

Administrator
Bill Pond shares

Spring News



Welcome to Noble Horizons' 2019 Annual Report of Giving, made possible entirely by your generous support. In the pages of this newsletter you will discover volunteers, family members, residents, friends and staff whose profound commitment has helped Noble Horizons achieve Medicare's highest possible quality rating, and has allowed us to launch several initiatives that will keep Noble at the forefront of senior living well beyond the new decade.

Coming in 2020

As you know, Noble Horizons is an established leader in senior healthcare and we embrace the challenges of remaining at the vanguard. Seizing the imperative presented by the rising numbers of aging Americans, Noble Horizons is making adjustments in Whitridge that will transform the face of memory care in our area. Several phases are under consideration and I invite you to contact me should you wish to learn more.

We take great pride in the breathtaking beauty for which

our campus is known and will be making several enhancements to the grounds, including upgraded campus lighting, improved signage, and aesthetic updates to our cottages. We will also be expanding our dining options, adding new menus and a wider variety of food choices with a keener focus on healthy living through proper nutrition.

Lending a helping hand

Noble's deep involvement with the local community expanded in 2019, and additional outreach efforts are planned. Over the last two years, we have enjoyed hosting the Salisbury Rotary Club's bi-monthly lunch meetings and special events; as a Rotarian myself, I welcome the opportunity to give back and build on our community relationships.

In addition to the scores of free programs we host for residents of the Tri-state region, Noble is also sharing its expertise and community spirit throughout the area,

continued on next page...

Reflecting on her 40 years at Noble Horizons:

Betty Thompson's next act



As Betty Thompson stands behind the counter of the Country Store at Noble Horizons, greeting shoppers and passers-by with the delightful zeal of a neighborhood shop owner, she recalls how growing up surrounded by family members made her feel right at home at Noble Horizons. "I immediately felt a connection with the population here at Noble Horizons when I first arrived on September 13, 1976, mostly because my grandmother lived at home with us when I was a young girl and my aunts and uncles lived next door. I had become accustomed to that family type of atmosphere where everyone – even the extended family – were always together and I felt that sense of a neighborhood of family here at Noble Horizons."

Betty graduated with her nursing diploma in 1966 from St. Francis Medical Center in Trenton, New Jersey, not far from where she grew up. She earned her diploma by participating in a grueling 24-month program with 22 other young ladies looking to enter the world of healthcare at a time when most young women were expected to start families, and search for careers later in

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Bill's Spring News continued...

whether in Canaan as bell ringers for the Salvation Army; at libraries in Mil-lerton, NY and Sheffield, MA to offer memory care programs; or as volun-teers during Canaan's famous Railroad Days where we raised funds for the Pilgrim House's roof campaign.

We have undertaken additional ini-tiatives to expand awareness of Noble Horizons, including a heightened presence on social media and other platforms that can amplify the stories of our distinct and unique community. As the only certified five-star healthcare community in the region, seniors and their families from as far as an hour away are choosing Noble Horizons, and we are honored to welcome them to the Noble family.

Reflection

As Noble Horizons evolves, our resolve to continually seek meaningful ways to better serve our residents never wavers. Your gifts provide the resources Noble's dedicated team needs to execute new initiatives while remaining true to its mission of offering the timeless gifts of kindness and compassion that Noble residents and their families count on. It is an honor to earn your trust and faith and I thank you for believing in and supporting Noble Horizons.

– Bill Pond, Administrator



Working together to provide a safe haven

Though we prefer not to imagine them, emergencies can happen at any given moment. Fortunately for those who have placed their trust and security in Noble Horizons, a comprehensive, proactive alternative emergency plan is now in place. According to a letter penned by Mr. William Boyer, Director of Buildings, Grounds and Safety for Salisbury School, "The Salisbury School is pleased to offer Noble Horizons the open invitation of providing shelter for your residents at our school if an emergency necessitates the evacuation of your facilities. We have several buildings of substantial size, many of them with emergency standby generators, that can adequately provide refuge to your residents while you work to make alternative living arrangements for them."

Though Noble Horizons will continue its proud two decade membership of Connecticut's Long Term Care Mutual Aid Plan, the gracious alternative extended by Salisbury School could prove to be a critical, life-saving safe haven.

"Being able to utilize the resources here in the Northwest Corner like the Salisbury School to keep residents

in one place with access to available aid is critical," says Joe Thibodeau, Physical Plant Director at Noble Horizons who stewarded the partnership between Noble and Salisbury School. "Salisbury School presents us with an opportunity to work within the community. We at Noble Horizons are proud to offer the same resource in return for Salisbury School."

