

Noble News



We are Noble Strong here in the hills of Litchfield County thanks to the dedication of Noble Horizons team members, each of whom goes above and beyond to keep every Noble resident COVID-free during this pandemic. I am moved by their sacrifices, awed by their resilience and inspired by their spirit. Every day they renew their commitment to Noble residents and it is an honor and a privilege to work with this team.

We are particularly fortunate to be led by our new Director of Nursing, Autumn Cockcroft and her infectious energy and positive attitude. In fact, thanks to Autumn's enterprising and proactive leadership, by mid-October resident and staff COVID booster clinics had taken place and flu clinics were concluded in early November, yielding what we hope will be a healthy winter for all.

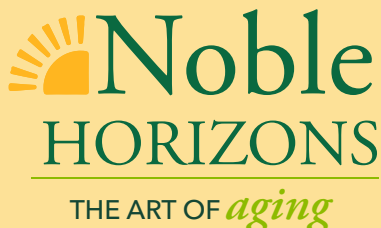
It is no accident that Noble residents have remained COVID-free; exceptional vigilance forms the foundation of every policy and protocol in place. COVID's specter, however, has not diminished life at Noble; the rich, vibrant and dynamic programs, activities and outings for which we are known continue.

Inside this newsletter, you'll read about a special art program, meet devoted volunteers and team members, and discover the excitement around Noble's 50th anniversary, the theme for which is "The Art of Aging". We are dedicating the 50th to the residents and staff - past, present, and future as a way of recognizing our first half century and launching another 50 years of innovative care.

Behind the scenes, we are working on some top secret events to which we look forward to welcoming you.

You will soon receive Noble Horizons' annual appeal in your mailbox to which I hope you will respond generously. Your gift will ensure that if you or a loved one needs short-term rehabilitation, senior living, skilled nursing, or memory care you can count on Noble for the very best. I am personally grateful for your commitment and I thank you for your support during these especially challenging times. As always, please feel free to visit, call, or email at bpond@churchhomes.org. Have a wonderful holiday season!

Bill Pond - Administrator



Noble Living

The Art of Aging with Art and Soul

For many, art is therapeutic. For those with memory challenges such as Alzheimer's or recovering from a stroke, art can be transformational. As artist, designer, and founder of Aging with Art and Soul Susan Casparian-Serbia describes it, "My favorite part of working at Noble is when I can see actual transformation in the residents' states of joy. Art can bring out the smiles and stories and when it does, there's nothing better in the world."

For the past four years, Susan has brought her *Aging with Art and Soul*, *Art and Crafts Club* and *Coloring and More Book Club* to Noble Horizons. Residents

meet her in a beautiful, sun-filled room overlooking courtyard gardens that not only spark creativity but offer a sense of calm and peace. The Art Together workshops embark on projects that activate memories, stimulate minds, strengthen manual dexterity and provide a creative journey as gratifying as the art produced.

"Through the art projects we do and the meaningful ways we interact," explains Susan, "together we make beautiful creations that everyone is proud of. Each project we do is carefully planned out and contains the right kind and amount of activity so that all participants can achieve success. During these workshops, stories are being shared and everyone's smiles and memories are gifts we all receive. I have discovered just how important human-to-human connections are with seniors."

Susan recalls a particularly memorable day, "There was a man who seemed quietly indifferent at the beginning of the class. We worked with painting wood that day and choosing a phrase to be painted on it. At the end of class when I held up the finished piece to him, he had a huge smile on his face and said "thankful" which was the word on the plaque he painted."

Of course, the joy of the artistic journey continues when the art is displayed throughout the residents' living areas, doors, corridors, and nurses' desks, although family members are often the lucky recipients of these works. Whether adorning a family member's home, or a resident's walls, Aging with Art and Soul has transformed the experience of creating and enjoying art throughout Noble Horizons.



Behind the Scenes Hero – Joe Thibodeau

Not all superheroes wear capes, although at Noble we think Joe Thibodeau, our Director of Physical Plant, sure deserves one! Joe has worked at Noble for a little over three years beginning as the Food Service Director and then transitioning to the Director of Physical Plant.

“I love working with the residents to help resolve any issues they may have big or small and I take pride in keeping the grounds here at Noble looking their best. I’m blessed with the best Maintenance Crew a guy could ask for – I could not do what I do without them. They each bring their own strengths in different areas to help provide the residents at Noble everything they would ever need and deserve.”

