



# Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

February 2012

## Reaching Out and So Much More!

*Seabury At Home, Seabury Visiting Nurses, Seabury Care Now, and Seabury At Home Lifeline™* all make up the department we call *Seabury Community Outreach Services*. This department provides services for individuals living on Seabury's campus in addition to those living off campus in and around the Greater Hartford area.

The *Seabury Community Outreach Services* staff are currently serving 151 clients and members with a cross-section of services. These services may include nursing care (i.e. wound care/bandage changes), personal care assistance with activities of daily living (i.e. bathing, dressing, light home-making needs, meal preparation), companionship, memory support, physical and occupational therapy, or the installation and maintenance of a Lifeline safety call button. As you might guess, the number of clients is climbing all the time. This explains why you see such a flurry of activity at the "little house" on the corner!

Individuals benefit from a cohesive approach to care and services provided to them in the comfort of their own home.

One of the department's key staff members, *Lynn Richman, RN*, Service Coordinator



for *Seabury Care Now*, will be the guest speaker at the Residents' Breakfast on February 14th at 8 a.m. in the Main Dining Room.

In addition, please join the *Seabury Community Outreach Services* team for a panel discussion on February 27th at 2 p.m. in Heritage Hall. We will provide descriptions of all services provided by each agency, and welcome your participation and questions.



"Announced by all the trumpets of the sky,  
Arrives the snow, and, driving o'er the fields,  
Seems nowhere to alight: the withered air  
Hides hills and woods, the river, and the heaven,  
And veils the farm-house at the garden's end.  
The sled and traveler stopped, the courier's feet  
Delayed, all friends shut out, and housemates sit  
Around the radiant fireplace, enclosed  
In a tumultuous privacy of storm."

- Ralph Waldo Emerson

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**"A CUT ABOVE" SALON**

**Candace Mattingly**

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**(860) 243-6090**

**Hours:**

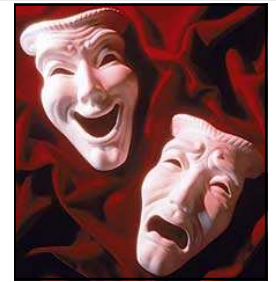
**Tuesday-Friday**

**8:30-3:00**



## Wellness Spotlight: Emotional Dimension of Wellness

**W**hat does Emotional Wellness mean? Emotional Wellness is closely connected to the other dimensions of wellness. In the most basic sense, it refers to your ability to handle emotions in a constructive way in order to enable you to maintain a positive emotional state. Emotional Wellness helps a person achieve positive self-esteem, helps them satisfy relationships, and proves resilience to meet life's challenges.



Emotional Wellness is:

- Increased awareness of one's emotions
- Acknowledge conflict as being potentially healthy
- Being able to express feelings freely and manage feelings effectively
- Being aware of personal limitations and the value of seeking interpersonal support and assistance
- Being able to form interdependent relationships based upon mutual commitment, trust and respect
- Being self-aware and self-accepting while remaining flexible and open to personal development
- Being aware of and accepting a wide range of thoughts and feelings in themselves and others
- Being able to manage feelings effectively to arrive at personal choices or decisions based upon the integration of feelings, cognition and behavior
- Being able to maintain a generally positive approach to life that is rooted in one's sense of personal responsibility for, and ability to manage, one's life in personally fulfilling ways

An emotionally well person is able to enjoy life and be successful. Emotional wellness is not an end stage, but a continual process of change and growth.

## A Joint Venture

Seabury and the University of Hartford together present The Honorable David M. Walker, founder, president and CEO of *Comeback America Initiative*. Mr. Walker leads efforts to promote fiscal responsibility and sustainability by engaging the public and assisting key policymakers on a non-partisan basis to help achieve solutions to America's federal, state, and local fiscal imbalances.



Mr. Walker will be addressing fiscal concerns in his presentation,

***Comeback America: Saving the Middle Class***, at the University of Hartford's Wilde Auditorium on Saturday, February 11th at

10 a.m. Seabury will provide transportation, leaving at 9:15 a.m. Please sign up in CAS if you would like a ride. Mr. Walker's engagement is sponsored by the Seabury resident groups: *In Support of Democracy, Action Forum*, and *The Earth Charter Group*.

