



Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

January 2012

Have a Happy & Healthy New Year

The International Council on Active Aging (ICAA), the professional association that leads, connects and defines the active-aging industry, searches health-and-wellness research studies every year to find the most relevant information to adults ages 50 and over. This year ICAA has sorted through these studies to compile a list of tips that can be used to achieve a healthy lifestyle in 2012 (citations available on request):

1. *Expectations*: If you've followed a healthy lifestyle this year, keep going. If you need to make lifestyle changes, start by anticipating success, and don't let age be a barrier. Research has shown that thinking negatively about getting older can shorten your life by as much as 7.5 years.

2. *Enthusiasm*: Few people are thrilled with every aspect of their lives, but many have at least one area—family, friends, work, hobbies—that they feel good about. Identify an activity or connection that sparks your enthusiasm and make it your lifeline, then do your best to extend that enthusiasm to other areas.

3. *Energy*: Having the energy and motivation you need to age well are hallmarks of healthy living. If you're tired all the time, don't let apathy and lethargy drag you down. Instead, get a checkup to try to determine the cause and the solution.

4. *Eating*: Eating a balanced diet and maintaining a healthy weight are keys to physical and mental health. If you need to lose weight or make changes in your diet, keep your expectations high. You can do it!

5. *Exercise*: Staying physically active fuels the body and mind. If you're already exercising regularly, keep

it up. If you're getting started, know your fitness level, then set goals and progress at your own pace. The key is to be consistent.

6. *Engagement*: Get involved in your community. Research has shown that people who volunteer have higher levels of well-being and life satisfaction than people who don't. Volunteering and other kinds of civic and social engagement can contribute to better health.

7. *Emotions*: Everyone feels down at times, but full-blown depression is a major cause of disability. If you're feeling out of sorts for two weeks or more, talk with your doctor, or take an online screening test at www.mentalhealthscreening.org/. In many instances, simply exercising and eating right can change your mood.

8. *Education*: Lifelong learning is important to living an independent and fulfilling life as you advance in age. Start now to learn new subjects or physical activities—it's good for the brain.

9. *Effort*: Changing expectations and embarking on new behaviors take energy and effort, but the results are well worth it.

10. *Enjoyment*: A healthy life

generally is a joyous one. Savor the process of being or becoming active, engaged, and truly alive in 2012.

From the *ICAA Weekly* newsletter, available through www.icaa.cc.

INSIDE THIS ISSUE:

WELLNESS SPOTLIGHT	2
COSMIC DANCE	2
BEYOND THE PLATE	3
CALENDAR	4
TRAVEL CORNER	6
SEABURY CINEMA	6
PROGRAM HIGHLIGHTS	7
IMPORTANT ESSENTIALS	8
TRANSPORTATION INFO	8



We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day.

~Edith Lovejoy Pierce

Resident Services Department

Heather Stanton
Director
(860) 243-6040
hstanton@seaburyretirement.com

Jodi Morrissey
Activities Coordinator
(860) 243-6035
jodimorrissey@seaburyretirement.com

Front Desk Manager
Gail Gomez
Receptionists
Vickie Hester-Foster
Kim Luciuk
Brett Williams

Transportation Coordinator
Maura Mazur
Drivers
Derrick Henry
Angel Jimenez
Dick Witherell

"A CUT ABOVE" SALON
Candace Mattingly
Irene LeClaire
Gwendolyn Simpson
Kathleen Kay
Contractor-Stylists
(860) 243-6090
Hours:
Tuesday-Friday
8:30-3:00



Wellness Spotlight: Vocational Dimension of Wellness

What is your interest? There is oh so much to do! Learn something new this semester, with the UCONN Adult Learning Program's Spring Preview on January 10th.

Share a talent or some time: we're looking for volunteers in our Friend-to-Friend program who can visit with residents in the Views for a friendly chat. See Molly Bouffard to help!



The Knit 'n Stitch group meets on Tuesday afternoons to whip up projects for family or needy members of the Greater Hartford community. We have received a huge donation of yarn, so we'll supply all that you need to help keep someone warm this winter! Contact Carolann Purcell or Jodi Morrissey with questions.

