



SEABURY AT HOME MONTHLY

WWW.SEABURLIFE.ORG

MAY 2025

MAY SEABURY AT HOME LUNCHEON

The next Seabury At Home Luncheon is on Wednesday, May 21. This month's topic will be Aging Safely in Your Home. The featured speakers will be Bryan Collins, Certified Aging-in-Place Specialist (CAPS), and Bob Moore PT. Both individuals are from Collins Medical Equipment. The program will review the in-home evaluation which is offered to Seabury At Home Members by CAPS. There will be an overview of the assessment tool which is utilized during the home study. This tool contains standards which are set by the National Association of Home Builders. Information will also be provided on accessibility equipment for the home. We will also discuss the existence of the Service Directory on the Seabury at Home Member Portal. In the near future, this directory will be greatly populated with your input and will be regularly updated for quality control. We hope that you will join us for these important topics.



Please RSVP by May 16 to SeaburyAtHome@seaburylife.org or leave a message at 860-243-4033. We will begin at 11:30 AM with a brief cocktail reception in the Dining Room, followed by a lunch buffet at 12:00 (\$10pp, sandwiches, salads, dessert, coffee, etc.), and our presentation will begin at approximately 12:30-12:40 PM.

SPRING SEABURY AT HOME EDUCATIONAL LUNCHEON

Thank you to all Members, family, and friends who turned out for our in-person educational event featuring a presentation on how Seabury At Home works, a moderated panel discussion with four Member households, a delicious lunch, and helpful tours of our campus-based healthcare areas. It was an excellent opportunity for learning and building community. Please copy and paste the links below into your browser if you'd like to view videos from Saturday, April 26.

Part I - The SAH Overview Presentation

<https://youtu.be/CzAWt8z-jwM>

Part II - The SAH Panel

<https://youtu.be/JdM5Tgct3TM>

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IMPORTANT NUMBERS

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BP-Bistro Parlor BR-Board Rm CAC-Cultural Arts Corridor CAS-Community Activity Space CFS-Center for Spirituality CH-Chapel CR-Clock Room CS-Case Rm 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 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		1 Vaccine Clinic-CH 8:30 AM Men's Breakfast-Bob Perkins-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM Com.com-ZM 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	2 10:00 AM Trader's Joe Trip 3:00 PM Storytellers-HH 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-CR 7:00 PM Games-CAS	3 9:00 AM Men's Mug-TR
4 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Dial M for Murder-HH	5 10:30 AM Gift Shop by Door 24 Open 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-"Summertime"-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	6 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 7:15 PM HSO Mosaic Trio-CH	7 9:00 AM Hospitality Committee-HH 11:00 AM Caregivers Support Grp-CFS 1:00 PM Geisslers-Grocery Run 3:30 PM Book Club-HH 7:15 PM Movie-Florence Foster Jenkins-CH	8 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 3:00 PM Performing Arts Comm-BR 3:15 PM Prayer Shawl Min.-VLR 7:15 PM Hartt School-Bender Trombone &	9 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-CR 7:00 PM Games-CAS	10 9:00 AM Men's Mug-TR 
11 MOTHER'S DAY 11:00 AM-2:00 PM Buffet-MDR 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Florence Foster Jenkins-HH 	12 10:00 AM Iceland-Land of Fire & Ice-CH 10:00 AM Library Committee-CAS 10:30 AM Gift Shop by Door 24 Open 1:00 PM Open Studio-CAS 1:00 PM Opera Club-HH 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	13 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 AHCC-CFS 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-TOS	14 10:30 AM Resident's Council-CH 12:00-2:00 PM Hilltop Games/Opening 1:00 PM Stop & Shop/CVS-Grocery Run 1:30 PM SSAFE Presentation-HH 3:30 PM Low Vision Support-HH 7:15 PM Movie-Lost in Translation-CH	15 8:30 AM Women's Breakfast-MDR 10:00 AM Encore Open 10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 1:00 PM Chimes-CH 1:00 PM Cribbage-5th Flr GR 3:15 PM Prayer Shawl Min.-VLR	16 3:00 PM Tea in the Terrace Room 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-CR 7:00 PM Games-CAS 7:15 PM Spring Chorale Concert-CH 	17 9:00 AM Men's Mug-TR
18 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Lost in Translation-HH	19 9:30 AM Dining Committee-CAS 10:30 AM Gift Shop by Door 24 Open 11:00 AM Accessibility/Mobility-CAS 11:00 AM Workshop Committee-RW 12:00 PM Weight Winners-SW DS 1:00 PM Open Studio-CAS 1:00 PM Opera Club-CH 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 3:30 PM Poets and Writers-GV 7:00 pm Sing-Along-TOS	20 9:00 AM Encore Donations-EN 9:00 AM Bank Open 11:00 AM Gardens & Greenhouse-BR 3:00 PM Meet the Providers-CH 4:00 PM Visual Arts-CAS 4:00 PM Processing Grief-CFS 4:00 PM Drop-in Social-TOS 7:15 PM Art Film-CH	21 9:30 AM Sports & Games-GV 11:00 AM Caregivers Support Grp-CFS 11:30 AM SAHMC Lunch-MDR 1:00 PM Geisslers-Grocery Run 3:30 PM Scholarship-BR 7:15 PM Movie-Dead Poet's Society-CH	22 10:00 AM Open Workshop-RW 12:00 PM Chaplain Lunch-Bistro 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	23 10:15 AM Flower & Decorating-CAS 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-CR 7:00 PM Games-CAS	24 9:00 AM Men's Mug-TR
25 2:00 PM Holy Eucharist-CH 3:00 PM Movie-Dead Poet's Society-HH	26 MEMORIAL DAY 11:00 AM-1:30 PM Red, White & Blue BBQ Buffet-MDR 3:00 PM Mahjong in GR Lvl 5 3:30 PM Bridge-CAS 	27 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	28 10:30 AM Community Forum-CH 1:00 PM Stop & Shop/CVS-Grocery Run 3:30 PM Better Hearing Group-HH 7:15 PM Movie-The Ritchie Boys-CH	29 10:00 AM Encore Open 10:00 AM Open Workshop-RW 10:30 AM HIU Presentation-CH 12:00 PM Chaplain Lunch-Bistro 1:00 PM Cribbage-5th Flr GR 3:15 PM Prayer Shawl Min.-VLR	30 4:00 PM Drop-in Social-TOS 4:00 PM Remembrance Gathering-CR 7:00 PM Games-CAS	31 9:00 AM Men's Mug-TR

SEABURY AT HOME MONTHLY

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

As the population ages, more people are finding themselves in a caregiving role. About 1 in 3 adults in the United States is an informal or family caregiver. Caregiving is exceedingly difficult because it's emotionally, physically, and mentally demanding. Feelings of anger, frustration, exhaustion and depression are common. Caregiving can strain even the most resilient person.

Consider using these tips to help reduce caregiver stress:

- Ask for and accept help
- Get connected with caregiving resources in your area such as AARP, the Alzheimer's Association and the excellent online publication, The Caregiver Minute (caregiverminute@amindforallseasons.com)
- Don't neglect your own health
- Stay connected with friends and family
- Seek a support group or counselor



SELF-CARE FOR SAH CAREGIVERS

Tuesday, May 13, 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 April include:

Linda MacCougan

IN MEMORIAM



CLAIRE SMITH

NEWS & NOTES FROM THE COUNCIL

The next SAH Member Council Monthly Meeting will be held on Friday, June 13 at 10:30 AM in the Board Room. For comments, concerns or questions, please contact Council Chair Ruth Mitman at mitmangroup@comcast.net