## Hanging Out with the Guys

To all you gentlemen out there, looking for a little brotherly camaraderie, we are putting together a few programs you might find of interest:

- Men's Mug Club: Every Saturday morning beginning on February 4th, meet in Hearthside Parlor at 9 a.m. for a cup of Joe with any Tom, Dick or Harry.
- Superbowl Sunday! Sunday, February 5th in the Media Room. Kick-off is at 6:25 p.m. We'll provide some snacks, cups & ice, and it's BYOB!
- Whether you're a big-game hunter, expert fly fisherman, interested in taxidermy, or just want to see what the fuss is about, we're heading to **Cabela's: The World's Foremost Outfitter**, in East Hartford. They have museum quality exhibits of fish and game, and shopping galore! Plan to grab a bite in their café...Bison, Elk and Ostrich are on the menu! Thursday, February 23rd, 10:30 a.m.—1 p.m.; \$7 transportation, lunch & shopping on your own. Sign up in CAS.

## Here's Your Cue

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

Sign up in the CAS to join in the fun. We'll be playing Nine-Ball every Monday and



Wednesday afternoon at 3 p.m. from February 13<sup>th</sup> 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.

If you want to practice, or just play a game with no tournament commitment, meet on Casual Fridays at 3 p.m. to play beginning on February 3rd.



## Beyond the Plate



Well, folks always ask, "How do you do it? Figure on feeding all these people over 600 meals a day, plus catering!"

### **It takes teamwork and planning.**

I don't get many opportunities to thank the Culinary Staff, but without their support and dedication, day-in and day-out, all this would not be possible.

We are planning some fun and exciting events in the upcoming year: from in-house functions to off-premise dining. Chef Remo, myself and the staff can't wait. Your input on what you would enjoy doing helps us plan such events, so keep those ideas coming.

Here are some more cooking tips for all you Foodies out there:

- Avoid sticky rice: Add a few drops of lemon juice & a pinch of sugar to the rice while cooking.
- Poultry and meat safety: Use separate utensils when dealing with raw meat and other food. Also keep raw non-vegetable foods separate from cooked dishes.
- Store spices in a cool, dark place, not above your stove. Humidity, light and heat will cause herbs and spices to lose their flavor.
- Cook pasta 1 minute less than the package instructions and cook it the rest of the way in the pan with sauce.

Happy Cooking!

~Chef Ken

## 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.

Remember that you must sign up or cancel by the deadline posted. After that date you will be charged for the trip.



