

Welcome Fall...



It's hard to believe that another very busy summer is already behind us! Fall is here, and it's probably the most beautiful season here at Noble Horizons. The breathtaking New England foliage seems to make our many sculptures come alive, and I enjoy being out

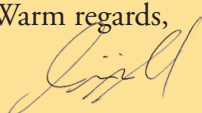
in the crisp, cool air along with our staff, residents and their families as we bustle about the campus. We also are pleased to provide our residents with the opportunity to attend community festivals and celebrations, which are so abundant this time of year here in northwest Connecticut.

Like many not-for-profit organizations, we rely on the graciousness of our community and donors to help us ensure the best quality of life to those we serve. In this season of giving, we are asking for your support to purchase a new transport van for our residents. This new van is needed to provide rides for our residents who are dependent on wheelchairs and walkers.

On the following pages, you will read inspiring stories from both residents and staff about the importance of connection, community and independence for the individuals who call Noble home. Be it an outing to the theater, a trip to a favorite restaurant, or a regular visit to a doctor accompanied by a Noble staff member, what we do here at Noble really matters. Our engagement and commitment goes beyond clinical nursing care. Our new van will make sure we can include all of our residents in these activities and visits, regardless of mobility constraints.

As always, we appreciate that you are a part of the Noble Horizons family. We could not do what we do without you. Be it your donation to the recent Auxiliary tag sale, a generous financial donation, or volunteering your time and talent, you help make the lives of our residents exceptional and I want to sincerely thank each and every one of you.

Warm regards,



Bill Pond, Administrator

"Help us Stay Connected"

A new more accessible transport van is in our future!



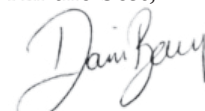
I have been a part of the Noble Horizons family for twenty years, and needless to say it has become a part of me! During my time at Noble, I've seen many changes. For example, when I was first hired as the Dining Room Supervisor, there were no diet restrictions or special contingencies!

When I joined the Recreation Department a few years later, our trips consisted of gambling at the casino, hiking excursions, museum trips, and boating on local lakes. One of my favorite outings was going to Sharon Playhouse with several residents on the bus while others drove themselves.

Life today at Noble's continuum care community has dramatically changed, and we are adapting to the situation in order to maintain the ability of our independent and in-house residents to stay connected to their friends, families, culture, and their own health care providers.

Due to the increased mobility restrictions of many of our residents, transportation requirements have evolved to include vehicles that can accommodate large wheelchairs. A new van will be a welcome addition to our little fleet of vehicles, and it will help us continue to engage all of those we care for with the wider community that is also their home.

All the best,



Danielle Bailey, Director of Community Relations

Help us Preserve Noble Living!



Noble has always been known for its exceptional quality of care, connection to community, and what we like to call Noble Living – the reason our residents have chosen to call Noble home. The needs of the residents have changed, but the caring and devoted values we've held since this vision began have not.

In order to provide the best care for our residents, an additional new 6-person transport van that is more accessible to wheelchairs and walkers is greatly needed. Although our current van (that will remain in use) has a side entrance for wheelchairs, it is cumbersome for both our drivers and residents to comfortably enter and exit. It's time for an upgrade!

The cost of the new transport van is \$100,000 and we need your help. Please consider making a tax-deductible donation during this season of giving.

Our goal is to have our new van operational in early 2024. Thank you in advance for helping our Noble community – we appreciate you more than you know!

The Art of Wellness with Norma Baker



I love our residents!

Norma Baker has been part of Team Noble for 23 years. She started working on the floor as a Certified Nurse's Assistant and then moved into transportation with the Wellness Program when it started and is often seen helping out with the Recreation Department.

"I just love working with our residents - they are wonderful and make me feel good about what I do. The Wellness Program is such an important and vital free service here at Noble. I'm able to be there with them for doctor's appointments and procedures, hold their hand so they aren't alone and make sure they are ok and feel safe," shares Norma.

"The need is even greater now than when I started my career here at Noble. Our residents are older and have more medical needs. I'm not sure what they would do without the help that includes the van transport I assist with," says Norma. "The staff at Noble really cares, and we try to make our residents' lives memorable – be it holding a hand, having a good laugh or just being a friend. It's all part of the Art of Wellness and I wouldn't have it any other way!"



The Art of Community: Come for a Visit!

We LOVE visitors at Noble Horizons! Many people don't realize that Noble's beautiful campus is open to the public – including our art exhibits, walking and biking paths, and even exercise classes (at no cost to visitors). The connection between our residents, staff and community is at the heart of Noble Living.



Chair Yoga and Meditation Hour enjoyed by Residents and Community Members



(Above) The annual Auxiliary Tag Sale Team was in full swing!

(Below) Noble hosts various art shows each year, all are open to the community.



Smiles Around Campus!



Art of Living, Deep Friendships and Fun!

Barbara Dobos is having the time of her life!

"I'm from Torrington and had a fantastic experience with the short term rehabilitation team a few years back. I knew then, Noble was where I wanted to live when the time came," says Barbara. "My daughter Stephanie (photo on right) lives in Sharon and works at the Boathouse Restaurant - so Noble is perfect, I've been here since November 2022 and absolutely love it!"

"My daughter says I'm like a college freshman – the life of the party – and I have to agree! We are always on the go, from visiting the Sharon Playhouse to restaurant excursions in Great Barrington. And the bus drivers are so wonderful! I chat with the staff often, asking about where we are going to go next!"