The Earth Charter presents: *The Cosmic Dance*

On **Thursday evening, January 26** an Explosion will be heard in Heritage Hall as our own Dance Diva, Heather Stanton, will be featured as the honored Performer of the Cosmic Dance!

What on Earth – or in the Cosmos – is that? Well, something Very Old, and yet, Very New. As our introduction to a bold new interest group at Seabury, courtesy of the *Earth Charter*, this is our way of presenting to you a graphic gift of delightful representation of the *whole* story of our family tree, right from the beginning.

As many of you know, the *Earth Charter* is a carefully researched set of universal principles for our living together sustainably on this planet, especially in the face of tremendous opposing forces in this day and age – with the great inequalities of living standards and shortages of resources looming. It recognizes our inherent oneness with all of humanity and with all things, and addresses a range of topics from the tiniest sub-atomic particles within us all, to the needed participation and cooperation of the human race to ensure our longevity on the earth. There are *Earth Charter* chapters throughout the world.

During the presentation, we will be guided on a quick tour of the BIG picture through new, original music, graphic assistance, art, poetry, and narration. The story to be told is of our mutual inheritance as creatures of an awesome array of cosmic happenings in its long, wondrous history. And since "Dance," in its broadest sense, has been shown by modern physics to be the very essence of both organic and inorganic matter by its rhythm of synchronized motion and continual change, it is fitting that the Cosmic Dance presented by the Earth Charter group at Seabury be an introduction for its own emergence here. All residents will be given a copy of the Charter before the presentation in the hope that you will read with open hearts and come to see its principles as foundational for the mutual cooperation of peoples and nations, organizations and individuals, as we seek to achieve a sustainable world environment, the quickening of the struggle for justice and peace, and the joyful celebration of life.

And so we invite you to join with the Earth Charter group to further investigate what living in healthy relationship with all these principals can mean to us.

-Dick Watson



Beyond the Plate



The Resident/CHHI Board Holiday Reception was a huge success, and a good time was had by all. I am so proud of our Culinary Team and what they produced; everyone had a part of the overall success. The Gingerbread brunch was a ton of fun for employees' families. A huge thanks to Blake for creating the

Gingerbread Man and to Corinne for bringing him to life.

We continue to have a busy season, and we are looking forward to a Great New Year with my team and all of you. Here is a little food for thought:

- If you store half an apple in the container where you are storing a cake, the cake will retain its freshness longer.
- Cottage cheese will remain fresher longer if you store it upside down in the refrigerator. This slows the effects of oxidation.
- To determine whether an egg is fresh, immerse it in a pan of cool, salted water, if it sinks then it is fresh, if it floats to the surface, throw it away.
- To keep potatoes from budding, place an apple in the bag with the potatoes.
- Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.
- Place a slice of apple in hardened brown sugar to soften it.
- What should you do with fruit with mold? Throw it away rather than simply cutting off the mold since mold on fruit goes much deeper than what appears on the fruit.

~Chef Ken

Easy Shrimp Linguine with Basil-Garlic Butter

Servings: 3-4

Prep Time: 20 minutes

Cook Time: 12 minutes

Ingredients:

- 3 tbsp Olive oil
 - 1 pound Shrimp, large, peeled and deveined
 - 2 tsp garlic, minced
 - 3 tbsp Basil, fresh, chopped
 - 3 tbsp Butter
 - 1 pound Linguine (preferably fresh)
- Grated Asiago cheese (as desired)

Instructions:

- Set a pot to boil for the linguine, adding 1 tbsp of olive oil and a dash of salt.
- Cook the linguine for 7-8 minutes (al dente), stirring every minute.
- While the linguine is cooking, heat a large skillet with remaining olive oil.
- When hot, add the shrimp to the skillet, sauteeing until the shrimp turns pink, about 3-4 minutes.
- Add the garlic and the basil to the saute and cook an additional 2-3 minutes.
- Add the butter, and then toss in the pasta, making sure to coat the pasta with the sauce. Remove from heat. Serve immediately and garnish with the Asiago cheese as desired!