Seabury

# FEBRUARY 2012

A Balanced Life Calendar of Activities Brought to You by Resident Services



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PLEASE NOTE:</b> The <i>John S. Mobley Tribute</i> requires you to RSVP for which session you are planning to attend.</p> <p>Please RSVP at the Front Desk.</p>	<p><b>Abbreviations:</b> B &amp; G: Buildings &amp; Grounds E &amp; E: Education &amp; Entertainment S &amp; C: Suggestions &amp; Concerns 2 G's: Garden &amp; Greenhouse</p> <p><b>Rooms</b> ATR Atrium BC Business Center BR Billiards Room CAS Creative Arts Studio CH Chapel</p>	<p><b>Rooms Cont.</b> CLD Clinic Desk CSA Center for Successful Aging GV Garden View GR Game Room HH Heritage Hall HP Hearthsides Parlor L Library MDR Main Dining Room MR Media Room NL North Lounge SL South Lounge TOS Top of Stairs TPC Time Piece Cafe</p>	<p><b>1</b> 9:00 Hospitality Committee 10-12 ALP 10:30 Communion &amp; Healing Service 1-3 ALP <b>7:00 Historical Perspectives on the Arab Spring</b> 7:00 Cribbage 7:15 Classic Movie: <i>The Apartment</i> HH</p>	<p><b>2</b> Bank Open 9-4 10:30-12 ALP MR 11:45 Conversational French PDR 7:00 Poker CAS 7:15 Classic Movie: <i>The Apartment</i> CH 918</p>	<p><b>3</b> National Go Red for Heart Health 9:30-12 ALP MR <b>11:00 Primary Care Presentation with Margie and Joyce</b> HH 1:00 Shopping 1-2:30 Chimes CAS 1:45 Tea TOS 3:00 Open Billiards BR 3:00 Poets &amp; Writer's Group HP 7:00 Bridge CAS</p>	<p><b>4</b> 9:00 Men's Mug Club HP 4:45 Drop In Social HP 7:15 Movie: <i>Beginners</i> HH</p>
<p><b>5</b> 10:30 Communion CH 3:00 Sunday Movie: <i>The Legend of Bagger Vance</i> HH <b>6:00 Superbowl Party</b> MR 7:00 Saturday Movie: <i>Beginners</i> CH 918</p>	<p><b>6</b> 10:00 Aux. Board SL <b>12:30 Trip: Buckland Mall</b> ** 1-3 ALP SL 1:00 Chorus CH 1:00 Weight Winners ATR 1:30 Finance and Budget: GV 7:00 MahJongg GR 7:00 Dup. Bridge CAS</p>	<p><b>7</b> Bank Open 9-4 10:00 Shopping <b>11:00 Presentation on UCONN Research Studies</b> HH 3:30 Knit 'n Stitch SL 4:00 Action Forum CAS 4:45 Drop In Social HP</p>	<p><b>8</b> 9:00 Resident Council HH 10-12 ALP SL 10:30 Communion &amp; Healing Service CH 1-3 ALP CAS <b>1:30 New Ways to Better Vision</b> HH 3:00 Communications Committee BC 7:00 Cribbage CAS 7:15 Classic Movie: <i>Mrs. Henderson Presents</i> HH</p>	<p><b>9</b> Bank Open 9-4 10:00 Bible Study with Bloomfield CH Cong. Church 11-2:30 Encore! Open Today 11:45 Conversational French PDR 1-3 ALP GV 1:30-3 Great Decisions MR <b>JSM TRIBUTE</b> HH Session 1 - 2:00 * Session 2 - 3:00 * <b>5:30 Birthday Fun</b> MDR <b>7-8 History of William H. Taft</b> HH 7:00 Poker CAS</p>	<p><b>10</b> 9:15 Kindergarten Visit CAS 9:30-12 ALP MR 10:00 Judaic Service CH 1:00 Shopping 1-2:30 Chimes CAS 3:00 Open Billiards BR <b>6:15 Master Works</b> ** 7:00 Bridge CAS 7:15 Classic Movie: <i>Mrs. Henderson Presents</i> HH</p>	<p><b>11</b> 9:00 Men's Mug Club HP <b>9:15 David Walker</b> ** at <b>Univ. of Hart</b> 4:45 Drop In Social HP <b>6:15 Masterworks</b> ** 7:15 Movie: <i>Dolphin Tale</i> HH Food Drive This Weekend</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12</b> 10:30 Communion <b>CH</b>  3:00 Sunday Movie: <i>The Color Purple</i> <b>HH</b>  7:00 Saturday Movie: <i>Dolphin Tale</i> <b>CH 918</b>	<b>13</b> 10:00 Health Services Committee <b>HH</b> 1:00 Chorus <b>CH</b> 2:00 Mending <b>CAS</b> 3:00 Billiards <b>BLR</b> 7:00 MahJongg <b>GR</b> 7:00 Dup. Bridge <b>CAS</b>	<b>14 Valentine's Day</b> ♥ Bank Open 9-4 8:00 Resident Breakfast <b>TPC</b> 10:00 Shopping <b>SL</b> 10:00 Aux. Meeting <b>SL</b> 11:00 Trails Com. <b>GV</b> 3:00 Alzheimer's Support Group <b>CSA</b> 3:30 Knit 'n Stitch <b>SL</b> 4:45 Drop In Social <b>HP</b> <b>7-8 The musical stylings Johnny Cash and June Carter</b> <b>HH</b>	<b>15</b> 10-12 ALP <b>SL</b> 10:30 Communion & Healing Service <b>CH</b> 1-3 ALP <b>CAS</b> 3-4 Accessibility Day at Encore! 