Seabury Monthly

YOUR COMMUNITY LIFE EVENTS PUBLICATION

March 2011

It's Time for the Spring Thaw: Let's Mix and Mingle!

Mardi Gras

As they say in New Orleans, "Laissez le bon temps rouler!" {Let the good times roll!} Join us for a ***Mardi Gras Mask Making Workshop*** on **Thursday, March 3rd, 2 p.m.** in the Creative Arts Studio. We will provide you with all the materials necessary to make a mask fit for a King!

The masking tradition remains a vital part of the New Orleans Mardi Gras celebration. Like it's counterparts in the Caribbean, South America and Europe, this pre-Lenten festival is highlighted by the masks worn by people in masked balls, krew members in parades, tourists, and partygoers during the final crescendo of madness known as *Fat Tuesday*. It is a time when the individual hides behind the mask to play out the final moments of fun before the penitence of Lent begins.

So don your mask and join in the revelry on **"Fat Tuesday," March 8th, at 4:45 p.m.** for a social at the Top of the Stairs, followed by dinner in the Main Dining Room.

St. Patrick's Day

Join friends for the second annual St. Patrick's Day Social & Mixer Dinner hosted by the Hospitality Committee. Its time for the wearin' o' th' green, celebrating with typical fare, and socializing!

Thursday, March 17th, 4:45 p.m., Top of the Stairs

Last year was a blast; don't miss it this year!

According to legend, Saint Patrick used the shamrock, a three-leaved plant, to explain the Holy Trinity to the pre-Christian Irish people.

Seabury Welcomes New Neighbors

This month we welcome the following residents: Anne Rossetti to Apt 2124; telephone 860-286-8025, Harold and Joyce Buckingham to Apt. 2114, telephone TBA

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"A Cut Above" Salon
Candace Mattingly
Irene LeClaire
Gwendolyn Simpson
Corinne Griffin-Phillips
Contractor-Stylists
(860) 243-6090
Hours:
Tuesday-Friday
8:30-3:00

Seabury

Wellness Spotlight: Social Dimension of Wellness

Research Documents Socialization Benefits

Emerging evidence supports the power of social activity in promoting health and quality of life for older adults, while reducing the risk of disease. Here is a roundup of recent findings:

- **Cognitive and social activity in midlife** may significantly reduce men's risk of dementia, according to a newly published study in *Alzheimer's and Dementia*. The study followed 147 male twin pairs for 28 years. Among the twins, higher cognitive activity scores predicted a 26% reduction in risk for developing dementia first. Twins who developed dementia first had significantly lower total cognitive activity scores than twins who didn't develop dementia. Reduced dementia risk was most strongly associated with participation in intermediate social activities including home and family activities, visiting with friends and relatives, club activities (such as attending parties and playing card games), and home hobbies. The authors conclude that engaging in activities that incorporate both cognitive and social activity might confer protection against Alzheimer's and dementia, particularly among those at elevated genetic risk for the disease. **Source:** *Alzheimer's and Dementia, 4*(5), 324–331, September 2008.

- **Social networks help protect against dementia**, according to recent research in the *American Journal of Public Health*. Investigators interviewed 2,249 women who were 78 years and older and free of dementia at baseline. They also interviewed the women again at least once in subsequent years. After five years, 18% of 456 women with low social network scores developed dementia compared to 10% of 1,793 women with high social network scores. Lead author ValerieCrooks, DSW, was reported as

stating: "Our findings indicate that it's important to think about ways to try to reduce the amount of isolation people have—even those with families. It's also important for us to find out what kinds of social support groups we can create for people who are isolated based on extreme age or lack of family." **Source:** *American Journal of Public Health, 98*(7), 1221–1227, July 2008.

- **Social support helps women maintain a walking regimen**, according to a study conducted by AARP and the Red Hat Society. The Step and Stride with Ruby walking program provided 21 Red Hat Society chapters (556 women) with start-up kits, step counters and logs to record their steps. The chapters recorded the total number of steps their participants walked on a public website and used other incentives to foster competition between the chapters.

