



Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

February 2011

What Are You Doing on Valentine's Day?

Here's Your Cue

It's time again for the
Resident/Staff Billiards Tournament!

Sign up in the Activity Book in the Creative Arts Studio to join in the fun. We'll be playing Nine-Ball every Monday and Wednesday afternoon at 3:30 p.m. from February 14th until spring! Staff will be signing up as well, and teams will be drawn from a hat before play begins. The schedule will be distributed with the "official" (Seabury) rules of play. Not sure you can commit? Don't worry...each team will probably only play once a week, or even every-other week.



You don't need to be a pool shark, as long as you're willing to learn and have a good time!

That's Amore!

Join us for a special evening: *That's Amore!*

A Valentine's Dinner, features Italian cuisine prepared by our Culinary Department. Your dining experience will be enhanced with table-side music played by a student violinist from the Hartt School. Monday, February 14, Main Dining Room. Check your mailboxes for a reservation form.



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I shot an arrow into the air, It fell to earth, I knew not where;
For, so swiftly it flew, the sight; Could not follow it in its flight.
I breathed a song into the air, It fell to earth, I knew not where;
For who has sight so keen and strong,
That it can follow the flight of song?
Long, long afterward, in an oak; I found the arrow, still unbroke;
And the song, from beginning to end,
I found again in the heart of a friend.

-Henry Wadsworth Longfellow

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Gwendolyn Simpson
Corinne Griffin-Phillips
Contractor-Stylists
(860) 243-6090
Hours:
Tuesday-Friday
8:30-3:00

Wellness Spotlight: Emotional Dimension of Wellness

Five Minutes to Emotional Wellness

If you only have five minutes a day, you can still take positive steps toward a more balanced life. When you understand the concept of wellness and how the 7 Dimensions of Wellness can lead you toward a more whole and complete life, you can find simple ways to create that feeling of wellness in your day-to-day life.

How do you achieve overall wellness in just five minutes a day? There are some basic positive steps you can take in each wellness dimension to further your wellness journey. Of course, you can spend more time if you'd like. Sometimes, though, you only have five minutes...and you can still do something special for yourself and start feeling better.

Emotional Wellness doesn't have to involve sitting in a therapist's chair for an hour a week. There are some simple things you can do to support your Emotional Wellness in just five minutes a day:

- **Journal.** Even if you only have five minutes, you can journal. Simply write some quick notes about how you're feeling and what is going on in your life. It may not seem like much, but you can use these notes later for insight and greater personal awareness.
- **Read an article, listen to a podcast (re-broadcast video clips on the internet) or watch a video.** Look for short articles, podcasts, or videos on various Emotional Wellness topics, such as anger management techniques, anxiety reduction, defeating

depression, or overcoming fear. This information will come in handy when you least expect it, and learning more about Emotional Wellness is the first step toward greater emotional health.

- **Tell a friend.** If you're having a bad day, call a friend and quickly let them know what's going on. Sometimes simply expressing your feelings in a safe place can alleviate some of the tension. A quick conversation with a friend invariably lifts your spirits and lets you know you're not alone.



Excerpted from an internet article "Five Minutes for Wellness," by *The 123 Feel Better Company* in *The Insight Journal*, at www.anxiety-and-depression-solutions.com.

Seabury resources for emotional wellness:

"Life Transitions Group" was formed to be a forum for all residents of Seabury to express concerns as they face the challenges which changes in life situations bring. It offers a place of sharing and support. As their schedules allow, Pastor Gail and Monique Dixon, Seabury Social Worker, attend. The **Caregiver Support group** meets once a month. This is open to Seabury residents only and is led by both Dr. Harris, Seabury's Consulting Psychiatrist, and Margie Sullivan, the VP of Health Services. And lastly, the newly formed **Alzheimer's Support group** is open to both Seabury residents and members of the outside community. It is led by Beth Lomasky Heath Care Referral specialist.

Want to "Chime In"?

Have you ever thought it might be fun to play the hand chimes? Well, now's your chance to try it out. On **Friday, February 11, at 1 p.m. in CAS**, rehearsals will begin again for Chime In!

We will begin with some "skill work" on basic music theory and ringing techniques. These lessons will be for everyone, old and new ringers alike. It's an ideal way for "newbies" to be introduced to the chimes. And with the addition of a third octave of chimes, graciously purchased for us by the Seabury Auxiliary, we now have openings for a few more players. So come on down and "chime in"! Please call Connie Dunham at (860) 243-0358 for more information, or to sign up.

