



Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

December 2011

The Seabury Singers: A Holiday Tradition

Shortly after moving to Seabury in 2005, I was approached by Linda Kulick, who asked if I might consider directing a chorus here. She told me that there had been a list for several years of residents wanting to participate in a musical group, and she thought that I, as a retired music teacher, might be an appropriate person to get the project started. After meeting with those who had expressed interest to be sure our objectives were "in sync," I agreed to form the group, and asked Gerry Jones, another retired music teacher who had moved to Seabury a few months before we had, to be our accompanist—one of my best decisions!

The first chorus consisted of 15 members, all women, to which we later added four intrepid men, and gave our first concert in December. The Seabury residents supported us enthusiastically, and every seat was filled. Flushed with success, we decided to have another concert the following May. Thus, our tradition of Holiday and Spring concerts began, and we have continued it every year since, except in the springs when the staff/resident show was presented.

This year's Holiday Concert on December 17 will be our 10th program. Eight of our original members are still participating with us, and at each concert we have added

new faces as new residents move to Seabury. We have discovered talented instrumentalists in our midst, too.

Currently almost 50 residents are involved in our music activities. We also go a-caroling to the Meadows every year. Watch for posters to join us!

In June of 2009, I decided to see if there might be a few residents who would like to learn to play the hand chimes, which Seabury owned and which were being used by Linda with residents in the Views. To my surprise, 22 people responded, and while some, after trying it, decided it was not for them, we eventually arrived at 15 players—one for each of the diatonic chimes we

have. There are now 18 chimes, and we have added another octave of hand chimes, thanks to a generous gift from the Seabury Auxiliary.

All of the wonderful people who make up these two groups are dedicated, conscientious performers, who make every effort to attend every rehearsal, and notify me if they cannot. I could not ask for more. They are a constant joy to me and have made my Seabury experience a wonderfully fulfilling one.

Connie Dunham
Resident Contributor



Seabury Newcomers Tree Trimming

We invite all Independent Residents who have moved to Seabury in the past year or who have not had an opportunity to donate an ornament, to join us for a special tradition.

The *Newcomers Tree Trimming and Reception* will be held on Tuesday, December 13th at 3:30 p.m. in the Library. You are



welcome to donate an ornament to our tree. Please write your name on it, and it will be prominently displayed on the tree in the Library window overlooking the Main Dining Room.

Decorating this tree for the holiday is another way we have of welcoming you to our Seabury family.

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Hours:
Tuesday-Friday
8:30-3:00

Wellness Spotlight: Spiritual Dimension of Wellness

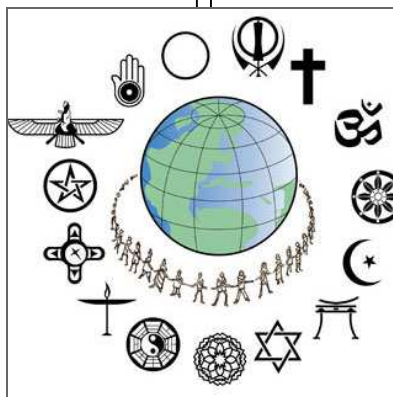
It's a Wonderful (Spiritual) Life

In the Month of December we highlight the spiritual dimension of wellness. With the Holidays and the Bishop's Service it is a natural fit.

This month we would also like to highlight the spiritual life committee by inviting you to attend a meeting and to be a part of shaping our community's spiritual health and growth.

The mission of the Spiritual Life Committee is to serve as a liaison between the residents and the administration in matters regarding

faith and spirituality, to assure respect for and recognition of our religious diversity, to encourage the presentation of ecumenical services and programs, to work with and be a support to our chaplain and to assure the availability of the ministry of the chaplaincy to the entire community.



If this seems like something you may be interested in, please join us on January 5th, at 3 p.m. in the Hearthside Parlor. All are welcome.



"The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize that at the center of the universe dwells the Great Spirit, and that this center is really everywhere, it is within each of us."

~Black Elk

The Bishop's Christmas Service

Seabury's annual tradition continues this year with our bishop, The Right Reverend Dr. Ian Douglas, celebrating Christmas Mass on Tuesday, December 20, 2011 at 10:30 a.m. in Heritage Hall.