Continued on page 3

Yes, We Want You!

The Hospitality Committee has heard whispers that there are some people who would like to be invited to be sponsors for our new residents. If you haven't been asked, it's because we don't know who you are. We need people who would like to extend a warm welcome to our new residents. Please call Peggy Igleheart (860)243-1181 or come to our next committee meeting, March 2nd at 9:00 a.m. in the Hearthside Parlor. We'd love to talk to you!

"Interdependence is and ought to be as much the ideal of man as self-sufficiency. Man is a social being." *-Mahatma Gandhi*

Socialization Benefits, *continued from previous page*

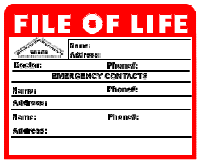
The investigators found that a majority of participants (87%) stayed with the program for the full year. At baseline, 59% of the participants reported engaging in at least 30 minutes of moderate-intensity activity five or more days per week. By the end of the study, 75% reported doing so. A large group (85%) said they did not want to let their chapter down, and 52% said it was personally important for their chapter to win the competition.
Source: AARP, July 2008

• **Social support reduces pain and depression**, according to an article published this spring in the *Journal of Pain*. A psychologist interviewed 117 patients (average age 54) at a pain clinic in Spain who experienced pain every day for at least six months. Those who received higher levels of social support reported a lower incidence of depression and also had less pain. The authors noted that reduced pain intensity decreases impairment and increases the ability to function every day.
Source: *Journal of Pain, 9*(4), 373–379, April 2008

Article courtesy of *The Journal on Active Aging*, September/October 2008, p 40, accessed through the article archives from the International Conference on Active Aging website: www.icaa.cc, of which Seabury is a member.

Turn Your Clocks Forward

Sunday, March 13, 2011 @ 2 a.m.



Update Your File of Life!

Make sure to note any changes in medications or diagnoses, and pass along this information to Lori Maglieri in the Clinic.

Energy Tip of the Month

You know your A B C's, but do you know your R R R's? That's "ConservationSpeak" for **Reduce, Reuse, Recycle.** To elaborate, it's short for **Reduce** the amounts of "stuff" that we consume–after all enough is enough. And then **Reuse** whatever *can* be reused–many things have multiple lives, and what *must* go can often be **Recycled** – especially here at Seabury. Let's all do our parts to shrink our waste for the Planet's sake!

Save the Date!

Friday, April 8, 11:30 a.m., MDR:
Harris Agriscience Center's Bloomfield Lecture Series presents William R. Bently, "Connecticut Oaks, Siberian Tigers and Our Global World of Forest Conservation."
Wednesday, April 13, 2 p.m., HH
Volunteer Recognition Party

