

# Noble HORIZONS



Senior living • Rehabilitation • Nursing • Memory care



A nonprofit organization

17 Cobble Road, Salisbury, CT 06068  
(860) 435-9851 • [www.noblehorizons.org](http://www.noblehorizons.org)

# Noble's Continuum of Care



As a non-profit Continuum of Care community, Noble Horizons has maintained an unparalleled standard of skilled excellence for almost 50 years. We are honored by our deservedly strong reputation and the high standards established by our founders, which are reflected in the consummate commitment and expertise of our dedicated caregivers.

While justifiably proud of earning the rare and prestigious 5-star rating from the Centers for Medicare and Medicaid Services, we continually seek new and innovative ways to remain the area's best and on the leading edge of senior living. Between advanced medical services such as IV Push Therapy, our exceptionally skilled and compassionate caregivers, extensive cultural and educational opportunities, and the distinctive beauty of our 110-acre campus, you will find what you need at Noble Horizons.

I invite you to discover Noble in these pages, to experience our unique community, to enjoy its all-encompassing approach to care, and the luxury of being surrounded by people who will go the extra mile for you every day.

Please stop by my office to say hello when you are on campus; I look forward to welcoming you to Noble Horizons.

– Bill Pond, *Administrator*



## THE GALLIGANS SAY:

*“We just love it here, and we’re so glad we made the move when we did. We feel like we’re living in our own house that’s just the way we want it. And we like that Noble is small, so we made friends right away.”*

– *Mim & Chris Galligan, Cottage residents*



# The beauty of community

Nestled on 110-acres amidst the tranquil hills of Litchfield County, Noble Horizons has been the undisputed choice for senior living across the tri-state region since its founding in 1972. Noble Horizons offers four unique separate levels of living: independent living in cottages or in a residential hotel; intermediate care; skilled nursing and memory care, each of which is expertly designed to meet an individual's physical and social needs. Residents from the immediate area and further afield discover that Noble Horizons is a beautiful setting and a welcoming environment that enables them to enjoy all that life has to offer. Additionally, Noble offers short-term residential rehabilitation for those who need nursing and supportive care while recovering from an illness or surgery. Noble's Outpatient Rehabilitation Center provides pre- and post-operative therapy services as well as appointments for community members wishing to enhance mobility, balance, or move with greater ease and comfort.

For nearly 50 years, Noble Horizons has remained a leader in the Continuum of Care concept. Residents enter Noble Horizons at the level of living that best meets their physical and social needs. Should those needs change, the transition to a higher level of care is seamless, allowing the resident to remain in familiar surroundings with staff they know and trust.

Noble Horizons is a village of CHI, a not-for-profit corporation. Admission to Noble Horizons is based on the applicant's need for services and facilities. Residents pay a monthly fee or a daily room rate, both of which are clearly defined in the Resident Agreement. **There is no entrance fee, no lease, and no buy-in.** Noble Horizons also participates in the Medicare and Medicaid programs. Candidates for admission are considered regardless of age, race, color, creed, handicap, gender, sexual orientation or national origin.



# Independent living

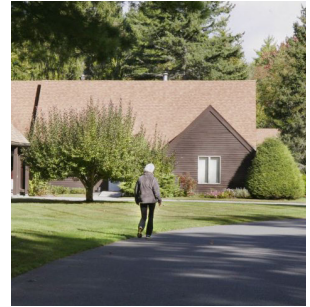
## THE COTTAGES

*All the benefits of a private home without the worries*

Fifty cottages are situated along the Noble community's winding roads in a setting that resembles an attractive residential neighborhood. One- and two-bedroom cottages range in size from 745 to 2,250 square feet. Each includes a fully-equipped kitchen, laundry, and an adjoining carport. Many feature a fireplace, terrace or screened-in porch.

With congenial neighbors and the opportunity to take advantage of a variety of stimulating programs on campus, residents enjoy plenty of time to pursue their own interests and pets are more than welcome.

Noble Horizons offers dining plan options as well, either in the Riga Dining Room or, if needed, meals are delivered to the Cottages themselves. With Noble's emergency call system, help is always close at hand.



