

Transitions



Once again, seasonal transitions are upon us. As the glorious days of fall yield to busy preparations for the upcoming holidays, we are grateful for one of the most resplendent foliage seasons in recent memory. Like the changing seasons, Noble Horizons is also undergoing transition.

The challenges of the last two years have certainly taught us how to handle the unexpected while always keeping an eye on the future. As you may be aware, the current workforce crisis across the country, and in particular, the tri-state region, is presenting challenges to many businesses. Noble Horizons has not been untouched by this issue. To maintain our longstanding commitment to providing exceptional care to area residents, we have adapted to inconsistent staffing by keeping the number of admissions on par with optimal staffing levels. Noble has long been recognized for its high nurse-to-resident ratio (ergo our 5-star Medicare staffing rating) and that will not change.

To maintain the high standards of care you expect from Noble and that every Noble resident deserves, our admissions will be based on staffing. We will likely pursue this pattern while aggressively recruiting new professionals to join our team.

I deeply appreciate the understanding shown by residents, families, and members of the community. As we navigate through this challenging time and ultimately emerge successfully, we remain steadfast in our commitment to be your most trusted health care provider in the Northwest Corner of Connecticut.

Bill Pond, Administrator

“We help them get their life back.”

The power of physical and occupational therapy -
Outpatient and Inpatient Rehabilitation at Noble

In today's medical climate, most hospitals can no longer accommodate patients who need advanced occupational and physical therapy after surgery, trauma, illness, or stroke. Patients are discharged and advised to get in-home care or find a rehab center for inpatient or outpatient care.

“It's overwhelming at best for most families to decide where to



go, what the therapy looks like and what “normal” looks like as far as protocols and outcomes,” says Angelia Greene, PTA, LMT - Director of Rehabilitation Services at Noble.

Over the years, the demand for what we do here at Noble Horizons in our physical and occupational therapy department has grown. The shift in health care policies, limiting the time individuals stay in hospitals and aging baby boomers are driving the shift as is Noble's multi-faceted approach to care at all stages of recover.

“We help people get their lives back,” says Angelia. “Although we do a fair amount of joint replacement rehabilitation here at Noble, the most common reason for Physical and Occupational therapy especially inpatient is strengthening for safe ambulation. Once someone is in the hospital for 5 days or more, they are weak. It's harder for them to walk steadily and that increases the risk of falling and injuring or reinjuring themselves.”

Unlike many institutional settings, Noble Horizons is very intimate. “Most of our residents and those coming for outpatient therapy enjoy a private session,” says Angelia. Noble's holistic care is unique - fostering healing and calmness where at all possible - including therapy.

continued

PT & OT - It's a Team Effort!

"In all my years as a Physical Therapist, including my time here at Noble Horizons - I've never worked with a better and more cohesive team," says Angelia. "We compliment each others' interests and strengths which gives our residents and patients an amazing customer experience! We all work as a team on every case, we just all know what to do and how to serve those whom we are helping."

Supporting stroke survivors

Noble has become a destination for stroke survivors rehabilitation; our small setting and continuum of care allow residents to move from inpatient to outpatient and retain the same caregivers. "Many of our stroke survivors need re-education of muscles and work on cognition, doing simple every day tasks like making grocery lists, or even how to get back to their jobs and using computers - our team helps them through the process. We had one resident who had to learn high level processing after his stroke and that included creating power point presentations. The team worked with him for 3 months on an outpatient basis to help him reach his goals."



Noble Horizons' Therapy Team (LtoR)

Leonard Pratt, Kaitlyn Johnson, Angelia Greene
Hope Gallagher, Robin Tanner, Paul Faggioni
Missing Melissa Morgan

Noble Therapists Welcome Community Members to Outpatient Rehabilitation

Outpatient Rehab Therapy provides a welcome continuum of care for discharged short term rehab residents as well as to anyone in the community seeking therapy services while living at home. The outpatient team helps people restore function so they can get back to their normal activities as fast as possible.

Outpatient Rehab is ideal for those who wish to improve their daily mobility and quality of life—but are independent enough to receive these services while living in their home or community. Visits to Noble's spacious, private and well-equipped outpatient rehab department can be scheduled into the evening. Outpatient rehab guests appreciate the support provided in between visits and particularly enjoy the beautiful floor-to-ceiling windows overlooking the ponds, mountains, and fountain which offer the perfect backdrop for their journey to recovery.

"Just keep moving!" Noble's FREE exercise and fitness programs



One of the many perks of short-term rehabilitation at Noble is life time access to the fitness room. "Noble's philosophy on healing and aging is holistic, we want to make sure that when residents leave they have the best chance of success," says Administrator Bill Pond.