The Bishop's Christmas Service will include music from the Seabury Chorus. The service will be broadcast live on Channel 918. Residents from Independent Living, the Views, and the Health Center will be attending.

If you would like to volunteer to help escort a Health Center resident, please contact Molly Bouffard at 860 243-6041.





Beyond the Plate

I wanted to take a moment to officially thank the Culinary staff for all of their hard work and positive attitudes during the power outage. Kudos to Chef Remo, who was on duty that weekend, for organizing meals and motivating staff, and with the help of Nancy, Nicole and Antone started pulling everything together. All of the Culinary line staff stepped up to the plate to do their part.



When I came in on Monday, we had to continue with a game plan to utilize products we already had in-house to produce meals with the same level of quality & service as usual. We knew we would be fine for several days, but *nine!?! One of the many challenges was ordering the right amount of meat, fish, produce and staples to feed everyone, yet not have extra that would spoil.*

Here are some statistics: On a typical day, our kitchen produces 500-600 meals. During *The Outage*, we produced 800 to 1,000 meals daily. We were working under trying conditions: there was limited lighting in the kitchen, no dishwasher (eating on paper is fine, but cooking is another issue), a few of the ovens were down, and there was only one coffee maker, in the Views, to produce the bottomless pots of coffee that kept our community going! We managed to pull together while maintaining all proper food handling, cooking & serving safety precautions. Regular service in the Views and the Health Center continued uninterrupted. Thank you to everyone who helped in all departments to keep the residents safe and comfortable.

~Chef Ken

Great Decisions

Great Decisions is a longstanding, respected tradition at Seabury. For many years residents have led discussions that enlighten and challenge our thinking about United States' foreign policies and engagement in the world. To stimulate and guide our discussions, we use materials provided by the Foreign Policy Association.

On **Thursday, December 8, at 1:30 p.m. in Heritage Hall**, we will introduce **Great Decisions 2012**, announce its topics, and establish its procedures. At this meeting, you may sign up to participate in the program, and, if you want, volunteer to lead one of the eight sessions beginning in early February. Past participant or inquirer, you are encouraged to attend. Plan to do so. If you have any questions, by all means, bring them to the meeting!



Village Store Holiday Spectacular

Friday, December 2nd
Top of the Stairs
10 a.m. — 2 p.m.

Buy your
Holiday Gifts!
Free gift wrapping!
Refreshments!



