

RESOURCE

According to AARP research:



80% of older adults prefer to age in place



34% of older adults need to make physical changes to their house to age in place



75% of older adults want to have a combination of help from family and paid professionals in their own homes

From the desk of Dawn Quattlebaum

Seabury understands the unique needs of older adults who wish to “age in place” but may have concerns about safety, getting around, or other daily activities. Seabury Care Managers provide professional guidance and support for older adults, their families and caregivers that focuses on maintaining and enriching their quality of life.

Our Care Managers provide counsel to families on key issues, next steps, and connection to professionals who can make aging in place or transitions to senior living communities possible to promote a positive aging experience. **Learn more about Care Management** by calling (202) 364-0020 or emailing: cminfo@seaburyresources.org.



Dawn M. Quattlebaum

Chief Executive Officer

TOPIC 01

Seabury's CEO Dawn Quattlebaum shares her thoughts about aging in place.

TOPIC 02

Dr. Elizabeth Boyd offers an inspirational training series on the spirituality of aging.

TOPIC 03

Snapshots from the 2022 Leadership in Aging Celebration.

TOPIC 04

Ms. Senior DC is crowned for 2022.



The Path AheadSM

“Church leaders who use the curriculum can offer older adults in their congregation an opportunity to grow spiritually.”

The Rev. Susan K. Walker
Episcopal Diocese of Washington

Dr. Elizabeth Boyd, Director of Congregational Resources, is offering a four-session facilitator training workshop online that will run on Tuesdays from September 20 to October 11 at 6:30 pm (EST).

The series, entitled *The Path Ahead: Spirituality & Purpose in Later LifeSM* will explore spirituality and purpose in life for older adults. Space is limited, so register early for *The Path AheadSM*.

Visit <https://bit.ly/3bJs35N> for more information.

To learn more about Seabury's Congregational Resources, contact Dr. Boyd to invite her to your church.

eboyd@seaburyresources.org

The series is designed to provide a space and a structure for exploring the challenges and rewards of aging within a spiritual context.

**WEEK ONE:
NAMING OUR SPIRITUAL NEEDS**

**WEEK TWO:
GRATITUDE AND RESILIENCE**

**WEEK THREE:
FROM DOING TO BEING**

**WEEK FOUR:
PASSION AND PURPOSE**

May 19, 2022, was a special day for Seabury as the Leadership in Aging Celebration was held at Eaton DC. The event had not taken place in person since 2019.

Highlights of the evening included the recognition of **Mark Bucher**, Co-Owner of Medium Rare restaurants and Founder of Feed the Fridge. **United Bank** received the Community Partner Award.

Seabury Board President, Susan Spurlark, Esq. welcomed donors, volunteers, and staff to a celebratory evening that recognized the many successes and contributions to our communities. **\$101,480** was raised at the event to decrease food insecurity and social isolation in addition to supporting programs for affordable permanent housing.

“The needs of older adults come first at Seabury. We serve and advocate for a great diversity of people in our communities.”

Susan Spurlark, Esq.
Seabury Board President



Mark Bucher (left) and Dawn Quattlebaum (right)



Todd Monash accepts the Community Partner Award for United Bank



Chenelyn Barker, Tiffany Oscar, and Phyllis Dillinger of the Washington Home enjoy the celebration



Susan Spurlark, Esq. Seabury Board President

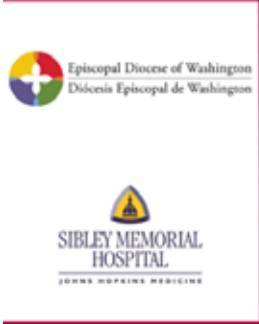


The ballots have been counted and the 2022 Ms. Senior DC has been crowned. Seabury congratulates Vené La Gon for her success.

Contestants competed for the title in four categories and are judged on their elegance, poise, and style during their interview, philosophy of life, and evening gown presentations.

Ms. La Gon will compete at the national Ms. Senior America at Hershey Park in September.

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Become a member of Seabury's Legacy Society by including Seabury as part of your will or estate plan.

Call the Advancement office at 202-289-5690, Option 1 to learn more about how to leave a lasting impact.

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A copy of the current financial statement of Seabury Resources for Aging is available by writing P. O. Box 70220, Washington DC 20024 or by calling (202) 289-5690. Documents and information submitted under the Maryland Solicitations Act are also available, for the cost of postage and copies, from the Maryland Secretary of State, State House, Annapolis MD 21401, (410) 974-5534.