3:00 Billiards <b>BLR</b> 3:30 Futurists <b>EWGV</b> 3:30 Critic's Circle <b>MR</b> 7:00 Cribbage <b>CAS</b> 7:15 Classic Movie: <i>The White Countess</i> <b>HH</b>	<b>16</b> Bank Open 9-4 <b>9:00 Amistad Trip**</b> 11:45 Conversational French <b>PDR</b> 1-3 ALP <b>GV</b> 3:00 Caregiver's Support Group <b>HP</b> 7:00 Poker <b>CAS</b> 7:15 Classic Movie: <i>The White Countess</i> <b>CH 918</b>	<b>17</b> 9:30-12 ALP <b>MR</b> 10:15 Book Group <b>HP</b> 10:30 Catholic Mass <b>CH</b> 1:00 Shopping 1-2:30 Chimes <b>CAS</b> 1:45 Tea <b>TOS</b> 3:00 Open Billiards <b>BR</b> 7:00 Bridge <b>CAS</b>	<b>18</b> 9:00 Men's Mug Club <b>HP</b> 4:45 Drop In Social <b>HP</b> <b>6:15 POPS! **</b> 7:15 Movie: <i>Midnight in Paris</i> <b>HH</b>
<b>19</b> 10:30 Communion <b>CH</b>  3:00 Sunday Movie: <i>Secret Life of Bees</i> <b>HH</b>  7:00 Saturday Movie: <i>Midnight in Paris</i> <b>CH 918</b>	<b>20</b> 8 Men's Brkfst <b>MDR</b> 1:00 Chorus <b>CH</b> 1:00 Wght Win <b>ATR</b> 3:00 Middle East Study Group <b>MR</b> <b>3:00 Arthritis and Exercise **</b> <b>CSA</b> 3:00 Billiards <b>BLR</b> 7:00 Dup. Bridge <b>CAS</b> 7:00 MahJongg <b>GR</b>	<b>21</b> Bank Open 9-4 10:00 Shop Geisslers 10:00 2 G's Com. <b>GV</b> 11:00 S & C <b>GV</b> 3:00 E & E <b>CAS</b> 3:30 Knit 'n Stitch <b>SL</b> 4:45 Drop In Social <b>HP</b> <b>7-8 A Touch of Jazz: A Louie Armstrong Tribute</b> <b>HH</b>	<b>22</b> 10-12 ALP <b>SL</b> 10:30 Communion & Healing Service <b>CH</b> 1-3 ALP <b>CAS</b> 2:00 Converse with Margie and Gale <b>HH</b> 3:00 Billiards <b>BLR</b> 7:00 Cribbage <b>CAS</b> 7:15 Classic Movie: <i>Shall We Dance</i> <b>HH</b>	<b>23</b> Bank Open 9-4 <b>10:30 Trip to Cabela's **</b> 11-2:30 Encore! Open Today 11:45 Conversational French <b>PDR</b> 1-3 ALP <b>GV</b> 1:30-3 Great Decisions <b>MR</b> 3:00 Spiritual Life <b>CH</b> 3:30 Health Center Tours <b>CLD</b> 7:00 Poker <b>CAS</b> 7:15 Classic Movie: <i>Shall We Dancce</i> <b>CH 918</b>	<b>24</b> 9:30-12 ALP <b>MR</b> 10:00 Flowers and Décor <b>GV</b> <b>11:00 Preparing the Way: Journey to the Next Adventure</b> <b>HH</b> 1:00 Shopping 1-2:30 Chimes <b>CAS</b> 3:00 Open Billiards <b>BR</b> 7:00 Bridge <b>CAS</b>	<b>25</b> 9:00 Men's Mug Club <b>HP</b> 9:00 Story Teller Group <b>MDR</b> 12 Trip** The Met Live in HD 4:45 Drop In Social <b>HP</b> 7:15 Movie: <i>Contagion</i> <b>HH</b>
<b>26</b> 10:30 Communion <b>CH</b> 3:00 Sunday Movie: <i>Dreamgirls</i> <b>HH</b> 4:00 New Resident Reception <b>MDR</b> 7:00 Saturday Movie: <i>Contagion</i> <b>CH 918</b>	<b>27</b> 10:30 Library Com. <b>L</b> 1:00 Chorus <b>CH</b> 2:00 Mending <b>CAS</b> <b>2:00 Seabury Outreach Svcs Panel</b> <b>HH</b> 3:00 Billiards <b>BLR</b> 7:00 MahJongg <b>GR</b> 7:00 Dup. Bridge <b>CAS</b>	<b>28</b> Bank Open 9-4 9:00 Building and Grounds <b>GV</b> 10:00 Shopping or Tour Meadows <b>Call CLD</b> <b>2:00 Misconceptions and Benefits of Strngth Train.</b> <b>MR</b> 3:30 Knit 'n Stitch <b>SL</b> 4:45 Drop In Social <b>HP</b>	<b>29</b> 10:30 Communion & Healing Service <b>CH</b> <b>2:30 Bob Steele's Century</b> <b>HH</b> 3:00 Billiards <b>BLR</b> 7:00 Cribbage <b>CAS</b> 7:15 Classic Movie: <i>The Asphalt Jungle</i> <b>HH</b>	<b>Additional Chapel Offerings</b> <b>Monday-Friday</b> Morning Prayer 9 a.m.	<b>Sign Up in CAS for Event When Indicated With DOUBLE STARS **</b>	<b>Encore will be receiving DONATIONS EVERY TUESDAY 10 am—noon No Clothes Please</b>