MARCH 2011

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sign Up in CAS for Event When Indicated With STARS ~~~~~ **Abbreviations:** **B & G: Buildings & Grounds** **E & E: Education & Entertainment** **S & C Suggestions & Concerns** **2 G's: Garden & Greenhouse**	**Additional Chapel Offerings** **Monday-Friday** Morning Prayer 9 a.m. **Mondays** Centering Prayer 2 p.m. **Tuesdays** Interdenominational Tradition of Prayer 10 a.m.	**1** 9-4 Bank Open 10 Shopping 1 ALP **EWGV** 3:30 Rehearsal **HH** 3:30 Knit n' Stitch **SL** 4 Action Forum **CAS** 4:45 Drop-In! **HP** **Encore Receives Every Tuesday 10-12**	**2** 9 Hospitality **HP** 10 ALP **HH** 10:30 Communion & Healing Svc. **CH** 3:30 Book Reflections **CH** 3 Billiards **BR** 7 Cribbage **CAS** **7 Pianist Bridget deMoura Castro & Violinist, Marcia Lehninger HH**	**3** 9-4 Bank Open 10 Bible Study w/ Bloomfield Congregational Church **CH** 10:30 ALP **MR** 1 ALP **HH** **2 Mardi Gras Mask Making Workshop CAS** 3:30 Rehearsal **HH** 7 Poker **CAS** 7:15 Classic Movie *Last Chance Harvey* **HH**	**4** 9:30 ALP **MR** **11 Dr. Coll's Health Lecture "Bone Health" HH** 1 Shopping 1 Chime In! **CAS** 1:45 Tea **TOS** 3 Poets & Writers **HP** 7 Bridge **CAS** 7:15 Classic Movie *Last Chance Harvey* **CH 918**	**5** 2 & 7:15 Movie *Solitary Man* **HH** **6:45 TRIP** Hartt School "Oklahoma"** ***Food Drive This Weekend***
6 10:30 Communion **CH** ***Time for Some Sunday Laughs!*** 3 Video: *Charlie Chaplin* **HH** 6 Saturday Movie *Solitary Man* **NL**	**7** 10 Auxiliary Board Meeting **CAS** 1 ALP **SL** 1 Weight Winners **ATR** 1:30 Finance & Budget **EWGV** 2 Exercise Your Mind**(EYM) **CAS** 3 Billiards **BR** 7 Dup. Bridge **CAS** 7 MahJongg **GR**	**8** 9-4 Bank Open 8 Residents' Brkfst** w/Monique Dixon, Social Worker **TPC** 10 Shopping 11 Trails **EWGV** 1 ALP **EWGV** 3 Alzheimer's Support Group **CSA** 3:30 Rehearsal **HH** 3:30 Knit n' Stitch **SL** **4:45 Mardi Gras Social Wear Your Mask! TOS**	**9** 9 Res. Council **HH** 10:30 Comm.& Healing Svc. **CH** 1 ALP **HH** **1:15 TRIP Hartford Stage** 1:30 New ART Class** CAS** 3 Communications Comm. **BC** 3:30 Reflections **CH** 3 Billiards **BR** 7 Cribbage **CAS** 7:15 Classic Movie *King & I* **HH** **Ash Wednesday**	**10** 9-4 Bank Open **11-2:30 Encore Open Today!** 1 Great Decisions **HH** 1 ALP **SL** 3:30 Rehearsal **HH** 5 Birthday Fun **MDR** 7 Poker **CAS** 7:15 Classic Movie *King & I* **CH 918**	**11** **9:15 Kindergarten Students CAS** 9:30 ALP **MR** 10 Judaic Service **CH** 1 Shopping 1 Chime In! **CAS** 7 Bridge **CAS**	**12** 10 In Support of Democracy w/Guest Speaker **HH** 2 & 7:15 Movie *Ondine* **HH** **Clocks Ahead Tonight** **Update Your File of Life**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 10:30 Communion **CH** 3 Video**:** *St. Patrick & Celtic History* **HH** 6 Saturday Movie *Ondine* **NL**	**14** 10 Health Cm. **HH** 2 Mending **CAS** 2 Exercise Your Mind ** **CAS** 3 Billiards **BR** No Transitions Group 7 Dup. Bridge **CAS** 7 MahJongg **GR**	**15** 9-4 Bank Open 10 Shopping 10 ALP **HH** 10 2 G's **EWGV** 11 S & C **EWGV** **12 Fine Dine** in Jamaica! MDR** 1 ALP **EWGV** 2 E & E **CAS** 3:30 Rehearsal **HH** 3:30 Knit 'n Stitch **SL** 4:45 Drop-In! **HP** **7:30 Wintonbury Art League CAS**	**16** 10:30 Comm. & Healing Svc **CH** 1 ALP **HH** **1:30 ART Class** CAS** 3 Billiards **BR** 3:30 Reflections **CH** 3:30 Movie Critics Circle **MR** **6 TRIP** HSO Open Rehearsal** 7 Cribbage **CAS** 7:15 Classic Movie *Gentlemen's Agreement* **HH**	**17** 9-4 Bank Open **10:30 Seabury Foundation Info Meeting HH** 1 ALP **SL** 2 Futurists **EWGV** 3 Caregivers **HP** 3:30 Rehearsal **HH** **5 Mixer Social & Dinner w/Sid O'Garvais on Piano! TOS** 7 Poker **CAS** 7:15 Classic **CH918** *Gentlemen's Agreement*	**18** 9:30 ALP **MR** 10:15 Book Group "Last Station" **HP** **10:30 Catholic Mass CH** 1 Shopping 1 Chime In! **CAS** 1:45 Tea **TOS** **6:15 TRIP** Masterworks** 7 Bridge **CAS**	**19** 2 & 7:15 Movie *Girl with the Dragon Tattoo* **HH** ***Keep Up the Go Green Attitude!*** **6:15 TRIP** Hartford Symphony Masterworks**
20 10:30 Communion **CH** 3 Video: **HH** *Heidi* 6 Saturday Movie *Girl with the Dragon Tattoo* **NL** **Spring begins!**	**21** 8 Men's Breakfast ** **TPC/MDR** 10 ALP **SL** 11 Dining **PDR** 1 ALP **HH** 1 Wgt Winners **ATR** 1:30 Shop Cm. **MR** 2 EYM ** **CAS** 3 Mid East Grp **MR** 3 Billiards **BR** 7 Dup. Bridge **CAS** 7 MahJongg **GR**	**22** 9-4 Bank Open 9 B & G **EWGV** 10 Shop Geisslers 10 ALP **HH** 1 ALP **EWGV** **1:30 Newcomer's Group HP** 3:30 Rehearsal **HH** 3:30 Knit n' **SL** 4:45 Drop-In! **HP** **7 Hartt Piano Competition Winner TBA HH**	**23** 10:30 Comm. & Healing Svc. **CH** **11:15 TRIP** Lunch Bunch** **1:30 Art Class CAS** **2 Better Vision "Bingo" w/Primary Eye Care MR** 3 Billiards **BR** 3:30 Reflections **CH** 7 Cribbage **CAS** 7:15 Classic Movie**HH** *Murder by Numbers*	**24** 9-4 Bank Open 10 ALP **HH** **11-2:30 Encore Open Today!** 1 Great Decisions **HH** 3:30 Rehearsal **HH** 7 Poker **CAS** 7:15 Classic Movie *Murder by Numbers* **CH 918**	**25** 9:30 ALP **MR** 10 Flowers **EWGV** 1 Shopping 1 Chime In! **CAS** 3 Better Hearing Group **HH** 7 Bridge **CAS**	**26** 9 Story Tellers **MDR** 2 & 7:15 Movie *Conviction* **HH** **7:15 Trip** Hartford Symphony POPS!**
27 10:30 Communion **CH** 3 Video: **HH** *Sunshine Boys* 6 Saturday Movie *Conviction* **NL**	**28** 10:30 Library Cm. **L** 1 ALP **SL** 2 Mending **CAS** 3 Billiards **BR** 7 Dup. Bridge **CAS** 7 MahJongg **GR**	**29** 9-4 Bank Open 10 Shopping 10 ALP **HH** **2 Converse w/John HH** 3:30 Rehearsal **HH** 3:30 Knit n' Stitch **NL** 4:45 Drop-In! **HP**	**30 9-3 Wallach Shoes CAS** 10:30 Comm. & Healing Svc. **CH** 1 ALP **HH** No Art Class Today 3 Billiards **BR** 3:30 Reflections **CH** 7 Cribbage **CAS** 7:15 Classic Movie *Ninotchka* **HH**	**31** 9-4 Bank Open **9:30 TRIP** Wadsworth** 10 ALP **HH** 1 ALP **SL** 3:30 Rehearsal **HH** 7 Poker **CAS** 7:15 Classic Movie *Ninotchka* **CH 918**	**Rooms** **ATR** Atrium **BR** Billiards Room **BC** Business Center **CAS** Creative Arts **CH** Chapel **CLD** Clinic Desk **CSA** Center for Successful Aging **EWGV** East Wing Garden View	**Rooms** **L** Library **GR** Game Room **HH** Heritage Hall **HP** Hearthside **MDR** Main Dining **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