Save the Date!

March 17 will be a busy day at Seabury!

10:30 a.m., in Heritage Hall, there will be a panel presentation about the **Seabury Charitable Foundation** by the 5 residents who represent you on the Board of Directors. This will be an informational session that will focus on answering questions that you may have about the Foundation: what it is, what it does, and its history and future.



5 p.m., Top of the Stairs & Main Dining Room, St. Patrick's Day Mixer Dinner hosted by the Hospitality Committee. It's time for the wearin' o' th' green, celebrating with typical fare, and socializing!

Upcoming Trip:

Thursday, March 31st, 9:30 a.m. to 1:30 p.m., we are heading to the Wadsworth Atheneum for a docent-led tour of: *Monet's Water Lilies: An Artist's Obsession*. After the 1-hour tour, you will have time for a sandwich from their cafe, and time to explore on your own in the museum. \$14 per person includes admission, tour and transportation. Sign up in CAS by March 15th.



Energy Tip of the Month

Join the global movement to end the use of commercially bottled water! It is grossly expensive, frightfully polluting, bottles take up to 1,000 yrs to decompose, the "product" is inferior to tap water, and robs a natural resource from local control and use! Just refill your own container.

We are still working on the **Re-Book Initiative** that distributes new and gently used children's books to Hartford's neediest students. It is hard to believe that in 2011 there are still children in America that do not have books of their own! Can you help? Donations may be placed in the box in CAS.

Rules of the Road:

A Reminder of Our Trip Policy

Please be sure to check the front of the Sign-Up book in the Creative Arts Studio for a refresher on Seabury's Trip Policy. We have been making exceptions recently, and felt it important to remind everyone of the standard policies.