*All proceeds of the
Village Store
help enrich the
lives of Seabury
residents.*



Energy Tip of the Month

Glad that "Magical" Power is Back?? We all are! Good time to remember that wasting resources costs the planet and your wallet! Let your clothes rack-dry instead of the dryer. Take half the trips but stay twice as long. Repair instead of re-buy. In summer, for each degree above 72 you set your airconditioner thermostat, you save 120 pounds of CO2 emissions per year. Wash clothes in cold water and cut your laundry energy use by up to 90%!! Every step toward living a conscious life of sustainability provides support to all who try to do the same. **WE** are now masters of our destinies! Awesome but true.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Committee Abbreviations: B & G: Buildings & Grounds E & E: Education & Entertainment F & B: Finance & Budget S & C: Suggestions & Concerns 2 G's: Garden & Greenhouse</p>	<p>Rooms ATR Atrium BR Billiards Rm BC Business Center CAS Creative Arts Studio CH Chapel CLD Clinic Desk CSA Center for Successful Aging GR Game Room GV Garden View</p>	<p>Rooms GR Game Room HH Heritage Hall HP Hearthside Parlor L Library MDR Main Dining Room MR Media Room NL North Lounge SL South Lounge TOS Top of Stairs TPB Time Piece Bistro</p>	<p>Sign Up in CAS for Event Indicated With STARS** ~~~~ Encore Receives Every Tuesday 10-12 ~~~~ Additional Chapel Offerings <u>Monday</u> 9 a.m. Prayer</p>	<p>1 9-4 Bank Open 10 Bible Study w/ Bloomfield Congregational Church CH MR 10:30 ALP PDR 11:45 French HH 1 ALP 3-5 Encore's Unique Boutique! 5 Birthday Fun MDR CAS 7 Poker 7:15 Classic Movie: The Birdcage CH918</p>	<p>2 10-2 Village Store Holiday Fair TOS 9:30 ALP MR 11 Dr. Coll "Fractures" HH 1 Shopping 1 Chime In! CAS No Tea 3 Poets & Writers HP 6:15 MasterWorks 7 Bridge CAS</p>	<p>3 4:45 Drop In Social HP 6:15 MasterWorks 7:15 Movie <i>Sarah's Key</i> HH Food Drive This Weekend</p>
<p>4 10:30 Communion CH 2:15 TRIP** S.O.N.E. Holiday Glee Concert 3 "Live" Program w/ Charter Oak Flutes HH 6 Saturday Movie <i>Sarah's Key</i> CH 918</p>	<p>5 10 Auxiliary Board Meeting SL 10 ALP HH 12:30 TRIP** West Farms Mall 1 ALP HH 1 Chorus CH 1 Weight Winners ATR 1:30 Finance & Budget GV 7 Dup. Bridge CAS 7 MahJongg GR</p>	<p>6 9-4 Bank Open 10 Shop Geissler's HH 10:45 ALP HH 1:30 ALP HH 3:30 Knit n' Stitch SL 4 Action Forum CAS 4:45 Drop In Social HP</p>	<p>7 9 Hospitality Cm. HP 10:30 Comm.& Healing Svc. CH 1 ALP HH 7 Cribbage CAS 7:15 Classic Movie: <i>Miss Pettigrew Lives for a Day</i> HH</p>	<p>8 9-4 Bank Open 10 ALP SL 11:45 Conversational French PDR 1 ALP MR 1:30 Great Decisions 2012 Preview HH 5:30 Board Holiday Party 7 Poker MDR CAS</p>	<p>9 9:15 Kindergarteners Visit CAS 9:30 ALP MR 1 Shopping 1 Chime In! CAS 7 Bridge CAS 7:15 Classic Movie <i>Miss Pettigrew Lives for a Day</i> CH 918</p>	<p>10 10 In Support of Democracy HH 4:45 Drop In Social HP 7:15 POPS 7:15 Movie: <i>Water for Elephants</i> HH</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 10:30 Communion CH 3 Video: <i>White Christmas</i> HH 6 Saturday Movie Movie <i>Water for Elephants</i> CH 918	12 10 Health Cm. HH 10 Auxiliary Board Meeting SL MR 1 ALP CH 1 Chorus CAS 2 Mending 2:30-3:30 Open House Welcome Reception for Darlene Johnson, APRN TOS 7 Dup. Bridge CAS 7 MahJongg GR	13 9-4 Bank Open 8 Residents' Brkfst TPB/MDR 10 Shopping 11 Trails Comm GV 3 Alzheimer's Support Group CSA 3:30 Knit 'n Stitch SL 3:30 Newcomer's Tree Trim L 4:45 Drop-In! HP 7 A Classic Christmas w/Paul Bisaccia on Piano HH	14 9 Res. Council HH 10:30 Communion & Healing Svc CH 10:30 TRIP** Mark Twain House 1 ALP HH 2 Communications Comm. BC 3 Accessibility Day at Encore! 7 Cribbage CAS 7:15 Classic Movie <i>New York, New York</i> HH	15 9-4 Bank Open 10 ALP SL 10:30 Catholic Communion CH w/Deacon Tim 11-2:30 Encore Open Today! 11:45 French PDR 1 ALP MR 3 Caregivers HP 7 Poker CAS 7:15 Classic Movie <i>New York, New York</i> CH 918	16 10 Judaic Service CH 1 Shopping 1 Concert Rehearsal HH 1:45 Tea TOS 7 Bridge CAS	17 9 Story Tellers MDR 2 <i>Super 8</i> MR 4:45 Drop In Social HP 7:30 Seabury Singers Holiday Concert HH
18 10:30 Communion CH 3 Video: <i>Celtic Thunder</i> <i>Christmas</i> HH 6 Saturday Movie <i>Super 8</i> CH 918	19 8 Men's Brkfst ** TPB/MDR 10:30 Library Comm L 11 Dining PDR 1 Wgt Winners ATR No Chorus 1:30 Shop Cm. MR 3 Mid East Grp MR 6:30 Trip** Holiday Light Fantasia 7 Dup. Bridge CAS 7 MahJongg GR	20 9-4 Bank Open No 2 G's 10:30 Bishop's Christmas Service HH No S & C 1 Shop Geissler's CAS 3 E & E 3:30 Knit 'n Stitch SL 4:45 Drop-In! HP 5:15 Hanukkah Celebration TOS	21 No Chapel Service 2:30 Conversations w/Margie & Gale HH 3:30 Movie Critics Circle MR 3:30 Futurists GV 5:15 Hanukkah CAS 7 Cribbage 7:15 Classic Movie: <i>A Perfect Day</i> HH	22 9-4 Bank Open 3:30 Health Center Tour CLD 5:15 Hanukkah TOS 7 Poker CAS 7 The Kleznotes Musical Performance HH	23 No Flower Com 1 Shopping No Chime In! 5:15 Hanukkah TOS 7 Bridge CAS 7:15 Classic Movie <i>A Perfect Day</i> CH 918	24 4:45 Drop In Social HP 5:15 Hanukkah TOS 7:15 Movie: <i>A Christmas Carol (animated)</i> HH
25 Merry Christmas! 10:30 Communion CH 3 Video: <i>It's a Wonderful Life</i> HH 5:15 Hanukkah 6 Saturday Movie <i>A Christmas Carol (animated)</i> CH918	26 No Chorus 2 Mending CAS 5:15 Hanukkah 7 Dup. Bridge CAS 7 MahJongg GR	27 9-4 Bank Open 9 B & G EWGV 10 Shopping 3:30 Knit n' SL 4:45 Drop-In! HP 5:15 Hanukkah	28 10:30 Communion & Healing Svc. CH 4 Bon Voyage TOS Reception for Linda 7 Cribbage CAS 7:15 Classic Movie: <i>Splendor in the Grass</i> HH	29 9-4 Bank Open 11-2:30 Encore Open Today! 7 Poker CAS 7:15 Classic Movie <i>Splendor in the Grass</i> CH 918	30 1 Shopping No Chime In 7 Bridge CAS	31 Happy New Year! 7:30 Hartt School Jazz Trio HH