Daily office of morning prayer and scripture reading Monday through Friday at 9 a.m.

Centering Prayer on Mondays at 2 p.m.

Reflections on Celtic Prayer on Wednesdays at 3:30 p.m.

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.

The Front Pew

The service on Wednesday. March 2nd at 10:30 am will be in memory of and gratitude for John and Charles Wesley, with their hymns and their story of outreach and mission. John Wesley b 1703, died 2 March 1791. Charles Wesley b. 1707, died 29 March 1788. The Wesley brothers were leaders of the evangelical revival in the Church of England in the eighteenth century and are traditionally honored on March 3rd.

There will be an Episcopal ***Ash Wednesday*** service in the chapel on *Wednesday, March 9th at 10:30 a.m.* If you can't come to the chapel for the service and want ashes administered to you in your apartment or cottage, please call the chaplain's office.

On Sunday, March 6th, *Rev. John Rogers* will celebrate and *Deacon Bob Cudworth* will preach as I will be away on retreat in Massachusetts. On Wednesday, March 16th we will celebrate St. Patrick with a Celtic liturgy in the chapel at 10:30 a.m. On Wednesday, March 23rd we will remember the Roman Catholic Bishop of El Salvador at the 10:30 a.m. service.

Join Pastor Gail in the Seabury Chapel for a St. Barnabas Guild day retreat, on Saturday, March 26th from 10 am to 3 pm, led by the Rev. Linda Spiers of the Diocese of CT. We will be using Margaret Guenther's latest book, "Walking Home," which includes reflections on different walking stories in Holy Scripture. She concludes by saying there are chance encounters with the holy, those seemingly random encounters with Jesus, the inveterate walker. He just shows up with no appointment and not dressed as we expect. Join for a time of quiet Lenten reflection on moving closer to home, no matter how we "walk." Please RSVP by March 20 to Susan Dalrymple at 860-569-1306.

Seabury Cinema

3/3 *Last Chance Harvey*
@ 7:15 p.m., HH
3/4 *Last Chance Harvey*
@ 7:15 p.m., Ch 918
3/5* *Solitary Man*
@ 2 p.m. & 7:15 p.m., HH
3/6 Video: *Charlie Chaplin*
@ 3 p.m., HH
3/9 *The King & I*
@ 7:15 p.m., HH
3/10 *The King & I*
@ 7:15 p.m., CH 918
3/12* *Ondine*
@ 2 p.m. & 7:15 p.m., HH
3/13 *St. Patrick & Celtic History*
@ 3 p.m., HH
3/16 *Gentlemen's Agreement*
@ 7:15 p.m., HH
3/17 *Gentlemen's Agreement*
@ 7:15 p.m., CH 918
3/19* *Girl with the Dragon Tattoo*
@ 2 p.m. & 7:15 p.m., HH
3/20 *Heidi w/Shirley Temple*
@ 3 p.m., HH
3/23 *Murder by Numbers*
@ 7:15 p.m., HH
3/24 *Murder by Numbers*
@ 7:15 p.m., Ch 918
3/26* *Conviction*
@ 2 p.m. & 7:15 p.m., HH
3/27 *Sunshine Boys*
@ 3 p.m., HH
3/30 *Niotchka*
@ 7:15 p.m., HH
3/31 *Ninotchka*
@ 7:15 p.m., Ch 918

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

March Program Highlights

Pianist Bridget deMoura Castro & Violinist, Marcia Lehninger bring you a program of Bach, Mozart and more. Bridget always brings a professional treat for your listening pleasure. **Wednesday, 3/2, 7 p.m. HH.**

Join us for a trip to see a classic musical! The Hartt School will be performing ***Oklahoma*** on **Saturday, March 5th, bus will be 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.**

Mardi Gras Social Don a mask and mingle with the multitude! Either homemade or store-bought, kitschey or chic, wear your New Orleans finest to celebrate Fat Tuesday! **Tuesday, 3/8, 4:45 p.m., TOS. Workshop to make your own on 3/3 at 2.**