As part of Connecticut's Long Term Care Mutual Aid Plan, participants log onto Mutual Aid's website and find a list of local members able to offer assistance and share resources. Such assistance includes pre-designated locations for individuals during a disaster, as well as shared supplies, equipment, transportation, staff or pharmaceuticals. "Establishments have long worked with each other to provide safe havens in appropriate homes during emergency situations," says Administrator Bill Pond. "Joe and his team are staunchly committed to having a strong emergency internal preparedness plan here at Noble Horizons."

We are honored to partner with Salisbury School for the immediate safety and security of Noble Horizons residents.

Betty Thompson's next act continued...

life. "It was a fun time, but you really had to concentrate."

After graduation, Betty spent two years working in an operating room before moving from New Jersey at the behest of her then-husband who had purchased a restaurant in Salisbury. After settling in and learning how to drive in the snow, Betty got a night job at Sharon Hospital in the surgery wing. As she continued her work at Sharon Hospital for the next five years, a nurse friend constantly encouraged Betty to join the Noble staff. "I always felt nervous about leaving the hospital environment but my friend told me, 'This place is for you, and it's only down the road!'" As it turned out, Noble Horizons was only a mile away from Betty's house.

What started as a convenient career change turned into four decades in a

community that Betty would come to consider her home-away-from-home.

"When I first started here, I loved the idea of taking care of the folks that I saw as grandparents in a sense. Eventually, as the years went by, the people who I perceived as grandparents became Mom and Dad and soon after, siblings and friends."

After just ten years, the restaurant her husband had purchased closed and he decided to move back to New Jersey. Betty however, wanted to raise her family in Salisbury and maintain her connection with the community at Noble Horizons. "I had established a life for myself here, and the people at Noble Horizons as well as in the town of Salisbury took care of me in so many ways."

Reflecting on her career at Noble, Betty shares, "I have had a marvelous life here, I've seen people move into



town and become neighbors and eventually residents at Noble Horizons. This place has evolved in so many ways, from residential living, to the addition of short-term rehab and memory care in Whitridge." Betty recalls her very last day as a member of Noble's team in 2017: "On my very last day the staff threw me a party and the residents and the cottagers came to celebrate with me—that touched me. That's how it is here, we all feel as if a part of our family lives here at Noble Horizons."



Van fundraising update

Free transportation services are just one of the many ways in which opportunities expand when you live at Noble Horizons.

Whether seeing a physician in New Haven, visiting a museum in Hartford, shopping in Torrington or enjoying a restaurant in Great Barrington, residents can count on free transportation to get there. Because those miles add up, however, the Noble van needs to be replaced. Many of you have made donations toward the purchase of a new van for which we are exceptionally grateful. Thank you!

If you haven't yet contributed, might you please consider a gift that will offer enhanced

safety and comfort for Noble residents as they continue to travel at no cost throughout our bucolic corner and beyond? Your gift will support:

1. Free transportation to doctors and related medical appointments. Noble Horizons not only provides transportation, but schedules medical visits and accompanies those who want a companion at their appointment. Whether driving to Sharon, Torrington or New Haven, a well-equipped van ensures that Noble residents arrive on time and with whatever support is needed.

2. Noble offers free transportation to special events throughout the region including

the Memorial Day Parade, entertainment venues like the Sharon Playhouse, scenic outings on the local lakes, popular restaurants and cultural destinations like the New Britain Art Museum.

3. The free vehicle service also offers access to the simple pleasures of daily life such as trips to LaBonne's Market for favorite foods, the library for the latest book, Walmart for a bargain or two, or even to a special event like a family birthday party or holiday celebration.

You can pave the way to enhanced independence, freedom, enjoyment, and security. Thank you!

Building faith at Noble Horizons Spiritual Care Programs

Thanks to the faithful work of local volunteers and Reverend Eileen L. Epperson, the recently introduced spiritual care programs at Noble Horizons are thriving. As its visionary leader, Reverend Epperson brings years of experience in interfaith leadership to the Noble community. Eileen, who has ministered in six churches and holds advanced degrees in literature and theology, has been active in cooperative interfaith projects for 35 years.