Trips!



Sound Of New England presents **Holiday Glee Concert**

Come and hear Chris Healy, and special guests

Betsy Rich, Betsey Stevens,

Joan Sereda, and Joy Coughlin perform!

Sunday, December 4, 2011

Leave Seabury at 2:15 p.m.; Concert is from 3-4 p.m.

Transportation is \$7; Concert is free.

Please bring a non-perishable food item to donate.

Sign up in CAS by November 29th.



Boston MFA

Degas and the Nude

Thursday, January 19, 2012

Leave Seabury at 8 a.m., Return 5:30 p.m.

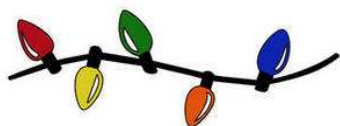
\$58 per person, includes:

Transportation,

Guided Tour of the Exhibit

Lunch is on your own at the Museum.

Sign up in CAS by December 12th!



Holiday Light Fantasia

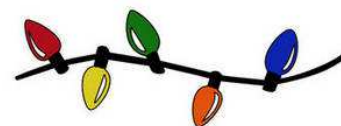
returns to Goodwin Park in Hartford!

Your friends in Resident Services

would like to treat you

to a ride through a twinkling wonderland.

Monday, December 19th; Leave Seabury 6:30 p.m., Return 7:30 p.m.; Sign up in CAS



Seabury Cinema

All movies are selected by residents in the *Critics Circle* group, which typically meets on the 3rd Wednesday of the month in the Media Room. The group does its best to find a balance between classic and modern, in order to make a variety of films available to residents. Everyone is welcome to attend, channel your "inner film critic," and help select movies for the following month. Full movie descriptions are available in CAS.