Minimum numbers of passengers are required for many trips. Typically, our minimum for Lunch Bunch outings is 8 and 10 for other trips, unless otherwise stated. If we are part of a larger group tour using a coach bus, the minimum number can be 20 or 25. Details will be listed on each sign-up sheet.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sign Up in CAS for Event When Indicated With STARS**</p> <p>~~~~~</p> <p>Sign Up to Play Billiards!</p>	<p>Additional Chapel Offerings</p> <p>Monday-Friday Morning Prayer 9 a.m.</p> <p>Mondays Centering Prayer 2 p.m.</p> <p>Tuesdays Interdenominational Tradition of Prayer 10 a.m.</p>	<p>1 9-4 Bank Open 10 Shopping No Chimes 3:30 Rehearsal HH 3:30 Knit n' Stitch SL 4 Action Forum CAS 4:45 Drop-In! HP</p> <p>Encore Receives Every Tuesday 10-12</p>	<p>2 9 Hospitality Cm. HP 10:30 Communion & Healing Svc. CH 3:30 Book Reflections CH 7 Cribbage CAS 7:15 Classic Movie: <i>The Guns of Navarone</i> HH</p>	<p>3 9-4 Bank Open 10 Bible Study w/ Bloomfield Congregational Church 3:30 Rehearsal HH 7 Poker CAS 7 Cabaret Night w/Larry Batter on Piano HH</p>	<p>4 11 Dr. Coll's Health Lecture "Heart Smarts" HH 1 Shopping HH 1:45 Tea TOS 3 Poets & Writers HP 6:45 TRIP** Hartt School Hansel & Gretel 7:15 Classic Movie: <i>The Guns of Navarone</i> CH 918</p>	<p>5 2 & 7:15 Movie <i>Red</i> HH</p> <p>Food Drive This Weekend</p>
<p>6 10:30 Communion CH 12 Superbowl Brunch! MDR 3 Video: National Geographic's <i>Valley of Kangaroos</i> HH 6 Saturday Movie <i>Red</i> NL</p>	<p>7 12:30 TRIP ** Buckland Mall No Chorus 'til Aug. SL 1 ALP 1:30 Finance & Budget EWGV 2 Exercise Your Mind** CAS 1 Wgt. Winners ATR 7 Dup. Bridge CAS 7 MahJongg GR</p>	<p>8 9-4 Bank Open 8 Resident's Breakfast TPC/MDR 10 Shopping 11 Trails EWGV 3:30 Rehearsal HH 3:30 Knit n' Stitch SL 4:45 Drop-In! HP 7 Castle Bay Playing Celtic Favorites HH</p>	<p>9 9 Res. Council HH 10:30 Comm. & Healing Svc. CH 3 Communications Comm. BC 3 Alzheimer's Support Group CSA 3:30 Book Reflections CH 7 Cribbage CAS 7:15 Classic Movie: <i>About Schmidt</i> HH</p>	<p>10 9-4 Bank Open 10 ALP 11-2:30 Encore Open Today! 1 Great Decisions HH 3:30 Rehearsal HH 5 Birthday Fun MDR 7 Poker CAS 7:15 Classic Movie: <i>About Schmidt</i> CH 918</p>	<p>11 9:15 Laurel CAS 9:30 ALP MR 10 Judaic Service CH 1 Shopping 1 Chime In! CAS 1:30 Home Computer Security HH 1:45 Tea TOS 6:15 TRIP** Hartford Symphony Masterworks</p>	<p>12 10 In Support of Democracy Presents film "Iron Jawed Angels" HH 2 & 7:15 Movie <i>Secretariat</i> HH 6:15 TRIP** Hartford Symphony Masterworks</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 10:30 Communion Service CH 1 Movie: Martin Luther (with intermission) HH Note: Special Screening Time 6 Saturday Movie <i>Secretariat</i> NL	14 10 Health Services HH 1 ALP HH 2 Mending CAS 2 Exercise Your Mind ** CAS 3:30 NEW** Every Mon. & Wed. Billiards BR 3:30 Life Trans. Group MR 7 Dupl. Bridge CAS 7 MahJongg GR <i>Valentine's Day</i>	15 9-4 Bank Open 10 Shopping 10 Auxiliary Board Meeting SL 10 2 G's Cm. EWGV 11 S & C EWGV 2 Education & Entertainment EWGV 3:30 Rehearsal HH 3:30 Knit 'n Stitch SL 4:45 Drop-In! HP	16 10:30 Comm. & Healing Svc CH 1 ALP HH 2 Futurists EWGV 3:30 Book Reflections CH 3:30 Critics Circle MR 3:30 Billiards BR 7 Cribbage CAS 7:15 Classic Movie: <i>Citizen Kane</i> HH	17 9-4 Bank Open 10 Catholic Communion Svc. w/Deacon Tim CH 11 Trip** Lunch Bunch to Cheesecake Factory HH 1 ALP HH 3 Caregivers HP 3:30 Rehearsal HH 7 Poker CAS 7:15 Classic Movie: <i>Citizen Kane</i> CH918	18 9:30 ALP MR 10:15 Book Group Reviews "Stones Into Schools" HP 11 Contract Informational Meeting HH 1 Shopping CAS 1 Chime In! TOS 1:45 Tea	19 2 & 7:15 Movie <i>The American</i> HH
20 10:30 Communion Service CH 2:30 Movie: Malcolm X (Part 2 only) HH Note: Special Screening Time 6 Saturday Movie <i>The American</i> NL	21 8 Men's Brkfst TPC 10 ALP SL 11 Dining PDR 1 ALP HH 1:30 Shop Cm. MR 2 Exercise Your Mind ** CAS 2 Wgt Winners ATR 3 Middle East Study Group MR 3:30 Billiards BR 7 Dup.Bridge CAS 7 MahJongg GR	22 9-4 Bank Open 10 Shop Geisslers HH 10 ALP HH 3:30 Rehearsal HH 3:30 Knit n' Stitch SL 4:45 Drop-In! HP 7 Hartt School Jazz Duo HH	23 10:30 Comm. & Healing Svc. CH 1 ALP HH 1 TRIP** Windsor Sr. Ctr. for "Batter Up" Contest! 3:30 Book Reflections CH 3:30 Billiards BR 7 Cribbage CAS 7:15 Classic Movie: <i>Shadowlands</i> HH	24 9-4 Bank Open 10 ALP HH 11-2:30 Encore Open Today! SL 1 ALP HH 1 Great Decisions HH 3:30 Rehearsal HH 3:30 Health Center Tour CLD 7 Poker CAS 7:15 Classic Movie: <i>Shadowlands</i> CH 918	25 9:30 ALP MR 10 Flower & Décor EWGV 1 Shopping CAS 1 Chime In! TOS 1:45 Tea 7:15 TRIP** CT Forum at the Bushnell	26 9 Story Tellers MDR 2 & 7:15 Movie <i>The Social Network</i> HH
27 10:30 Communion Service CH 3 Video: National Geographic's <i>Lions of Darkness</i> HH 6 Saturday Movie <i>The Social Network</i> NL	28 10:30 Library Cm. L 1 ALP HH 2 Mending CAS 3:30 Billiards BR 7 Duplicate Bridge CAS 7 MahJongg GR		Abbreviations: B & G: Buildings & Grounds E & E: Education & Entertainment S & C Suggestions & Concerns 2 G's: Garden & Greenhouse	Rooms ATR Atrium BC Business Center BR Billiards Room CAS Creative Arts Studio CH Chapel CLD Clinic Desk	Rooms CSA Center for Successful Aging EWGV East Wing Garden View GR Game Room HH Heritage Hall HP Hearthside Parlor	Rooms L Library MDR Main Dining Room MR Media Room NL North Lounge SL South Lounge TOS Top of Stairs TPC Time Piece Cafe