For the past year, Reverend Epperson has been introducing Noble residents to communal spirituality. To realize this vision, Eileen has recruited local faith-based leaders Martha Zimiles, Carol Ascher, Eleanor Miller, Gloria Gramaglia, and artist Karen LeSage as volunteers to help Noble residents connect with their own spirituality. This includes weekly "Spiritual Exploration" groups involving residents at each level of living within Noble Horizons. In addition, volunteers host a Sacred Circle with their Compassionate Listeners Group, at which members of the spiritual care team introduce topics such as gratitude and forgiveness.

Noble Horizons has long offered non-denominational faith-based programs, and traditional services for nearly every denomination. Eileen and her team are expanding spirituality at Noble Horizons.

Vespers, offered monthly, are designed by Reverend Epperson

and her volunteers, as well as residents, to offer time to reflect and grow together. "We are really trying to bring spiritual aspects from all traditions to our Vespers services. The people who come desire something spiritual," says Carol Ascher who, along with her fellow volunteers works with residents before each Vespers service to discuss themes, select songs, poems and prayers from a variety of faith and cultural traditions.

Reflects Carol, "What has really moved me is how vibrant, capable of change, reflection and willing to work through difficult subjects the people who come to our meetings are," says Carol. Fellow volunteer, meditation practitioner, and yoga instructor Eleanor Miller has also seen personal development among participants: "Residents express a sense of gratitude for having a place where they can talk about difficult matters, like forgiveness."

Personal growth For Eileen and her team, making room for individuality is key to personal growth and living a fuller life. "There is no question that people here are looking for an invitation to have meaningful conversations and grow on a personal level. The safe and loving space here at Noble Horizons enhances that golden time in your life. To claim your victories, forgive what needs to be forgiven, and accept your life as it is."



Above, L-R: Martha Zimiles, Gloria Gramaglia, Eleanor Miller, Eileen Epperson, Carol Ascher, Karen LeSage.



Above: Eileen Epperson, pictured speaking into microphone, leads a spiritual care program.

Annual Report of Giving:

Report of Giving October 1, 2018 to December 31, 2019

Note: *Deceased. Boldface type indicates donor has made gifts five or more years consecutively. We apologize for omissions or misspellings. Please call with corrections.

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Above: Betty Scribner, who has lived in a cottage since 2006, celebrates her 104th birthday with Francesca Burkhart.

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Above: Residents and staff enjoying a Vodka Martini social.

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Above: During the winter months, croquet moves indoors for the season.

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Above: Ordering a winter luncheon at the Canaan Country Club.

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Above: Lunch at Fiddleheads restaurant in Great Barrington, MA.

The Auxiliary thanks you...

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Charlotte Taylor Boutique

EXHIBIT UNDERWRITERS
Ruth Adotte
Peter & Kiki Barron
Leonie Brewer
Louis Bucceri
Habitat for Humanity
LMG Interior Design
Karen & Sandy Rossire
Salisbury Visiting Nurse Association
Mona Staaf-Gunther

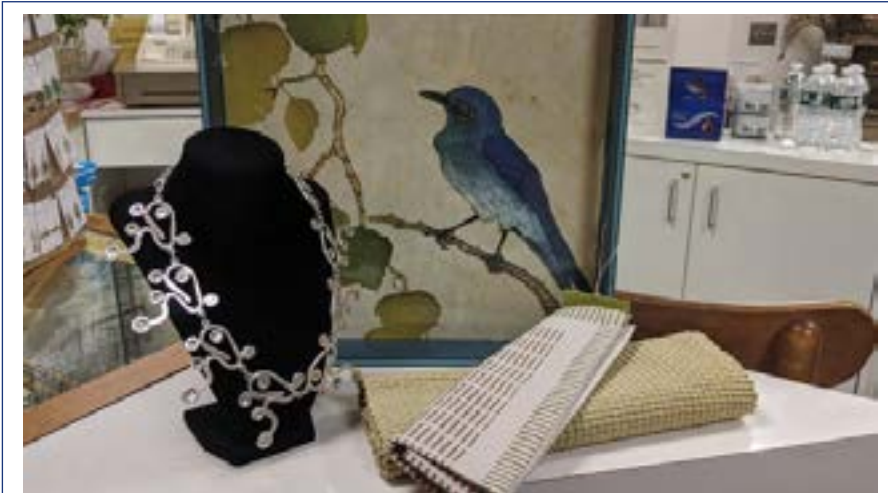
EXHIBITORS
Wendy Anderson
Mary Barton
Karen Bennett
Linda Campbell
Canaan Child Care Center
Linda Castaldi
Kathy Clement
Cornwall Child Center
Cynthia White Children's Center
Meredith Dittmar
Verena Drake
Joanne Elliott
Mimi Estes
EXTRAS
Jano Fairservis
Falls Village Day Care
Bonnie Godfrey
Toby Gow
Housatonic Child Care Center
Housatonic (HVRHS) FFA
Hunter Bee
Jane Kellner