Beyond the fitness room, residents and individuals in the community have the ability to join anyone of our weekly Fall Prevention and Balance workshops held Wednesdays at 10:30 am on campus or Therapeutic Movement and

Breath class co-hosted with the Scoville Library and featuring Suzanne Mazarelli of Be Well Yoga on Thursday's from 10:30-11:30 am via Zoom. Additional classes will be added so please scan the QR code at right or visit www.noblehorizons.com/events.



The Art of Giving

Marian Schwaikert's Legacy



For over 50 years, Noble Horizons has been touched by the generosity of community members who chose to make a difference and for most of those years, Marian Schwaikert was making a significant difference. She gave in any way she could and she never stopped; in fact, after her passing, Noble learned that she had bequeathed funds to enhance the Noble community. Marian was an indefatigable volunteer with an infectious spirit that made her a friend to all.

As an auxiliary member, Marian was a founder of the Country Store in 1994, and served as its chair for over a decade. The beloved community resource continues to thrive over a quarter century later, providing funds that enhance resident life in countless ways. It is also a favorite gathering spot for residents looking for unique gifts, sundries, and its biggest seller, candy!

Asked to reflect on her legacy, Marian's son, Bill Schwaikert shared the following reminiscences.

A friend and contemporary to Tom and Fran Wagner, our mother was an advocate of Noble Horizons since its inception. The prospect of evolving levels of care starting with independent living and extending to skilled nursing was for Marian a creative and dignified plan.

To her core, Marian was completely engaged with the concept of creating a community founded on a graceful and supportive lifestyle, providing comfort and joy in the process of aging. She actively participated in all the opportunities provided from exercise classes to education and the inherent happiness in visiting with others.

Before relocating to the campus, Marian was a tireless and dedicated volunteer to the Auxiliary for the benefit of the Noble community, most notable with the opening of The Country Store. She continued to serve the Auxiliary long after moving to her cottage.

Marian had a deep understanding and appreciation of the significance to both health and overall enjoyment from a supportive community. She remained knowledgeable and vested in the challenges of maintaining that environment.

*For Marian, making Noble a priority in her legacy was simply the right thing to do
and is reflected in her chosen epitaph,*

"I hope I made a difference."

From all of us at Noble Horizons, we can confidently say "Yes Marian, you did make a difference and your legacy of giving will live on in the hearts of those who call Noble their home."

Local Artists Celebrate 50 Years of Noble Horizons

Creating and exhibiting art is a 50-year tradition at Noble Horizons; outdoor sculpture shows and permanent installations, gallery exhibits, painting classes, and ceramics workshops are just some of the ways Noble has celebrated the importance of art. We are honored to bring together 20 of the region's most accomplished artists in our final 50th anniversary event: The Art of Aging: 50-Years of Art at Noble Horizons. The exhibit's opening reception is from 5-7 pm on November 4; the art may be viewed weekends 11 am - 4 pm through December 19. Below you'll discover remarkable ways in which art and aging intersect.



Charles Noyes, Artist

Is there an art to aging? The aging part -- that happens whether we like it or not. I'd say that artfulness enters into the equation when one considers how one chooses to live life when gravity takes over... The words grace and patience come to mind. If we fight the ticking of the clock and bemoan all we're losing, rather than embracing the new, our embedded passions and our evolving capacities, we end up bitter and out of touch. I'll work hard to choose the middle road and enjoy what I still love and all that I can still do!

On art as therapy

To be able to create -- to make and do -- is a gift. Carving a new cribbage board, building a sauna, writing a poem, drawing cartoons of my grandkids, carving a relief print or painting a landscape. These are all forms of making and doing that I've been

lucky enough to enjoy pursuing most all of my life. Is it therapeutic? Absolutely. And it can also be frustrating, intimidating and puzzling. But therein lies the fun and satisfaction. I figure that is the mix of satisfaction and trepidation that keeps me feeling challenged and whole.

Jean Saliter, Artist

"I don't know the first thing about "The Art of Aging", but living here at Noble Horizons (which I lovingly refer to as NoHo), I am surrounded by just that: men and women who have aging down to a scientific perfection.

NoHo has taken that stuffy and derogatory phrase "growing old gracefully" and turned it on its head!

From where I stand between my friends, Nervous Breakdown and Midlife Crisis, I see here what my future has in store, and I can't wait to get there! This 'campus full of mentors' is host to activities galore, from borrowing a cup of sugar and a visit, lectures and gallery openings, to full blown cocktail parties with passed hors d'oeuvres! But I want to talk about the quiet moments in between.



For a little over six months now, I have been visiting the Whitridge Memory Care Wing of Noble Horizons. It is not easy, and rather humbling most days, but it simultaneously fills me with love and longing and hope and joy. It's the art! These corridors and cubbies are like no others in the nursing home industry. Where most will have a framed print from off-the-rack at a box store, Noble Horizons has original works, generously donated through the years, thoughtfully placed with purpose and meaning. Of course some of the masters are represented through prints, but the magic happens when you see the lesser known art.