## THE COBBLE

*The ambiance of a fine residential hotel*

The second option for independent living at Noble Horizons is the Cobble. Residents enjoy luxurious living in the Cobble's four two-room suites with kitchenette and a private patio along with 11 private rooms with baths. Every Cobble room and suite comes with a spectacular view of Noble's charming and well-maintained pond and geyser fountain as well as the mountains beyond. Alongside optional daily housekeeping services taken care of by Noble's dedicated team of housekeepers, Cobble residents may dine with their friends or family three times daily in the Riga Dining Room or join Cottage residents on a lunch outing at one of the area's many restaurants. Supportive nursing assistance is always available if needed.



## To answer your questions:

### **ARE THERE OPPORTUNITIES FOR SOCIAL ACTIVITIES?**

Yes! We offer many music, educational, art, exercise and social get togethers. Not to mention the regular trips to dinner, movies, theater, etc.

### **IS TRANSPORTATION TO DOCTOR APPOINTMENTS PROVIDED?**

Yes it is. We also we offer shopping trips and bank trips for our independent levels of care residing in Cobble and Cottages.

### **ARE PETS ALLOWED?**

Yes! In our independent Cottages. We also offer Pet Therapy services in our Whitridge community.

### **ARE THERE EMERGENCY HOSPITAL TRANSFER SERVICES AVAILABLE?**

Yes. Sharon Hospital is the closest, and we will swiftly transport you to Sharon ER for any emergency reason.

### **WHAT ARE MY DINING OPTIONS?**

Meals are included on all levels of care as well as in the Cobble. Cottagers may come in to the Riga Dining Room for all three meals, or just one or two a day, it's your choice.

# Intermediate care

## WAGNER TERRACE

*Help is always close at hand*

Residents who are able to live somewhat independently, but who are experiencing mobility issues or may require assistance with medications or personal care find their needs met perfectly thanks to the accommodations provided in Wagner Terrace. Wagner offers spacious private rooms including half bath and views of the bucolic wooded and landscaped campus. Those in Intermediate Care join Cobble residents in the elegant Riga Dining Room and may choose from a host of activities offered by Noble Horizons' Recreation team including trips to restaurants or other points of interest via Noble's handicapped-accessible buses and vans.



# Skilled care

## RIGA RESIDENCE

*Caring attention, 24 hours a day*

Riga Residence is dedicated to those residents who require 24-hour nursing care. Noble's highly-skilled professional nursing team works in tandem with the medical director and Noble's physician, who are part of the medical staff. This means Riga residents are assured constant individual attention. Those living in Riga also partake in a number of activities in the Wickman Room, a large and bright common area. Riga's spacious private rooms include half bath, are carpeted, and come with large windows overlooking Noble's expansive lawns and gardens.



# Memory care

## THE WHITRIDGE WING

*A neighborhood of Memory Care*

Noble's memory care neighborhood, known as Whitridge, is staffed with a specially-trained and deeply committed team who devote themselves to providing a pleasant and peaceful home for individuals in need of memory support. Whitridge is recognized for its innovative programs, including its early certification in the nationally-recognized MUSIC & MEMORY® program. Private and semi-private rooms are available in Whitridge as are numerous common rooms, including the Whitridge Activity Room for therapeutic and recreational activities, the dining room and several adjoining enclosed patios.

## IMPROVING LIVES THROUGH INNOVATION

### Sun Room

Noble's Sun Room is decorated with sun lamps to enhance natural light, tropical plants, a small decorative waterfall with peaceful sounds of rippling water, and Himalayan salt lamps which emit a warm amber glow that fosters tranquility.

### Snoezelen Room

Whitridge's Snoezelen Room is a one-of-a-kind innovative, multi-sensory environment which has been observed to decrease pain, reduce feelings of sadness and fear, improve sleep and an overall sense of well-being. It incorporates aromatherapy, color, motion and calming music or nature sounds that can be enjoyed regardless of physical or cognitive ability.

### Whitridge Activity Room

Noble Horizons was one of the first in the area to be certified in the nationally renowned MUSIC & MEMORY® program, which uses personalized music selections to elicit verbal and physical skills once thought lost to dementia. Residents in Whitridge also enjoy live weekly concerts during which they sing, play instruments and move creatively to the music. Other activities include baking, indoor gardening, art, indoor bowling and shuffleboard, yoga kickball, spin painting and other projects that stimulate the mind and body.