Kent School Early Learning Center
Lee Kellogg School
Lime Rock Park
Nina Mathus
Judy McKernon
Kathy McKnight
Eileen Mulligan
Alanna Mulligan
Linda Orłowski
Paley's Farm
Antonella Preve
Lisa Reel & Holly Reid
Marilyn Ritchie
Roaring Oaks Florist
Steven Salaway
Salisbury Central School
Salisbury Garden Center
Salisbury Rotary
Dora Schively
Sharon Day Care Center
Sharon Women's Club
Alice Soenchen
Sweethaven Farm
Betty Thompson
Thornhill Flower & Garden Shop
Unitarian Fellowship of NWCT

Warren Church Community Child Care
Wagner Residents at Noble
Whitridge Residents at Noble
Noble Horizons Auxilliary Membership Donations 2019 - 2020

Ruth Adotte
Barbara Ardizone
Mary Barton
Joan Bergdahl
Peggy Bolmer
Anne Bowen
Amanda Cannon
Jane Capecelatro
Barbara and Lee Collins
Nora Meehan Dennis
Sylvia Durning
C. Arthur Eddy
Rosemary Farnsworth
Ollie Firuski
John Frenkel
Rose Genito
Jill and Ronald Jones

Elizabeth Kowalski
Joan McCue
Patricia Medvecky
Sue Melillo
Kathleen Mera
Eileen Mulligan
Jane Poehler (in memory of her beloved sister, Judith Poehler)
Denise Rice
Sue and Marilyn Ritchie
Paddy Rossbach
Dora Schively, M.D.
Marian Schwaikert
Bertha Scribner
Sylvia Sims
Rita Sims
Amelia Smith
Margaret Smith
Carolyn and Mitchell Sutterfield
Patricia Tully
Sally Vaun
Jeanette Weber
Patty Williams
Maura Wolf



As of January 1, 2020, the Country Store introduced the **SECOND ACT TREASURES**, presenting well priced previously loved and gently used gifts, books and jewelry. As winter yields to spring, discover spring pocket books, scarves, capes, silk flowers, placemats, napkins and a new selection of cards and stationary.

Please come and shop 10-3:30 daily, Monday - Friday.

The Country Store at Noble Horizons

**2019-2020
AUXILIARY
BOARD
MEMBERS**

- Judy McKernon
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- Joanne Elliott
Vice-President
- Kathleen Hawley
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- Betty Kowalski
Assistant
Treasurer
- Teri Aitken
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- Maura Wolf
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- Ruth Adotte
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Representative
- Eileen Mulligan
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- Karen Bennett
Judy McKernon
Kathy Fricker
FOT Co-Chairs
- Joanne Elliott
Holiday Fair Chair
- Mary Barton
Book & Tag Sale
Chair
- Karen Bennett
Country Store
Manager
- Joan McCue
Library
Representative
- Bill Pond
Lana Knutson
Noble
Representatives

FROM THE AUXILIARY PRESIDENT:

In recent years the Auxiliary's fund raising activities have allowed us to budget annual expenditures of \$25,000 to \$30,000 for special projects and programs at Noble, and, in addition, to cover some larger, extra things for Noble as the need arose.

Passing a milestone last year, having funded over \$1,000,000 in projects for Noble, was cause for celebration. We have truly brought the hopes of the originators of the Noble Auxiliary who laid out the foundations for this organization at their first meeting in 1975 to fruition. The mission called for the "enhancement of the quality of life at Noble, implemented by fostering community interest, volunteer recruitment and the funding of special projects and programs."

Upon reflection, I feel the Auxiliary has even more to celebrate at

this point in our history because of our success in these aspects of the Auxiliary's mission related to community interest and volunteer recruitment. The Auxiliary brings much more to Noble's campus than the dollars spent here – the energy and goodwill that comes with people working together on a common goal.

Our fundraising activities are, on the surface, activities to raise funds, but each one has an accompanying positive result as well. For example, the Country Store with its beautiful displays, lights up the long corridor in Wagner and becomes a place to talk with friends, both residents and community members. Our Book & Tag Sales are a destination for many local people as is the Holiday Fair, bringing people on campus who know and love Noble and

want to support the good work of the Auxiliary. The Festival of Trees is our biggest fundraiser, its impact as a community event, supported by many local sponsors, both businesses and individuals, many more who contribute as volunteers, and hundreds who come to visit and enjoy the trees is important to our shared mission.