- 12/1** *The Birdcage*
@ 7:15 p.m., CH 918
- 12/3*** *Sarah's Key*
@ 7:15 p.m., HH
- 12/7** *Miss Pettigrew Lives for a Day*
@ 7:15 p.m., HH
- 12/9** *Miss Pettigrew Lives for a Day*
@ 7:15 p.m., Ch 918
- 12/10*** *Water for Elephants*
@ 7:15 p.m., HH
- 12/11** *White Christmas*
@ 3 p.m., HH
- 12/14** *New York, New York*
@ 7:15 p.m., HH
- 12/15** *New York, New York*
@ 7:15 p.m., CH 918
- 12/17*** *Super 8*
@ **2 p.m. Media Room**

- 12/18** *Celtic Thunder Christmas*
@ 3 p.m., HH
- 12/21** *A Perfect Day*
@ 7:15 p.m., HH
- 12/22** *A Perfect Day*
@ 7:15 p.m., CH 918
- 12/24*** *A Christmas Carol (animated)*
@ 7:15 p.m., HH
- 12/25** *It's a Wonderful Life*
@ 3 p.m., HH
- 12/28** *Splendor in the Grass*
@ 7:15 p.m., HH
- 12/29** *Splendor in the Grass*
@ 7:15 p.m., Ch 918

***Reminder: Saturday Movies are also shown at 6 p.m. on Sundays on Channel 918.**

December Program Highlights

Encore! Presents: Unique Boutique

Everyone's favorite shop for treasures is presenting a special opportunity for you to purchase those special gifts and holiday items you're looking for! Encore's hard work supports committees of the community with its earnings. Note different time...**Thursday, 12/1, 3-5 p.m., Encore! & Business Center**

Village Store Annual Holiday Spectacular

A great opportunity to buy gifts for your loved ones! Run by volunteers of the Auxiliary; the store provides innumerable gifts to the Seabury community. **Friday, 12/3, 10 a.m.—2 p.m., TOS**

Charter Oak Flutes This 8 member choir, playing piccolo, C-Flute, Alto and Bass Flutes have performed in a variety of venues, including Berkman Recital Hall at Hartt, and will be here to entertain you with "Holiday Delights."

Sunday 12/4, 3 p.m., HH

Great Decisions 2012 Preview Meeting

Time to start thinking about joining this informative/lively discussion group that will meet after the new year. The Great Decisions publication provided by the Foreign Policy Association has, for 57 years, given an inspiring example of the role citizens can play in discovering, discussing, and deciding how some of the world's greatest challenges can be met. Sign up in CAS to order the Great Decisions Briefing Book that has in-depth articles, maps, historical backgrounds and future policy options on new topics every year. Books run \$18-\$20, are delivered after 1/7, and can be billed. Linda has a sample of last year's book for review.

Thursday, 12/8, 1:30 p.m., HH

Church Home of Hartford, Inc., Board Holiday Reception

Residents are invited to join the Seabury Board of Directors at a gala Holiday Reception. This will be a marvelous way to celebrate the warmth of the season. We hope you will attend! **Thursday, 12/8, 5:30-7:30 p.m., MDR**

Paul Bisaccia Returns! Hartt School's prodigy will perform **A Classic Christmas** (one of his sell-out shows) for you all to enjoy to get in the Holiday spirit. CDs will be available. **Tuesday, 12/13, 7 p.m., HH**

Newcomers Tree Trimming see article on the front page for details! **Tuesday, 12/13, 3:30 p.m., Library**

The Seabury Singers and Chimers present The Magic of Holiday Songs that Fill Your Heart and Soul Resident director Connie Dunham conducts her 7th Annual Holiday musical treat presented by your neighbors! The Seabury Singers and Chimers consist of men and women who have been rehearsing for months and are now looking forward to this performance.

Saturday, 12/17, 7:30 p.m., HH

Also, you are invited to join the chorus when they go caroling to The Meadows on **Monday, 12/19 at 1 p.m. Meet in the Chapel** to walk over as a group (or you may drive over) to give Meadows residents a sing-a-long treat. No need to read music!