Great Decisions continues on **Thursdays**. Topics this month focus on the *Horn of Africa* **3/10** and *Responding to the Financial Crisis* **3/24.** Books have already been purchased and distributed. If you just want to come and listen...that's fine too! **1 p.m., HH**

So What do YOU Remember about Democracy? For the third in the **ISOD** series on various aspects of democracy (remember the Obama discussion and the Suffragettes film?), we monthly program will feature **Dr. Adrienne Fulco,** the Director of Public Policy and Law at Trinity College. She will discuss the roots and understanding of the concept of democracy and its workings near and far. Dr. Fulco teaches the subject and often lectures in that field beyond the hallowed halls. It could be a "Democracy 101 and 10X" combined. **Saturday, 3/12, 10 a.m., HH.**

St. Patrick's Day Social & Mixer Dinner hosted by the Hospitality Committee. Its time for the wearin' o' th' green, celebrating with typical fare, and socializing! **Thursday, 3/17, 4:45 p.m., TOS**

Futurists. A new group which will discuss and explore issues influencing the future. **Thursday, 3/17, 2 p.m., EWGV**

What is the Seabury Foundation you ask? Come to an informational sharing meeting on **Thursday 3/17 at 10:30 in HH** to learn how and why the Foundation started and how it has grown through the generosity of Seabury patrons. Five resident members of the Board will describe its activities and goals and answer any other questions you may have.

Newcomers...join your neighbors and the Activity Coordinators to get a better picture of activities within and outside the Seabury community to keep as busy as you want to be! You are considered a newcomer and if you arrived before March 2010, or you would like additional information. **Tuesday, 3/22, 1:30 p.m. HP.**

Welcome and Applaud the Hartt Young Artist Piano Competition Winner performing a TBA program. We don't know who the winner is yet; but you can be sure the performance will be outstanding! **Tuesday, 3/22, 7 p.m., HH.**

The **Lunch Bunch** is gearing up for our next outing. Join us for what promises to be a fabulous lunch at ***La Trattoria*** in Canton on **Wednesday, March 23rd, 11:15 a.m.** Transportation is $7, lunch is on your own. Sign up in CAS. We need a minimum of 8 to go!

Looking for something different to do and learn at the same time? Join **Primary Eye Care** representative and play **"Eye Care Bingo!"** Prizes, giveaways, eyeglass adjustments and optical coupons. Come for the fun of it! **Wednesday, 3/23, 2 p.m. Media Room**

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 to explore on your own in the museum. Food is not available on site, so we will be returning to Seabury in time to grab a bite in the café. $14 per person includes admission, tour and transportation. Sign up in CAS by March 15th. **Thursday, March 31st, 9:30 a.m. to 12:30 p.m.**

Important Essentials

To Your Health

Dr. Coll will speak about
"Bone Health"
on Friday, March 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
No appointment needed.

Footnotes From the Library Committee

Have you tried the Clearview Magnifier machine? It is absolutely great for anyone that needs to enlare, focus and brighten any kind of print material. If you need instructions, any Library Committee Member will help you.

Are you interested in joining a lively book club discussion? Seabury's meets on the third Friday of each month in Hearthside Parlor. The group selects which books will be read, and there is a 3-month hiatus in summer. Many thanks to Fannie Gabriel who gives her time and car to see that each member has their own book!

April is National Poetry Month. The Seabury Library has an entire shelf (located next to the bulletin board) with nearly fifty poetry books. There are a variety of authors, from the renowned poets of the 1800s and earlier, to the present day poets of the 21st century. We even have a volume of former President Jimmy Carter's written in 1995, entitled, *"Always a Reckoning."*

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

Of Note

Reminder:
The speed limit on the Seabury Campus is 20 mph

Keep an eye out
for pedestrians

Please note on your calendar that
Tea Time
at the Top of the Stairs
will now be held
twice a month.

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:
April 4th, Westfarms

Sign up in the Activity Book in CAS