From the Pulpit of
Seabury Chaplain



The Reverend
Dr. Gail Keeney-Mulligan

Center for Spirituality

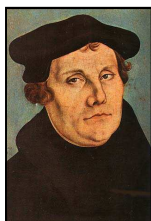
We have a few exciting
changes this month
to note.

- Mondays at 2 p.m. there will be Centering Prayer in the chapel

The Front Pew

- Wednesdays at 3:30 p.m. there will be reflections from a book called **The Power of Positive Women, by Carol Ladd.**

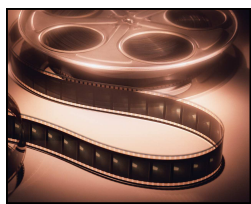
- On Sunday February 13th we will show a movie about the life of **Martin Luther**, who died February 18, 1546. He was a German priest and professor of theology who initiated the Protestant Reformation. Please note that the film is 3 hours and 20 minutes long, and will begin at 1 p.m. with an intermission.



- To commemorate the life of **Malcom X**, who was assassinated on February 21, 1965, there will be a movie about his life and work on Sunday, February 20th at 2:30 p.m. This film, in its entirety, is also over 3 hours long, and thus we will be showing only the last 2 hours, which focuses on the portion of his life for which he is most remembered.



- If there are people who would like to go on a Lenten retreat for a weekend to a retreat center, please see me so that we can get the trip set up. There are three retreat centers easily available: Shore line of CT, Cambridge MA or Hudson River near Poughkeepsie.



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.

Seabury Cinema

2/2 *The Guns of Navarone*
@ 7:15 p.m., HH

2/4 *The Guns of Navarone*
@ 7:15 p.m., Ch 918

2/5* *Red*
@ 2 p.m. & 7:15 p.m., HH

2/6 National Geographic's
Valley of Kangaroos
@ 3 p.m., HH

2/9 *About Schmidt*
@ 7:15 p.m., HH

2/10 *About Schmidt*
@ 7:15 p.m., CH 918

2/12* *Secretariat*
@ 2 p.m. & 7:15 p.m., HH

2/13 *Martin Luther*
@ 1 p.m., HH (3 hrs, 20min)
with intermission

Note Special Screening Time
2/16 *Citizen Kane*

@ 7:15 p.m., HH

2/17 *Citizen Kane*
@ 7:15 p.m., CH 918

2/19* *The American*
@ 2 p.m. & 7:15 p.m., HH

2/20 *Malcolm X*
@ 2:30 p.m., HH, Part 2 only

Note Special Screening Time

2/23 *Shadowlands*
@ 7:15 p.m., HH

2/24 *Shadowlands*
@ 7:15 p.m., Ch 918

2/26* *The Social Network*
@ 2 p.m. & 7:15 p.m., HH

2/27 National Geographic's
Lions of Darkness
@ 3 p.m., HH

*Reminder: Saturday Movies are also shown at 6 p.m. on Sundays in the Views North Lounge

February Program Highlights

What good is sitting alone in your room? Come hear the music play! ***Cabaret Night*** featuring the piano stylings of Larry Batter hopes to shake away some of those winter blues. So, come taste the wine, start celebrating, right this way your table's waiting!
Thursday, February 3, 7 p.m., Heritage Hall.

Would you like to go to the opera? The Hartt School will be performing ***Hansel & Gretel*** on **Friday, February 4, leaving Seabury at 6:45 p.m.** Tickets are still available by calling the Hartt School directly (860) 768-4451. If you would like a seat on the bus, we can bill your account the \$8.50 portion of the trip. **Please sign up in CAS, and speak with Jodi.**

Celtic Music with Castle Bay Fred Gosbee on guitar and other instruments and Julia Lane on harp.
Tuesday, February 8, 7 p.m., Heritage Hall.