# Rehabilitation

## SHORT-TERM RESIDENTIAL REHABILITATION

Short-term rehabilitation at Noble Horizons is designed to make the transition from hospital to home as pleasant as a stay in a fine hotel. Decorated private rooms filled with natural light and soothing pastoral views are equipped with a half bath, lift recliner chair, flat screen television, Wi-Fi internet access, generous storage space for personal belongings and a telephone. Special order cuisine is served in each room and guests are always welcome to join.

Key to recovery is 24-hour nursing care, as well as daily physical, occupational and speech therapy sessions which help short-term rehabilitation residents regain strength, balance and flexibility so that they may resume their regular routines as soon as possible. Noble's therapists work closely with a variety of diagnoses in close consultation with each individual's personal physician. Therapy, which can include ultrasound and electrotherapy, often transitions directly to Noble's well-equipped and professionally-staffed Fitness Center available to all short-term rehab guests for a lifetime of use at no charge.

## OUTPATIENT REHABILITATION THERAPY

Should further therapy be recommended after returning home, individuals can count on a seamless transition to Noble's Outpatient Rehabilitation Center's highly-trained and experienced therapists who work exclusively with individuals to help them achieve and sustain their rehabilitation goals. In addition to addressing orthopedic, neurological, cognitive, eating and swallowing needs, Noble's rehabilitation therapists are experts in advanced clinical practice techniques to effectively treat individuals of all ages experiencing sports-related injuries, arthritic pain, acute chronic pain, weakness, decreased sensation and other symptoms related to neuropathy, diabetes or fibromyalgia.

With flexible scheduling, Noble can accommodate busy calendars and evening appointments. The goal of Noble's Outpatient Rehabilitation Center is to ensure that each guest gains and maintains the highest possible level of functioning and recovery.





# Testimonials



## AMY McENROE SAYS:

*“Even if it’s something as simple as stopping with the residents for a cup of coffee, or as complex as driving an hour and a half to two hours to Hartford or New Haven for holiday visits or doctor’s appointments, I love every moment I get to help. I come to work every day with a smile on my face. It’s not just my job, Noble is my family.”*

*– Amy McEnroe,  
Noble CNA and volunteer firefighter*

## LINDA ORLOWSKI SAYS:

*“I was raised in the personal care environment. I’ve been working in the field for over twenty years in quite a few places. The gorgeous grounds here at Noble Horizons, the caliber of our team, the home-like feeling, and the philosophy of care are everything you could ever hope for a family member or place to live.”*

*– Linda Orlowski,  
Director of Social Work at Noble*



## JEAN O’CONNOR SAYS:

*Though Jean O’Connor’s stay at Noble Horizons may have been short-lived, the impression Noble’s staff and level of care provided during the course of her rehab will stay with Jean for years to come.*

*“This place has been the best surprise of my adult life.” Ms. O’Connor, who has worked in the nursing field for nearly sixty years, has seen many places that claim to offer similar services, but none have delivered in rehabilitative care quite like Noble Horizons.*

*Local medical professionals and members of the community who have worked and experienced Noble’s level of care for themselves recommended Jean to Noble Horizons based on just how accommodating it is in a variety of ways, including and perhaps most importantly, Noble’s acceptance of nearly every type of insurance.*

# An active lifestyle

## ENHANCING HEALTH & HAPPINESS

Enhancing the health and happiness of every person living at Noble Horizons is the goal of Noble's dedicated Recreational Therapy Team. Seven days a week, members of the Noble Horizons community can count on a wide variety of activities and programs to meet their social, physical, emotional, cognitive and spiritual needs. Among the many diverse and engaging options are music and art classes, intergenerational book clubs, restaurant dining, outings to area cultural attractions, exercise classes, educational programs, evening socials, movie nights and more. Recreation Therapy Team members convene regularly with residents and family members to develop a care plan that optimizes each person's recreational opportunities and quality of life.