A History of Giving


In 1994, Steve Shephard, founder of Seabury's *Action Forum*, and his partner, Jean Petty, began to solicit residents on behalf of the *Horace Bushnell Food Pantry*. The Pantry, based at the Liberty Christian Center on Vine Street in Hartford, serves hungry children, seniors, the disabled, the homeless and others in dire need, totaling over 359 adults and 1,000 children weekly.

Each month, Seabury residents participate by giving food and monetary donations. Since the beginning, our gifts have included over 17,000 food items, large numbers of toiletries, and nearly \$65,000 in cash/checks. Without this support, the Pantry would be unable to serve as many people as it does—and the need has grown in these times of high unemployment.

After Shephard and Petty, Barbara and Ed Prasse took over and were succeeded by Joan Cox in 2004. New chairs this year are Anne and Ken Brock, ably and wonderfully assisted by a dedicated crew that handles the monthly collection. When you see the notices and reminders on the calendar, please remember our less fortunate neighbors. *"There but for the Grace of God go I"*

-Ken Brock



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 Communion CH 3 Video: <i>Keep America Singing</i> HH  HAPPY NEW YEAR!	2 No Chorus 1 ALP 1 Weight Winners ATR 7 Duplicate Bridge CAS 7 MahJongg GR	3 9-4 Bank Open 8 Residents' Breakfast MDR w/Marci Carosella of the Meadows 10 Shop Geissler's 3:30 Knit 'n Stitch 4 Action Forum CAS 4:45 Drop In Social HP	4 9 Hospitality Cm. HP 10:30 Communion & Healing Svc. CH 5 Gallery Opening w/Artist Betty Schaffer TOS 7 Cribbage CAS 7:15 Classic Movie: <i>On the Town</i> HH	5 9-4 Bank Open 10 Bible Study w/ Bloomfield Cong Church CH 11:45 French PDR 2 Nursing in Iraq w/Maria Tackett HH 4 TRIP** Ursula Korzenik Exhibit 7 Poker CAS 7:15 Classic Movie <i>On the Town</i> CH918	6 11 Dr. Coil Common Medical Emergencies HH 1 Shopping No Chime In! TOS 1:45 Tea 3 Poets & Writers HP 6:15 MasterWorks 7 Bridge CAS	7 4:45 Drop In Social HP 6:15 MasterWorks 7:15 Movie <i>Cabaret with Joel Grey</i> HH
8 10:30 Communion CH 3 Video: <i>Boston Museum of Fine Arts</i> HH 6 Saturday Movie <i>Cabaret with Joel Grey</i> CH 918	9 10 Health Cm. HH 1 Chorus CH 1:30 Finance & Budget GV 2 Mending CAS 7 Dup. Bridge CAS 7 MahJongg GR	10 9-4 Bank Open 9:30-12 ALP Spring Preview HH 10 Shopping 3 Alzheimer's Support Group CSA 3:30 Knit 'n Stitch SL 4:45 Drop In Social HP	11 9 Resident Council HH 10:30 Communion & Healing Svc. CH 1:30 Art CAS 2 Communications Comm. BC 7 Cribbage CAS 7:15 Classic Movie: <i>Ordinary Miracles</i> HH Food Drive This Weekend	12 9-4 Bank Open 11-2:30 Encore Open! 11:45 Conv. French PDR 5 Birthday Fun MDR 7 Poker CAS 7 Atwater & Donnelly Traditional American Folk Music HH	13 9:15 Kindergarteners Visit CAS 9:30 ALP Preview Snow Date HH 10 Judaic Service CH 1 Shopping 1 Chime In! CAS 7 Bridge CAS 7:15 Classic Movie <i>Ordinary Miracles</i> CH918	14 10 ISOD Speaker on "Water in the MidEast" HH 12:30 TRIP** Silk City Chorus 4:45 Drop In Social HP 7:15 Movie <i>Sarah's Key</i> HH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 10:30 Communion CH 3 Video: <i>Remembering Chicago Again</i> HH 6 