Joe is assisted by the loyal team of Galen and Mark along with Bobby and Shane. We often hear “Joe Hero” stories around campus such as this one from cottager Barbara Ardizzone:

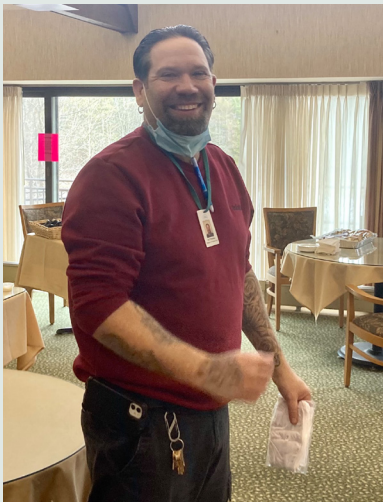
“Joe Thibodeau...has been absolutely amazing... I have pushed him with my requests to a level that anyone else would have gone totally crazy with. He has always responded quickly, and with courtesy, also with an immediate resolution. Noble Horizons should be as thrilled as I am as a cottager to have him as an employee here.”

Joe and his team are responsible for every corner of Noble’s vast 10-acre campus and are committed to ensuring the comfort and safety of every resident. Whether replacing a light bulb,

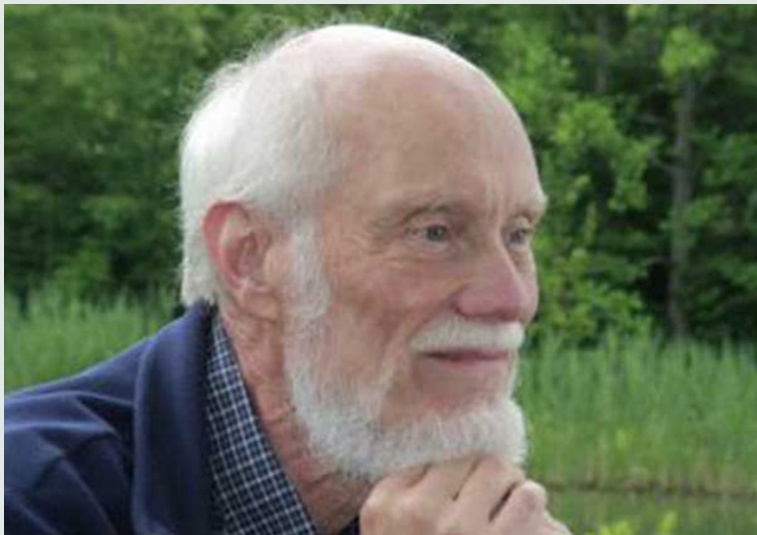
moving a resident in, or setting up for a birthday celebration, Joe and his team keep Noble running smoothly. “Joe loves spending time with the residents and enjoys tackling whatever problems may arise. He welcomes the opportunity to help and you can always count on him to get the job done with a friendly smile,” observes a colleague. Some of this year’s larger projects have included the installation of a new generator for the Cobble, an enhanced steam table for the main kitchen, improved outdoor lighting throughout the campus, cottage painting and roof work, and most recently, the pruning or removal of dead trees to ensure resident safety during the winter.

Of course, one of Joe’s biggest projects, and the most anticipated by the residents and staff, is the upgrade of Noble’s Wi-Fi made possible in part with a gift from the Noble Horizons Auxiliary. He noted that all the fiber optic cables have been run, and that other essential details are in place although COVID complications have delayed its final stage. That said, he is confident that residents will be enjoying a much better Wi-Fi experience soon!

Joe is humble about his superhero status and gently added, “I would like to thank my wonderful wife and 3 kids for giving me the flexibility I need to do what is necessary here at Noble Horizons. I travel an hour and a half every day to come to work and love every minute I am here.”



Happy Retirement - Celebrating 37 Years!



For 37 years, Nursing Supervisor Owen Barron, RN, arrived at Noble Horizons just before 11 p.m., ready to shepherd residents through the night. Night time was perfect for this gentle, soft-spoken man for whom nursing was much more than dispensing medication. For him, holding a hand or simply spending time attending to a resident who’s having trouble sleeping is the core of what nursing is about. Owen’s devotion to residents is legendary.

Owen and his future wife, Jocelyne, met while working at Noble Horizons and when they married in Noble’s chapel in 1987 many of the wedding guests were residents they cared for. This past fall an era ended when Owen joined his wife in retirement, leaving a legacy of love, compassion, and dedication for which Noble will always be grateful. Read more about this remarkable man at www.noblehorizons.org/blog.

Proud to be Part of the Noble Team

Like all of us, Noble Horizons has been deeply challenged by the pandemic, but the Noble team has prevailed, coming together in ways that only strengthened its resolve and commitment to each other and to the residents. Noble residents remain COVID-free and they continue to enjoy the rich opportunities that have always been a hallmark of Noble living. Despite the additional demands presented by COVID, Noble team members support each other whenever and wherever extra hands are needed. It is a commitment that bonds the team, regardless of the Department or role.