Whether you come to shop in the Country Store, and are greeted by Peggy Macnamara's wonderful "Horn Bill" watercolor; find yourself lost in a corridor full of the multi-talented, past resident Ralph McLellan's prolific works; trek the beautiful campus and witness quirky and formal sculptures throughout, you will find a cohesive calm about you. You are not alone, and everything will be alright. Growing old gracefully isn't for the weak, and aging artfully requires mastery, and Noble Horizons has it!"



Eric Forstmann, Artist

To me the *Art of Aging* must refer in part to the quiet art of acceptance. Accept that you can no longer do what you once could but also accept and embrace the wisdom to try another way. Art is morphic and so moves nicely with age.

On art as therapy...

My sort of visual expression is deeply rooted in observation. I am chiefly concerned with the actual. Therapy for me is to be on a hill recording the beauty and the day that surrounds me.

Art surrounding you is highly therapeutic in that the calm or crazy of a piece or pieces of art will cause wonder and curiosity which cannot be anything but therapeutic. On some level that is.

Noble Horizons has wholeheartedly supported Art on all levels for as long as I can remember. They must know something.

Colleen McGuire, Artist and Honorary Chair

Art is a language that speaks to everyone in the same way that music and literature does. It engages us on many levels. Visiting galleries is an uplifting experience, and it's wonderful that Noble has recognized the value of art for the past 50 years. The gallery at Noble provides a space for artists to display their work, and for the public to experience it, so there is a sense of community and support.



I feel honored to have been invited, and because Noble Horizons is a place that provides cultural opportunities for the public. After a long period of not being able to connect with others, it's exciting to be able to gather together and enjoy the work of local artists.

The theme this year, *"The Art of Aging"* seems appropriate for a place that provides a myriad of learning opportunities for its residents.

As the chairperson, I hope that everyone will visit Noble to experience the work that was created by our local artists because you will be supporting your community and seeing the world through the eyes of artists. 50 years of supporting our community is a big deal and worthy of celebration!



Janet Andre Bock, "Silence Moves"

Join us for an eclectic collection of beautiful art curated from the areas finest artists at the 50th Anniversary Noble Art Show held at The Noble Gallery.

Opening reception: November 4, 2022, 5-7 pm
Show closing date: December 19, 2022

Featured artists

Colleen McGuire - Honorary Chair

Janet Andre Block

Tina Chandler

Robert Cronin

Richard Roney Dougal

Brad Faus

Eric Forstmann

Serena Granbery

Pieter Lefferts

Karen LeSage

Tia Maggio

Danielle Mailer

Terri Moore

Charlie Noyes

Karin Noyes

Christine Owen

Nina Ritson

Jean Saliter

Tilly Straus

Lily Woodworth

The Salisbury Association honors Noble Horizons with the “1741 Award”

A grand time was had by all at the Salisbury Association’s October 15 opening of the Art of Aging exhibit honoring Noble Horizons’ first 50 years. Church Homes CEO, Patrick Gilland and Noble Horizons Administrator, Bill Pond were honored to learn that Noble was the recipient of the Association’s prestigious 1741 Award, established to recognize organizations and citizens who have made outstanding contributions to the local community.

1741 marked the year the town received its charter from the Hartford Colony Assembly. For a settlement in the wilderness to

survive, neighbors

depended upon and helped each other. The 1741 Award honors the same kind of service and dedication to community as shown by our early settlers.



The Art of Aging exhibit, held at the Salisbury Association runs thru November 30, 2022 and features stories, videos, artifacts and mementos from Noble’s 50 years.

Kick off the Holidays with Noble!

The Festival of Trees and Holiday Fair are back! The theme of the Festival is the Nutcracker Suite and the magic is unveiled on November 19 when visitors can also bid on their favorite displays. The Festival will culminate with a December 3 gala party and the announcement of the silent auction winners. Festival hours are Saturday-Wednesday, noon-4 pm, Thursday and Friday noon-6 pm. While visiting the Festival on its opening day, be sure to stop by the Holiday Fair for affordable handknit sweaters, personalized holiday ornaments. More information is at <https://Noblehorizons.org/get-involved/auxiliary>.







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DON'T MISS THE
FIFTIETH ANNIVERSARY CELEBRATION OF
NOBLE HORIZONS

EXHIBIT

The Art of Aging

THRU NOVEMBER 30, 2022
THE SALISBURY ASSOCIATION
24 MAIN ST., SALISBURY, CT 06068



*Discover stories, pictures, artifacts,
written memories and videos that tell
the remarkable story of
Noble Horizons' first 50 years*

FOR EXHIBIT TIMES, PLEASE VISIT WWW.SALISBURYASSOCIATION.ORG