

Seabrook Scoop

BEAUTIFUL SCENERY HEADING INTO THE FALL SEASON.

COFFEE W/ROB

ROB WILL HAVE A VIDEO ON OUR IN-HOUSE CHANNEL 1391 AT 10:30 A.M.

THURSDAY, SEPTEMBER 3RD INFORMING RESIDENTS ABOUT THE CHANGES BEING MADE TO ENSURE SAFTY FOR ALL OF US AT THE SEABROOK.

REMINDER TO RESIDENTS:

If you do not use your car daily to weekly, please occupy a space away from building entrance. This applies to handicapped parking as well and to those who are away on vacation. Thanks for this courtesy to your neighbors who use their vehicles daily or need proximity often for health reasons.

John Miller Discussion Group

Beginning Tuesday, September 1st at 1:00 PM, and meeting every FIRST and THIRD Tuesday after that, John Miller will be leading a Seabrook discussion group. Because of social distancing restrictions, the group will be limited to first fifteen residents who sign up.

John is an ordained Presbyterian minister, and has served churches in Wisconsin, Illinois, New Jersey, and on Hilton Head Island. He was pastor of First Presbyterian Church here from 1979 to 1996, and has been the pastor of the island's Chapel Without Walls from 2004 to the present. He has taught many Lifelong Learning classes on Hilton Head Island and in Cleveland, Ohio. He is the author of seven books, and in recent years has written many essays. His essays cover a wide variety of subjects. Typical titles are *Idealism Matters, But...*, *The Lessons of Bees, Do Unstable Leaders Lead to Instability?*, and *If America Had Lost the American Revolution*.

Prior to each discussion, an essay will be emailed to the group participants. They are asked to make a copy of it to bring to the discussion (if they have a printer). Copies will be available to those who do not have a printer. To participate in the discussion group, *please email your email address* to John at jmmiller@hargray.com, and you will receive the first essay to be discussed. For questions, contact John at 843-682-2323.

It is hoped this activity will be a beneficial mental stimulus to Seabrook residents until the USA is paroled from our COVID Incarceration. That likely will occur sometime between January to April of next year.

Everyone was giving a survey please full them out and return by September 11th. Thanks

We are trying to offer as many safe diversions and activities as possible; here are some activities we have available now:

The library is open 7 days a week- you can come down to borrow a book but, you are not allowed to stay

Sunday movie- every Sunday at 6:00 p.m. up to 30 residents attend with proper distance and a sign-up sheet

Exercise room- open from 9:00 a.m. until 3:00 p.m. You must sign-up.

Exercise classes Monday - Friday - up to 30 residents with proper distances

Tai Chi Tuesday and Thursday at 10:00 a.m. up to 10 residents attend with proper distances

The Pool is open from 9a.m. -3p.m with a guard on duty

Shuffleboard- Saturdays starting at 8:30 a.m.

Seabrook Book Club- on the Gazebo near building 5 on the third Tuesday of each month at 3:00 p.m.

Cozy Corner opens daily for small group- no more the 8 people

John Miller discussion group starting September with a sign-up sheet

Trivial Pursuit w/ Debby Boots- starting in September on the Gazebo

All resumed with limited capacity and everyone must wear a mask

If there is anyone willing to conduct Bingo, we can start with limited seating and a sign-up sheet also.

Welcome New Residents

William Forsyth Apt# 3401

Patricia Ann Millhaem Apt#1105

Mary "Knut" Welzant Apt# 4206

Carrol Virginia "Ginny" Foreman
Apt# 4201

Alfred "Al" Vadnais Apt # 5306

In Loving Memory

JIM FANNON



12/14/1923 -8/20/2020

Flu Shots

Alicia and Carolyn will be coming through your building to administer the flu vaccines. It is of no cost to you and less risk of having to be exposed to the general public to receive yours. PLEASE BE ON THE LOOK OUT FOR EXACT DATES.