In recognition of the increased responsibilities created by COVID, the state of CT recently initiated a program to help non-nursing staff be trained and certified as Temporary Nursing Aides. These temporary aides assist the full-time Certified Nursing Assistants at meal time as well as with other traditional CNA tasks. Several Noble administrative members have become Temporary Nursing Aides, providing enhanced support and assistance to Noble residents and to CNAs. "Our CNAs are a phenomenal group of extraordinary people. The endless work they do is performed with energy and perseverance I've never seen before. In becoming a TNA, I hope I can be that extra set of hands, allowing a CNA to breathe and take a break", says Linda Orłowski, Director of Social Services. Rae Etting, Business Administration Director added, "It is a tasking position and I see firsthand how extremely hard they work and with the patience of a saint! This makes me very proud to work here and be part of the Noble team."

Working in Hospice has been especially difficult during COVID, but Carly Brazee, a Certified Nursing Assistant (L), and Gina Butts, RN Charge Nurse and Supervisor (R), have taken the challenges in stride. "There is a sense of anxiousness with families wondering if they are going to be able to see their loved one during this time. The residents are concerned with contracting COVID, but it's our job to keep everyone safe, to make sure the residents and their visiting family are being properly cared for and safety precautions are taken so that everyone has peace of mind but still get to visit," relays Gina. "It's a balance of following precautions, but also making sure you don't forget the human element. You are there to make someone's final days more comfortable, but you also need to keep them safe. Above all else, you are the person they are looking to when they are in pain and need a hand to hold when they are scared. We are there to make a difference, not just do a job," adds Carly. You can read Carly and Gina's full story at www.noblehorizons.org/blog.



Noble Happenings: Mark Oppenheimer

Be sure to attend the first event of our 2022 50th Anniversary speaker series when on January 6 at 7 pm author, renowned journalist, Yale professor, and podcaster Mark Oppenheimer discusses his new book "Squirrel Hill: The Tree of Life Synagogue Shooting and the Soul of a Neighborhood".

Oppenheimer has taught at Stanford, Wellesley, and Yale, where since 2006 he has directed the Yale Journalism Initiative. He is a widely published journalist who wrote The New York Times Beliefs column, is the author of several books and is the founder of the world's leading Jewish podcast, "Unorthodox." In his new book, Oppenheimer uncovers the human side of Pittsburgh's October 18, 2018 Squirrel Hill tragedy in which 11 Jews were massacred while worshipping at the Tree of Life synagogue. The attack was one of the deadliest anti-Semitic attacks in American history and Squirrel Hill is not only one of the oldest Jewish neighborhoods in the country, but is Oppenheimer's home town.

Oppenheimer returned to his family home and through conversations with hundreds of neighbors and friends – both Jew and Gentile - he discovered a story of resilience, community, love, and a resolve to overcome. As The Washington Post wrote, "The Tree of Life, a compelling exploration of [the Tree of Life synagogue shooting's] impact on the community, is by turns searing and compassionate... Oppenheimer provides a powerful meditation on the changing meaning of community and belonging in an age of disconnection and isolation."



Squirrel Hill

The Tree of Life
Synagogue Shooting
and the Soul of a
Neighborhood

Mark Oppenheimer

Please visit www.noblehorizons.org for more info or registration.




17 Cobble Road
Salisbury, CT 06068
Return Service Requested


www.noblehorizons.org




Happy Holidays from the Auxiliary!

Upcoming Holiday Events:

 **Mini Festival of Trees Silent Auction:** Don't miss the mini Festival of Trees Silent Auction of inspired Christmas creations created by five of our most acclaimed exhibit contributors over the years. They will be available for viewing in the Country Store between 12-3 pm, Monday-Friday, November 22nd through December 10th. Photos of the exhibits will be posted on the Auxiliary website (Noblehorizons.org/get-involved/auxiliary). You may make your bid at the store, by phone: 518-929-8692 or email: Noblehorizonscountrystore@gmail.com.

 **Holiday Basket Raffle:** Packed with theme inspired gifts and certificates for services donated by our generous supporters in the business community. Ten baskets including a basket of Hershey's delights, Biltmore Basket from the Biltmore Estates in North Carolina, Gardening Basket, and SWSA basket which includes four SWSA tickets, will be displayed in Noble's reception area between November 19th and December 12th. Raffle tickets can be purchased from an Auxiliary volunteer between noon to 4pm each day.

 **The Loving Tree:** In the true spirit of the holidays, the Auxiliary will present the Loving Tree, which will be placed in the reception area in Wagner. Designed to display the contributions given anonymously to Noble residents with limited resources for haircuts, shampoos, manicures, etc., we invite everyone to help decorate the tree with ornaments indicating the amount of contribution. Donations to the tree can be made from November 19-December 12, noon-4 pm.