Saturday Movie: <i>Sarah's Key</i> CH 918	16 8 Men's Brkfst ** TPB/MDR 11 Dining PDR 1 Chorus CH 1 Weight ATR Winners MR 1:30 Shop 3 Middle East MR Study Group MR 7 Duplicate Bridge CAS 7 MahJongg GR	17 9-4 Bank Open 10 2 G's GV 10 Shop Geissler's GV 11 S & C MR 11 Trails MR 12 Fine Dine** MDR To Naples! CAS 3 E & E CAS 3:30 Knit 'n SL 4:45 Drop-In! HP 7 Duo Pianos and Trio in Song! HH	18 10:30 Communion & Healing Svc CH 1:30 Art Class CAS 2:30 Converse with Margie & Gale HH 3:30 Movie Critics Circle MR 4:45 "The Arts are Alive at Seabury" Mixer Dinner TOS/MDR 7 Cribbage CAS 7:15 Classic Movie: <i>Fielder's Choice</i> HH	19 9-4 Bank Open 8 TRIP** Boston MFA 11:45 French PDR 3 Caregivers HP 3:30 Spiritual Life Cm. CH 7 Poker CAS 7:15 Classic Movie: <i>Fielder's Choice</i> CH918	20 10:15 Book Group Reviews: <i>Shadow of the Sun</i> HP 10:30 Catholic Mass CH 1 Shopping CAS 1 Chime In! TOS 1:45 Tea CAS 7 Bridge	21 12 TRIP** Bloomfield Cinema "The Met: Live in HD" 4:45 Drop In Social HP 7:15 Movie <i>Larry Crowne</i> HH
22 10:30 Communion CH 2:30 Deb Manning Shares Trip To India HH 6 Saturday Movie <i>Larry Crowne</i> CH918	23 10 Library L (note new time) 1 Chorus CH 2 Mending CAS 7 Duplicate Bridge CAS 7 MahJongg GR	24 9-4 Bank Open 9 B & G GV 10 Shopping or Tour Meadows Call CLD 2-3:30 Travel to Antarctica with The Berrys HH 3:30 Knit n' SL 4:45 Drop-In! HP	25 10:30 Communion & Healing Svc. CH 1:15 TRIP** Hartford Stage CAS 1:30 Art Class CAS 3 Accessibility Day at Encore! 7 Cribbage CAS 7:15 Classic Movie: <i>Destination Tokyo</i> HH	26 9-4 Bank Open 11 Sr. Academy Presents Free HSO Woodwind Quintet HH 11-2:30 Encore Open Today! 11:45 French PDR 1 ALP SL 7 Poker CAS 7 Earth Charter's Cosmic Dance HH	27 10 Flowers GV 1 Shopping 1 Chime In! CAS 3 Better Hearing Group HH 7 Bridge CAS 7:15 Classic Movie <i>Destination Tokyo</i> CH 918	28 9 Story Tellers MDR 4:45 Drop In Social HP 7:15 Movie <i>The Help</i> HH
29 10:30 Communion CH 3 Video: HH <i>San Francisco</i> 6 Saturday Movie: <i>The Help</i> CH918	30 1 Chorus CH 2-4 Craft Class for Medieval Wear CAS 7 Duplicate Bridge CAS 7 MahJongg GR	31 9-4 Bank Open 10 Shopping 3:30 Knit n' SL 4:45 Drop-In! HP 7 Medieval Faire with the Elizabethan Consort HH	Abbreviations: B & G: Buildings & Grounds E & E: Education & Entertainment F & B: Finance & Budget S & C: Suggestions & Concerns 2 G's: Garden & Greenhouse	Rooms ATR Atrium BR Billiards Room BC Business Center CAS Creative Arts CH Chapel CLD Clinic Desk CSA Center for Successful Aging GR Game Room GV Garden View	Rooms HH Heritage Hall HP Hearthside L Library MDR Main Dining MR Media Room NL North Lounge SL South Lounge TOS Top of Stairs TPB Time Piece Bistro	Sign Up in CAS for Events With STARS** Encore NOT Receiving In January Additional Chapel Offerings Mon-Fri 9a.m. Prayer

Travel Corner



Please join us on a trip to view original artwork by Seabury resident

Ursula Korzenik,

which will be on display at the UCONN Medical Center. We will provide transportation (\$7 per person) to the Opening Reception on

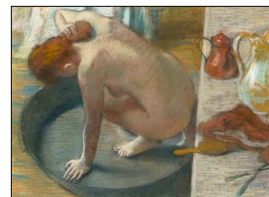
Thursday, January 5, 2012

leaving Seabury at 4 p.m., returning by

7 p.m. Refreshments will be provided. Sign up in CAS!