A SUPRISE PRESENT FROM NATURE by Debby Boots

We were so surprised! Walking from our garden in back of the unattractive black enclosure to turn on the hose by maintenance to water our flowers, we came upon these strange plants peeking up among the broken glass and long-lain litter. And they grew and grew and flourished with no water, no attention, and thankfully, no poisons from Carolyn's (we posted sign "flower garden, do not spray" on the plot). So we looked closely and identified them as wild poinsettia, a native plant who can thrive in sun, shade, poor soil, rain or no rain. Like the relative non-native poinsettias around Christmas, the green bracts are painted with a splash of red and the little flowers on top are a beautiful yellow. Not only has this gift of nature covered all the rubble strewn around, but it is a wonderful pollinator plant for small insects, bees, butterflies and host plant for sphinx moth. Come check it out! If left alone, nature, the master gardener, scatters around some pretty interesting and useful plants if we humans learn to just sit back and observe. Hopefully, these wildflowers will spread and spread to bring some smiles to residents, some beauty, and insect pollinators to our property.

Thanks, nature, for all your happy surprises!



Picture of gulf fritillary butterfly sipping nectar from zinnia blossom in resident flower garden. We've seen swallow-tails, bees, hummingbirds and

solitary wasp on wild poinsettia (fire on the mountain) in GARDEN OF WEEDS, Seabrook



Home-Health Testimonies

*Thank you for your help and the services the health aides provided him through these past few weeks.
Jim Fannon's Family*

*We began VIP service in mid-July and it has given us peace of mind concerning my mother. This is a difficult time not being able to visit her weekly. Knowing that someone is checking on her four times a day, she is having interaction with someone, as well as making sure she is eating, doing her laundry and anything else necessary is a comfort to us. Thank you for making this service available, especially during these times of isolation.
May Slawson's Family*



To all members of the Seabrook Family

Have you heard of the Seabrook Foundation Fund? If you came to live at the Seabrook within the past year-and especially since we have been sequestered by COVID-19-we would like to introduce you to The Seabrook Foundation Fund, the philanthropic arm of your new home. The fund has provided many amenities for our residents, valued employees and neighbors during the past thirty four years. Brochures outlining needs and achievements of the fund are available at the front desk of the Seabrook house. We welcome your donations.

Forms for tax free donations in many areas such as to memorialize deceased friends and neighbors or in the form of a set amount to be added to your monthly statement are also available at the front desk. The Seabrook Foundation Fund Advisory Committee welcomes your suggestions.

Sincerely, Marie Smith, Chair.

Transportation News

Starting September 1st there will be transportation service Monday-Friday from 7am until 3p.m. Medical appointments only. We must have at least 24 hours notice and we will try and accommodate everyone. Thank you! Any last-minute cancellation will get charged to your monthly bill

Great Call News

Everyone will be receiving a new device called Lively Mobile Plus. Weighing 1.9 ounces and measuring 2.6 by 1.6 by 0.6 inches (HWD), the Lively Mobile Plus is a hair taller and just half an ounce heavier than the original model. IPX7 waterproof rating that means it can be worn in the shower. There's a square Call button in the middle of the device used to contact the emergency response center, as well as a battery indicator, a speaker, and a microphone for two-way audio with the response center. The Lively Mobile Plus is powered by an internal rechargeable 930mAh lithium-ion battery rated to provide up to 80 hours of standby time. Other improvements include a powerful Snapdragon Wear 1100 processor that delivers enhanced GPS and integrated 4G LTE cellular technology. There are different options to add to your Great Call like fall detection and Great Call link keeps families connected even when they're apart. This is an additional charge that gets billed directly to you. I will start giving out devices as I get them reactivated. If your Great Call has a solid red light, please see Felicia Smith.



Survey Results from The Kitchen

Dear Residents, thank you for filling out the "Lunch Bag" Surveys. Your feedback is very helpful for planning future menus. We will continue your favorite choices and discontinue those you liked the least. We will introduce a few new flavors to keep a good variety.

Thanks Elizabeth

Plots Open

A few spaces remain in the garden plot beds near building 4. Call Dr. Cross to obtain one, first come first served.