## Travel Corner



*Cinque, by Nathaniel Jocelyn, 1839*

In honor of Black History Month, we will be taking a special tour of the ***Underground Railroad and Amistad Sites in Farmington.***

A guide from Heritage Trails Sightseeing Tours will board our bus and narrate a 2-hour driving tour of the important historical sites along the *Connecticut Freedom Trail*. We will learn about homes and barns where fugitive slaves were hidden, and where 36 surviving Africans (Mendi), who escaped from the schooner *Amistad* in 1836, lived in Farmington after

they were granted freedom by the U.S. Supreme Court in 1841, awaiting their return to Africa. Passengers will have the opportunity to leave the bus twice, weather permitting.

**Thursday, February 16, 2012**

leave Seabury at 9 a.m., return by Noon.

\$17 per person. Sign up in CAS. Minimum 10 to go!



**Cabela's: The World's Foremost Outfitter**

in East Hartford.

Enjoy their aquarium and exhibits of game, shop, and grab a bite in their café: Bison, Wild Boar, Elk or Ostrich?

**Thursday, February 23rd**

**10:30 a.m.—1 p.m.**

\$7 transportation,

lunch & shopping on your own.

Sign up in CAS. Minimum 8 to go!

**Boston Flower & Garden Show**

**Thursday, March 15, 2012**

Who couldn't use a little Spring?

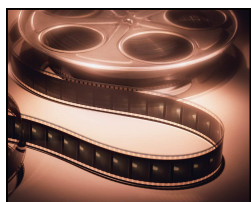
Enjoy lectures, chef demonstrations, and vendors. Time at Quincy Market.

\$56 includes adm. & trans.

Lunch is on your own.

Leave 7:30 a.m., Return 6 p.m.

Sign up by 2/29!



## 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.

- 2/1** *The Apartment*  
@ 7:15 p.m., HH
- 2/2** *The Apartment*  
@ 7:15 p.m., Ch 918
- 2/4\*** *Beginners*  
@ 7:15 p.m., HH
- 2/5** *The Legend of Bagger Vance*  
@ 3 p.m., HH
- 2/8** *Mrs. Henderson Presents*  
@ 7:15 p.m., HH
- 2/10** *Mrs. Henderson Presents*  
@ 7:15 p.m., CH 918
- 2/11\*** *Dolphin Tale*  
@ 7:15 p.m., HH
- 2/12** *The Color Purple*  
@ 3 p.m., HH
- 2/16** *The White Countess*  
@ 7:15 p.m., HH
- 2/17** *The White Countess*  
@ 7:15 p.m., CH 918

- 2/18\*** *Midnight in Paris*  
@ 7:15 p.m., HH
- 2/19** *Secret Life of Bees*  
@ 3 p.m., HH
- 2/22** *Shall We Dance?*  
@ 7:15 p.m., HH
- 2/23** *Shall We Dance?*  
@ 7:15 p.m., Ch 918
- 2/25\*** *Contagion*  
@ 7:15 p.m., HH
- 2/26** *Dreamgirls*  
@ 3 p.m., HH
- 2/29** *The Asphalt Junge*  
@ 7:15 p.m., HH

**\*Reminder:** Saturday Movies are also shown at 7 p.m. on Sundays on Channel 918. **Please note the change of time, to accommodate dinner schedules.**

February Program Highlights

Trinity College professor **Zayde Gordon Antrim's** talk, *Historical Perspectives on the Arab Spring*, will situate the events of the 2011 "Arab Spring" and its ongoing repercussions in Egypt, Tunisia, Libya, Syria, Bahrain, and Yemen in their historical context, focusing on the legacies of colonialism and the role that religion plays in politics in the region. **Wednesday, February 1<sup>st</sup>, 7 p.m., HH**

**Presentation on Primary Care at Seabury**  
Presented by Senior Vice President Margie Sullivan and Community APRN Joyce Harmon. *"The Role of Seabury's Community Nurse Practitioner,"* will introduce our new program. **Friday, February 3<sup>rd</sup>, 11 a.m., HH**

**Drs. Les Wolfson and Billy White** of UCONN Health Center will be at Seabury to discuss their **ongoing research studies**. They will be presenting the research results from our last study and talking about their new study working with older patients with high blood pressure. **Tuesday, February 7<sup>th</sup>, 11 a.m., HH**