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 (Coach Bus),

Guided Tour of the Exhibit

Lunch is on your own at the Museum.

There is still room! See Jodi ASAP!



We are off to hear the wonderful Barbershop harmonies of the ***Silk City Chorus*** at the Manchester High School Auditorium on

Saturday, January 14, 2012

Leave Seabury at 12:30 p.m.

\$24 per person includes ticket and

transportation. Sign up in CAS

by January 2nd so that we may

purchase tickets!

Save the Date:

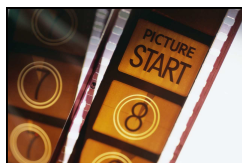
***Boston Flower & Garden Show
Thursday, March 15, 2012***

Set to the backdrop of over 25 garden displays by cutting edge landscape professionals and nurseries.

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

\$56 includes admission

& transportation. Lunch is on your own.



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.

- 1/1** *Keep America Singing*
@ 3 p.m., HH
- 1/4** *On the Town*
@ 7:15 p.m., HH
- 1/5** *On the Town*
@ 7:15 p.m., Ch 918
- 1/7*** *Cabaret w/Joel Grey*
@ 7:15 p.m., HH
- 1/8** *Boston Museum of Fine Arts*
@ 3 p.m., HH
- 1/11** *Ordinary Miracles*
@ 7:15 p.m., HH
- 1/13** *Ordinary Miracles*
@ 7:15 p.m., CH 918
- 1/14*** *Sarah's Key*
@ 7:15 p.m., HH
- 1/15** *Remembering Chicago Again* @ 3 p.m., HH

- 1/18** *Fielder's Choice*
@ 7:15 p.m., HH
- 1/19** *Fielder's Choice*
@ 7:15 p.m., CH 918
- 1/21*** *Larry Crowne*
@ 7:15 p.m., HH
- 1/25** *Destination Tokyo*
@ 7:15 p.m., HH
- 1/27** *Destination Tokyo*
@ 7:15 p.m., Ch 918
- 1/28*** *The Help*
@ 7:15 p.m., HH
- 1/29** *San Francisco*
@ 3 p.m., HH

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

January Program Highlights

Time to Sign up for Billiards! Be part of the Resident/Staff Tournament to play everyone's favorite winter table game. Nine-ball is the game and you don't need to be a pool shark to play—just someone who wants to have some friendly competition. Residents are paired with staff, usually Monday and Wednesday afternoons at 3:30 p.m. Play goes for 10-12 weeks depending on the number of teams and usually starts in February. Sign up now so we can organize the tournament!

Time to once again view all the wonderful offerings of the **UCONN Adult Learning Program (ALP)** at their **Spring Preview**. Instructors will be available to discuss their courses and tempt you into signing up! Many of the topics that you requested are now being offered as programs, and are presented by top Connecticut speakers. It's a New Year—learn something new, or try something you've always wanted to do! See Jodi for a brochure. **Tuesday, January 10th, 9:30 -12 noon, HH**

An award-winning duo, **Atwater-Donnelly**, will perform a unique blend of traditional American and Celtic folk music and dance, along with original songs and poetry. This highly praised husband-wife duo has consistently won *Best Folk Act (2011, 2010, 2007, 2006)*, *Album of the Year (2007)*, *Best Female Vocalist (2009, 2007)*, and *Best Americana Act (2008)*. So don't miss these performers who travel throughout the United States and abroad. **Thursday, January 12th, 7 p.m., HH**