Hanukkah begins! All welcome to meet your neighbors at **the TOS** for eight nights to sing and share the meaning, celebration and spirit of the Festival of Lights.

Wednesday-Tuesday 12/21-27, 5:15 p.m.

The Kleznotes Klezmer Band will get your toes tapping with melodies celebrating the Hanukkah spirit. Join the fun with uplifting music filled with the heritage of Jewish, Israeli and Russian traditions. **Thursday, 12/22, 7 p.m., HH**

New Year's Celebration with the Entertainment of a Hartt School of Music Jazz Trio on guitar, bass and drums. Walk or dance down memory lane to the beat of this trio of professionals that will provide high quality jazz standards to welcome the New Year!

Saturday, 12/31, 7:30 p.m., HH

IMPORTANT ESSENTIALS

TO YOUR HEALTH

Dr. Coll will speak about
"Fractures"
on Friday, December 2nd,
at 11 a.m. in Heritage Hall.

THE SEABURY CLINIC

PLEASE NOTE:
**THE CLINIC IS CLOSED SATURDAYS,
SUNDAYS, AND HOLIDAYS**

FOR APPOINTMENTS call
(860) 243-6080 and *leave a
message*. Messages are retrieved
at 9 a.m., 12 & 3 p.m. You will be
contacted to schedule an
appointment.

BLOOD PRESSURE SCREENINGS
Every Wednesday from 10 - 12

FOOTNOTES FROM THE LIBRARY COMMITTEE

What's Really "New News" at the Library?

- 1) We now have 30 resident members on the Library Committee...doubled in only two years!
- 2) Our Wall of Fame now consists of eight authors living among us, thanks to the successful program, "Seabury Authors Speak". Stop by to have a look or check out a book! Our ninth author, Rev. Jeffrey Dugan, is preparing to present his book, *Christopher's Summer*, on Sunday, January 18th at 2:30 p.m. in Heritage Hall. Much appreciation goes to Jerry Zimmerman for establishing this program and coordinating it from its inception.
- 3) At latest count, our library collection totals 4,657 books, an increase of about 1,000 in the past three years. We purchase new books four times a year, spending approximately \$200 for each spree.
- 4) On average, 250-270 books are signed out every month, including about 50 large print!



Want to shop
on Tuesday or Friday?
Call (860) 243-6070

CHECK OUT OUR WEBSITE

www.seaburyretirement.com

We have updated
our website with
new information
and a new look!

Feel free to browse,
and if you have any
comments or suggestions,
contact Seabury's
Social Media Coordinator,
Bill Clifford, 860 243-6046.

WiFi Hot Spots

Wireless internet access is
available in the
following locations in the
Commons:
Library, Business Center,
Guest Rooms, Music Room
& Game Room

Family Visiting for the Holidays?

The Charitable Foundation
has provided bags of toys
for residents to
borrow to keep
little ones busy.
Great for
ages 2 to 6.
See Molly to borrow one!



TRANSPORTATION

Routine medical transportation is
available. Please complete a
transportation request form (found
in the rack across from the US mail
boxes and at the Clinic Desk), then
bring it to the Clinic.

Questions? Contact Maura Mazur,
the Transportation Coordinator,
directly at (860) 243-6058. She is
available Monday–Friday, 8 a.m. to
4:30 p.m.

Medical Transportation

Mon/Wed/Fri:

Bloomfield, Hartford, West Hartford

Tues/Thurs:

Avon, Farmington, Simsbury, Windsor

SUNDAY CHURCH SHUTTLE

Please sign up at the Front Desk
by **2 p.m. on Friday.**

**If no one is signed up, there
will NOT be a driver available.**

Minimum Number is 4 Residents

We will depart from the Front Lobby
at **9:30 a.m.**, Sundays.

Route includes:

Bloomfield

Congregational,

St. Stephen's Episcopal,

Sacred Heart Roman

Catholic, and

Old St. Andrew's Episcopal



MALL SHOPPING

Mall trips are offered
for a minimum of 5 shoppers.

Leave Seabury at 12:30 p.m.,
pickup at 3:30 p.m.

Next trip:

December 5, West Farms Mall

Sign up in in CAS