Integrating a resident's goals into their recreational choices transforms recreation into a therapeutic experience. This holistic approach reflects Noble's commitment to supporting the whole person and demonstrates the staff's exceptional interdisciplinary teamwork. Close collaboration with nursing, rehabilitation, pastoral care and dining services ensure that every resident can lead an engaging and purposeful life.

## Clinical capabilities

- Rehabilitation through physical therapy, occupational therapy, speech therapy and fitness center
- 24-hour nursing care working closely with Noble's staff physician and Advance Practice Registered Nurses, as well as with patient's personal physicians
- IV services including insertion, push medications of steroids and Lasix, and line maintenance
- Respiratory therapy
- Memory Care (with a secure space and therapeutic Snoezelen Room)
- Wound Care – Wound VACS – Certified Wound Nurse
- Pain Management
- Bladder scanning
- Enteral nutrition
- Incontinence evaluation and treatment – monthly clinic with APRN specialist
- Wellness education and services with focus toward independence
- Glucose and Coumadin monitoring
- Dental and podiatric on-site clinics
- Discharge planning and arrangements for home services
- PICC management capability
- Social services
- Respite stays
- End-of-life care
- Medicare certified
- Medicare-eligible stays
- Most private insurance accepted

# Amenities



## WELLNESS CLINIC

Restore your daily health with a checkup in our Wellness Clinic. We offer screenings, medical referrals and personal counseling in medication and nutritional health.

## TRANSPORTATION

Enjoy your own independence with access to our free transportation services. Feel secure in the knowledge that you will be driven to medical appointments with your physician or treatment at regional medical centers.

## THE CLUBHOUSE

A cozy retreat any time of year, the Clubhouse's handsome bar and wide-screen TV make it a popular spot for weekly socials, small get-togethers and private parties.

## THE FITNESS CENTER

One of the most critical components to your rehab, the Fitness Center is open free of charge to anyone looking to rebuild strength, whether you reside here or at home.

## THE INTERNET CAFÉ

The Internet Café is a popular spot for coffee, tea and conversation. Enjoy hot drinks, snacks, a computer, magazines and daily newspapers – it is the place to catch up on the latest news at Noble Horizons and from around the world.

## THE SPA

Come visit our spa, relax and let our licensed professionals care for your skin and nails. Massages are also available by appointment.

## THE BEAUTY SALON

Look and feel your best at the beauty salon, which offers a full range of hair care services for men and women.

## THE COUNTRY STORE

A gem in the surrounding community, the Country Store offers everything from jewelry to snacks. Pay a visit and enjoy the rustic charm of the pride of the Noble Horizons Auxiliary.

## THE LIBRARY

Located in the Cobble, just outside the Community Room, the library boasts an extensive collection of large print books, internet access, a Vision Tech magnifier, e-readers, and a copier.

## THE PRIVATE DINING ROOM

Featuring a terrace open to mountain views, our elegant dining room seats ten and is perfect for hosting parties for family and friends.

## SPIRITUAL SERVICES

Everyone is a spiritual gift. No matter your faith, Noble Horizons offers religious services for all including vespers on the fourth Sunday of every month.

# The Noble Horizons Auxiliary

Members of the Noble Horizons Auxiliary, now 100 strong, are volunteers with a special mission: to provide substantial gifts and services to benefit Noble Horizons residents.

To accomplish this mission, the Auxiliary annually raises funds through its Festival of Trees and Holiday Fair. Volunteers also roll out the massive Book & Tag Sale and staff the Auxiliary's Country Store.

To organize these events and fulfill these goals requires many people working together. Be it an Auxiliary member or an occasional volunteer, every hand on deck makes a difference in the lives of Noble residents. For those who contribute year after year, it is very satisfying to witness the pleasure their contributions bring to those living at Noble.

We welcome new members and extend a special invitation to the family and friends of Noble residents to join the Auxiliary.



## THE AUXILIARY FUNDS...

- Exciting day trip excursions
- Pet Therapy program expenses
- The Employee Scholarship Fund
- Entertainment and social events
- The annual lobster dinner
- The resident supplementary fund
- Arts and crafts classes

## RECENT SPECIAL GIFTS...

- A new transport vehicle
- Chapel renovations
- Beauty salon renovations
- Whitridge fish tank
- Cobble library renovation
- Baby grand piano for the community room