Home Computer Security Alex Goldenberg will offer a presentation and try to answer your most pressing computer questions, such as: How to avoid having to call a PC service provider; What are the best virus protection programs to install? How often should an anti-virus program be run? What is Malware? What is a firewall, and is it necessary? How do I know if the e-mail I received is safe? Is on-line banking and on-line buying safe? How do I know if I have a Virus? What do I do if I do? Is cleaning my PC important and if so, how and how often should it be done? If you compute, don't miss this important session! **Friday, February 11, 1:30 p.m., HH.**

In Support of Democracy presents a film this month: "Iron Jawed Angels," a docu-drama about the long and bitter fight for women to obtain the right to vote in a supposedly democratic society. A real bonanza of history! 2 hrs. **Saturday, February 12, 10 a.m., Heritage Hall**

We're going to try to avoid the snow this time! The **Lunch Bunch** is still looking forward to a scrumptious meal at ***The Cheesecake Factory*** in Blue Back Square. **Thursday, February 17th, 11 a.m.** Transportation is \$7, lunch is on your own. Sign up in CAS. We need a minimum of 8 to go!

Jazz Duo from the Hartt School is sure to be a musical treat. **Tuesday, February 22, 7 p.m., HH**

Contract Informational Meeting: Seabury Senior staff Renee Bernasconi, VP of Marketing/ Communications; Steve Yanofsky, CFO, and John Mobley, CEO, will discuss the Resident Life Care Contract and review changes made over the years.
Friday, February 18, 11 a.m. Heritage Hall

Seabury is sponsoring the **'Batter Up' Baking Contest** at the Windsor Senior Center. Seabury Executive Chef Ken Cassella will be one of the judges, and our pastry chef, Corinne Robar, will be doing a demonstration. Only Windsor residents are eligible to submit entries into the contest, but we're planning a trip over to cheer on our neighbors! The winner of the contest will receive dinner for 2 at Seabury, with their entry as the featured dessert. If you would like to join us, and be a goodwill ambassador for Seabury, sign up in CAS! **Wednesday, February 23, 2011, 1-3:30 p.m.**



Great Decisions starts this month. Topics focus on national boundaries, people, money, ideas and more. You will go beyond the headlines with a look at eight of the most significant challenges facing the world. Learn more about *Rebuilding Haiti, U.S. National Security, and the Horn of Africa* among other topics. Books are still available. If you just want to come and listen...that's fine too! **Thursday, February 24, 1 p.m., Heritage Hall**

CT Forum at the Bushnell Theater

The CT Forum is a nationally recognized, one-of-a-kind 501(c)(3) nonprofit organization based in Hartford, that presents live, unscripted panel discussions among renowned experts and celebrities. The presentation this month is entitled: ***The Glorious, Mysterious Brain***, and the panel features Temple Grandin, Steven Pinker, and Paul Bloom. You must purchase tickets on your own by calling (860) 509-0909. Transportation is \$8.50, and we must have minimum of 10 to go.
Friday, February 25th, Leave Seabury at 7:15 p.m.



IMPORTANT ESSENTIALS

TO YOUR HEALTH

Dr. Coll will speak about "Heart Smarts" on Friday, February 4th, 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

Have you visited the Seabury library lately? You'll find:

- entertaining and educational new books chosen by Bob Mackeown and his committee.
- a wealth of donated books selected by Margaret Sax and her committee.
- An assortment of donated magazines maintained by Mims Butterworth and Hazel Stavrinou
- Fiction and more, all shelved daily by committee members like Charles Marshall, Louann Plough, Janice Montgomery and Estelle Taylor.

Providing and maintaining the system that keeps the library organized is Sol Cushman and helpers. Providing publicity for library events and activities is Jane Doble. Curating the Seabury Authors Collection and planning the speaking events is Jerry Zimmerman. Helping oversee the Brewer/Davis book truck visits are Virginia Baldwin and Barbara Merrill. Recording it all is Beverly Wood. We are grateful to these residents and all the library committee members for their good work! -Joy Floyd



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

TO OUR ALP MEMBERS

Snow Policy:
If there is a serious storm, check the school closing announcements on TV or call 860-695-SNOW. If Hartford Schools are closed, our courses will be cancelled on that day. If Hartford schools have a delayed opening we will meet at our usual time.

For more information on ALP please visit the website at www.uconnalp.org



Seabury Monthly is printed on Rolland Enviro™ Copy 100 100% Post-Consumer recycled paper.

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.

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:

February 7, The Shoppes at Buckland Hills

Sign up in the Activity Book