Michael Hood, Senior International Water Resource Manager, US Dept of the Interior, Washington D.C., will share his expertise on **Water Resource Conflict: Sustainable Water Supply in the 21st Century in the Middle East**. Which is a more likely issue for future wars—oil or water? This presentation will focus on what many professionals prophecy to be the major threat to attaining the very delicate political balance in the Mideast: water resources. **Saturday, January 14th, 10 a.m., HH**



perform a unique blend of traditional American and Celtic folk music and dance, along with original songs and poetry. This highly praised husband-wife duo has consistently won *Best*

Connect, Hartt School graduates Emmett Drake, Alicia Santavenere, and Colin Britt will delight you with those wonderful standards of the 40s and 50s. **Tuesday, January 17th, 7 p.m., HH**

The Hospitality Committee warmly invites you to attend a **Mixer Dinner and Reception** that guarantees frivolity, as you dine with new people by pulling a table number out of a hat for either a 5:15 or 5:45 p.m. seating. Their theme is "**The Arts are Alive at Seabury**" and if you wondered if that's true—just review the calendar and join in! **Wednesday, January 18th, 4:45p.m. TOS/MDR**

Travel to India with guest speaker **Deb Manning**, June's daughter, who received a Fulbright Scholarship for a Learning Tour of the country's religion, monuments and government, and her main interest, being a Social Studies teacher, the educational system. She will be bringing a wealth of information from her 5-week tour, and open the floor for questions. **Sunday, January 22nd, 2:30 p.m., HH**

Senior Academy extends an invitation to attend a free program presented by the **Hartford Symphony Orchestra's Woodwind Quintet**. Performers will enlighten you to the wonders of the music that is played for major symphony events. The Senior Academy has been a joint venture between Seabury and Duncaster to present educational learning opportunities. Enjoy! **Thursday, January 26th, 11 a.m., HH**

We are planning a **Medieval Faire** to escape the winter doldrums. Drop in to our craft class on **Monday, January 30th** to make fanciful headwear. The following day, we will have special surprise events, a **Royal Feaste** (period attire suggested) and a performance by **The Elizabethan Consort**. This group of four singers, in full costume, will draw you into the magic of madrigal music. Leave swords at the door. Squires and Maidens, merry musings are a must! **Tuesday, January 31st, 7 p.m., HH**



IMPORTANT ESSENTIALS

TO YOUR HEALTH

Dr. Coll will speak about "Common Medical Emergencies" on Friday, January 6th, 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 p.m.
No appointment needed.

FOOTNOTES FROM THE LIBRARY COMMITTEE

Guest writer this month is Mara Whitman, Reference Librarian for the Bloomfield Public Libraries. "With winter coming, I would like to remind everyone that they can drop off their library books or other materials at the front desk with Gail, or at Rena's desk at the Clinic. I will make sure that the materials are returned to Prosser. I deliver books and other materials to Seabury every week, and enjoy the time I spend here. Seabury has become my "home away from home." I attend the monthly Seabury Library Committee meetings (on the fourth Monday of each month) and then enjoy having lunch at the great Timepiece Bistro with many committee members. It is always a noisy, fun and most delicious lunch. One last connection for Prosser and Seabury is that I bring used magazines to the Eric Coleman Headstart Center in Bloomfield. The Center is thrilled to have the magazines, so when you are finished with yours, please drop them with Gail at the front desk. If I can be of any help, please call me, 860 243-9721 or email me at marawhitman@hotmail.com."



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



Energy Tip of the Month

This energy tip concerns our bodies—energy users themselves! Studies show that 75% of Americans are chronically dehydrated, which weakens our thirst mechanism so that it is often mistaken for hunger. Lack of enough water is the #1 trigger of daytime fatigue. And a mere 2% drop in body water can also trigger fuzzy short-term memory, and difficulty focusing on the computer screen or on a printed page. **Drinking 5 glasses of water daily** decreases the risk of colon cancer by 45%, plus it can slash risk of breast cancer by 79%. **And**, by consuming a like amount, one is 50% less likely to develop bladder cancer. **Are you drinking the amount of water needed** to carry you through the day? Eight or more glasses could significantly ease back and joint pain for up to 80% of sufferers! **So Drink!**

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 6, The Shoppes at Buckland Hills

Sign up in the Activity Book