This edition of the On the Horizon is an opportunity to thank everyone for all that they do for Noble, and I would like to say thank you to our wonderful Auxiliary Board, the members of the Auxiliary, and to all those who help us continue to fulfill our mission at Noble.

– Karen Bennett,
Noble Horizons Auxiliary
Board President

Snapshots from the 2019 Festival of Trees



Snapshots from the 2019 Country Fair & Festival of Trees Gala



All photos from the Gala courtesy of Rural Intelligence

Sharie Schwaikert reflects on her time leading Country Store volunteers



Sharie Schwaikert reflects on her two decades at the helm of the Country Store in deeply personal ways. During her 21-years, she has met innumerable devoted volunteers, enjoyed the friendship of generations of residents who pass through for snacks, essentials and a friendly chat; and watched her daughter – a once frequent companion in the store – grow from newborn to young woman.

Sharie began volunteering when the Auxiliary first opened the store in March of 1995, drawn by the opportunity to build family connections. "My mother-in-law Marian Schwaikert began the store with the original buyer, Arlene Dubin, who had a shop in town for many years

called Settings. I didn't know my mother-in-law very well and I wanted to get closer to her. I think that was the real reason for me coming to the Country Store."

She continues, "When I started I was pregnant with my daughter and I ended up staying all through my pregnancy. A few weeks after my daughter was born I was right back here working – with my newborn baby girl by my side. It was a great feeling knowing I could bring my baby to work because it was, and still is, such a family atmosphere."

Eventually Sharie joined Arlene on trips to large retail expos like the Javits Center in New York City. It was then that Sharie discovered her passion for selecting and display-

ing items that would attract Noble residents, families and community members. "I've always enjoyed the presentation design of decorative items and I developed a bit of a knack for seeing items that would catch the eye."

After Arlene stepped away from the Country Store in 1997, Sharie's knack for design made her a perfect fit for the new role, a role which she has graciously filled for the last 23 years. While her particular set of skills has made the Country Store an exceptionally successful enterprise for the Noble Horizons Auxiliary, which directs the store's profits to projects that enhance the lives of Noble residents, for Sharie, her time at the store can be summed

up in one word: "People – it's always been about the people. The every day conversations I have had with the residents that I have gotten to know over the years have always been sweet, funny and caring, for me, and my family. There really is a family feeling here even after all these years."



17 Cobble Road
Salisbury, CT 06068
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www.noblehorizons.org



Join us for these free March events!

Children's International Peace Prize recipient and United Nations speaker Abraham Keita discusses his ongoing and perilous fight for children's rights across the globe. March 1 at 2 pm.

Representative Maria Horn to speak, March 3 at 5:30 pm. Join Representative Horn for an update on the issues being considered during CT's 2020 Legislative Session. Enjoy refreshments after the program.

Journal writing for wellness, March 4 from 4-6 pm.
Co-sponsored by SVNA.

Protect your retirement assets and your future, March 5 at 5:30 pm. Learn how to protect yourself from long-term healthcare costs at a complimentary dinner and presentation. Co-sponsored by Salisbury Bank.

Maximizing Memory & Brain Health, March 12 at 1pm at the Bushnell-Sage Library in Sheffield, MA.

Keith Moon Presents: *Midnight in Chernobyl*, March 25 at 2pm. Join Hotchkiss School instructor Keith Moon for his annual Russian Lit series. Weekly, 2-3pm through May 20.

Macaron Baking Workshop, March 28 at 11 am. Welcome spring with host PJ Birriel for this macaron baking workshop. All guests will have some hands-on-time and will leave with a gift bag of macarons.

The 14th Colony Artists, opening reception March 27, 5-7pm with the show running weekends 11-4 through May 3.

Please register for these free programs by calling (860) 435-9851 or visiting www.noblehorizons.org.

We are your health partner

When it comes to your health, we are your trusted partner. Your health goals are our health goals. For nearly 50 years, Noble Horizons has been and continues to be the undisputed choice for senior living by offering four unique levels including independent living in cottages or in a residential hotel, intermediate-, skilled nursing- and memory care. Our in-and-out-patient rehabilitation cater to people of all ages and needs, and all of our rehab guests have free lifetime access to our fitness center. Give us a call today and meet your new health partner.



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