:00 PM Labyrinth at Seabury Ends</p>	<p>30</p> <p>1:00 PM Stop & Shop/CVS-Grocery Run 1:00 PM Jane Austen Reading Gp-GVR 7:15 PM Movie-The Producers-CH</p>	<p>AR-Aronson SW 4th Fl BP-Bistro Parlor BR-Board Rm CAC-Cultural Arts Corridor CAS-Community Activity Space CFS-Center for Spirituality CH-Chapel CR-Clock Room on 5th floor East Wing</p>	<p>EN-Encore GR-Game Room GS-Gift Shop at Door 24 GV-Garden View Room HH-Heritage Hall MDR-Main Dining Room MR-Music Room</p>	<p>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</p>

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Healthy Tip of the Month! Dr. Ruth Mitman, Seabury At Home Member



Our thoughts can change the structure and function of our brains. On average, those with a positive view of aging live 7 years longer than those with a negative view and they are less likely to develop dementia.

- When we have positive perceptions of aging, we are more likely to:
- Engage in healthy behaviors such as regular exercise, which can contribute to better physical health.
 - Reduce stress, anxiety, and depression, leading to better mental health.
 - Maintain increased cognitive function.
 - Increase longevity

Essentially, our mindset about aging can directly impact our health outcomes.

SELF-CARE FOR SAH CAREGIVERS

Tuesday, April 8, 1:00-2:30 PM

Self-care for Seabury At Home Caregivers

Consider spending time nourishing YOU with supportive conversation and sharing self-care ideas. Join Fellow Seabury At Home (SAH) Members, each of us who provides some level of care for a loved one, for the Caregivers' Coffee held in Seabury's Board Room on Level 4. For questions contact SAH Member and co-host Ruth Mitman - mitmangroup@comcast.net; 860-306-5840 (cell).



WELCOME, NEW SAH MEMBERS!

New Members to the Seabury At Home Membership in March include:
Stephen and Jean Perreault

IN MEMORIAM



DR. A. RICHARD ALBERTI

SAH MEMBERS ON THE MOVE!

Seabury At Home Members who moved to Independent Living in March include:
Geoff & Diane Mather

NEWS & NOTES FROM THE COUNCIL

The next SAH Member Council Monthly Meeting will be held on Friday, April 11 at 10:30 AM in the Board Room. For comments, concerns or questions, please contact Council Chair Ruth Mitman at mitmangroup@comcast.net