**New Ways to Better Vision**  
Presented by Kathryn Olson MS, OTR/L, CLVT and Billie Alban. Come learn about tools, strategies, devices, and resources to make life easier while living with low vision. **Wednesday, February, 8<sup>th</sup>, 1:30 pm, HH**

He is the President that few people know today. Presenter **Gordon Williams** will lead us through an informative and illustrated talk, *William Howard Taft: The Forgotten President*, about Taft from his days as the Governor General of the Philippines through his Presidency, to his final post as Chief Justice of the Supreme Court. **Thursday, February 9<sup>th</sup>, 7 p.m., HH**

**The Honorable David M. Walker** will speak about *Comeback America: Saving the Middle Class*, **Saturday, February 11<sup>th</sup>** Bus Leaves at 9:15 a.m., for the presentation at Wilde Auditorium at the University of Hartford. **Sign up for transportation in CAS.**

The music is classic country, sentimental and fun. Enjoy an evening of *The Music of Johnny Cash and June Carter*. Featuring the vocal talents of

**Tracey Lynne and David Alan**, this show is a must see for everyone. It offers a lot of great music as well as a trip back to a time when music was simple and wholesome. **Tuesday, February 14<sup>th</sup>, 7 p.m., HH**

**Arthritis and Exercise**  
Presented by Cindy Senk, M.Ed Rehab. Come learn why the Arthritis Foundation recommends exercise as the #1 way to combat joint stiffness and pain. **Sign up in CAS as space is limited.** A second session will be scheduled if we are unable to accommodate all those interested in attending. **Monday, February 20<sup>th</sup>, 3 p.m., CSA**

**A Touch of Jazz: Louie Armstrong Tribute** is a concert dedicated to one of the most influential jazz musicians of all time. Musician **Vincent Cassotta** celebrates the work of Armstrong, honoring his memory for music lovers everywhere. **Tuesday, February 21<sup>st</sup>, 7 p.m., HH**

**Preparing the Way: Journey to the Next Adventure** A presentation by Margie Sullivan and Rev. Jeff Dugan. **Thursday, February 24<sup>th</sup>, 11 a.m., HH**

**Seabury Community Outreach Services Panel**  
Don't miss this informative session. See front page article for details. **Monday, February 27<sup>th</sup>, 2 p.m., HH**

**Misconceptions and Benefits of Strength Training** presented by Brian Harris, HFS and Matt McGowan, HFS. Come learn what is fact and what is fiction about strength training, and the tremendous benefits it provides for our body. **Tuesday, February 28<sup>th</sup>, 2 p.m., MR**

Radio Hall of Fame broadcaster Bob Steele was well known to millions in Southern New England as the morning voice of WTIC. Bob's son, **Phil Steele**, will talk about, and show pages from, *Bob Steele's Century 1911-2010*, a collection of Bob's own photos, articles, scripts, letters, jokes, and more, recording details of his personal life and epic century into which he broadcast his unique sense of humor and disarming personality. **Wednesday, February 29<sup>th</sup>, 2:30 p.m., HH**

# IMPORTANT ESSENTIALS

## TO YOUR HEALTH

### ***The Role of Seabury's Community Nurse Practitioner***

A special presentation by  
Margie Sullivan and  
Community APRN Joyce Harmon  
**Friday, February 4th, at 11 a.m.**



## 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

## 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 p.m.  
No appointment needed.

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](http://www.uconnalp.org)

## FOOTNOTES FROM THE LIBRARY COMMITTEE

We wanted to take this opportunity to offer special thanks to our supporter of many years, Linda Kulick, who has retired after 14 years at Seabury. Linda will certainly be remembered by all the residents and committees with whom she worked. She was an invaluable member of our committee, helping us implement new ideas and programs, and making them a success. We welcome her successor, Valerie Nettleton, and look forward to many years of new and exciting programming!

The Library Committee would like to remind everyone that we are adding new acquisitions to our collection every month! We add both fiction and non-fiction, and have quite a selection of Large Print and paperback books. Please look for the recent acquisitions list, posted monthly, in the library and on the Residents' Bulletin Board by the in-house mailboxes.

## **SUNDAY CHURCH SHUTTLE**

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

**There is a minimum number of  
passengers for a driver to be  
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*



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## **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 6, The Shoppes at  
Buckland Hills**

Sign up in the Activity Book