Barbara no longer drives and relies on Noble's transport van to take her to doctor and dentist appointments in Torrington. "It's a blessing that I don't have to rely on my daughter to take me to and from appointments or even for entertainment - Noble makes it so easy and convenient!"

"So many people need the transportation – especially those who don't have family or friends close by to help. I'm fortunate to have both, and can't say enough good things about the staff and my fellow excursion group – they are all wonderful!"

Jeannette Wier is 92 going on 32 and isn't stopping anytime soon!

Jeannette's husband was a resident at Noble years ago, and it was a wonderful experience for the family. One day she came home and told her children "I'm moving to Noble!". Her kids were flabbergasted, but she stood her ground and has had zero regrets - that was 12 years ago.



"I love my independence so being a Cottager here at Noble fits my needs and my lifestyle," says Jeannette. "What I love most is the people - we are a family, a community within a community."

Jeannette is involved in everything at Noble - from being the resident "Bingo Caller" for 10 years, to being the unofficial coordinator of outings with her friends. "I guess I'm quite the social butterfly! I love that they have programs outside of Noble - we go almost anywhere, it's wonderful that we have the transport services here on campus. I don't want to rely on my children, and I surely don't want to be isolated."

Jeannette shared that a new and additional van is needed, especially for those who rely on wheelchairs for mobility.

"All the girls who drive the van are wonderful - we do a lot of laughing and they are so helpful and attentive to everyone. I just LOVE it here!"



A Vital Part of Resident Life: Community & Connection

It's not work, it's FUN!

Denise Bergenty has quite the history with Noble Horizons. She began working as a CNA right out of high school, then joined the Recreation Department after a stint in the service. Currently she is the Driver Extraordinaire for Noble's transport van. You would never know by talking to Denise or watching her connect with the residents that it's her job. She's often claims, "It's not work - it's FUN!"

"I love working with the elderly - always have," says Denise. "My mom is a resident here at Noble, it's a blessing that I get to be near her and give back to others at the same time. I don't really consider it work - it really is a lot of fun!"



Denise Bergenty, Transport Van Driver

All the residents love Denise. Beyond being compassionate, caring and patient, Denise goes above and beyond to make sure everyone is not only safe but has a great time - be it on an excursion to a winery or taking residents to a routine doctor's appointment.

She shares that her favorite part of her work at Noble is taking residents on recreational trips. She listens to what the residents want to do and then works hard to make it happen - and she's always open to creative new ideas!

Denise and the Cottagers out for a Daytrip

One of Denise's best memories was the first time she took the residents to Sunset Meadows in Goshen. "We packed a lunch, sat and socialized - it was the perfect day! As we were packing up to leave, someone tapped me on the shoulder and asked where I worked because they wanted to retire there one day!" Noble Living at it's finest indeed.

A new more accessible van will greatly improve the livelihoods of the residents

The needs of Noble residents have changed over the past several decades due to an older demographic, and subsequently more health issues require extra care and often affect mobility.

"People are living longer and we are seeing residents in their 80s, 90's and even centenarians living on campus - most of whom no longer drive and many require wheelchairs and walkers to get around. Our current van is a struggle for some of our residents due to the layout - the new van will be a game changer," says Denise.

Denise juggles a busy medical transport calendar and often has several residents in the van going to multiple appointments. It's quite a feat, but she handles it all with grace and a smile. Having an additional van will not only ease Denise's burden, but will also allow more recreational outings for the residents.

The Art of Aging Vibrantly! Ruth & Elsa's Stories



Ruth Pulver has been a resident of Wagner Terrace, Noble's intermediate care residence, for seven years and relies heavily on the services and staff for her enhanced quality of life. And she makes sure her fellow residents who need help know they can ask for it!

Noble is just a wonderful place to be!

"I chose Noble because of its impeccable reputation and all the amenities," says Ruth. "I don't drive anymore, and I hate to bother my niece so the van service that takes me back and forth to doctors' appointments is so important and was a huge part of my decision to come to Noble. I'm not the only one - and I only see the need increasing over time."

Ruth is part of **Noble's Resident Council** and spends a significant amount of time speaking with the residents, understanding their needs and concerns, and then relaying that information back to the leadership for review. Those requests are taken seriously - and a new van is at the top of the list.

"More and more residents are relying on the van service for doctor's appointments and social outings. Many like me, no longer drive, and some have no family to rely on - we need another van to accommodate everyone and ensure everyone gets what they need," says Ruth. "Everyone appreciates all the staff does - we don't say thank you enough, they are absolutely wonderful!"

Elsa Wohlfert came to Wagner Terrace two years ago in the midst of the pandemic. The day she arrived was the day Noble decided to protect the residents from the outside world. A former local resident of North Canaan, she admits the first day on Noble's campus was hard as she was afraid of isolation - but that wasn't the case. Noble staff rose to the occasion and Noble Living didn't miss a beat! Wagner soon felt like home for Elsa.



I just love the staff - they are so helpful, and we sure have a lot of fun!

Elsa is very active at Noble. She has a pretty tight social schedule! She enjoys spending time with the family, Bingo, visiting the nail salon, outings with fellow residents. She loves visiting her hometown, especially at Christmas time when we visit the former North Canaan fire chief, Charlie. He lets us come into his yard and look at all his decorations and lights. Elsa just loves that community connection and looks forward to it every year.

As Elsa says, *"If you aren't having fun at Noble it's because of your own doing!"*

When asked about the van service at Noble, Elsa smiled and said that without it, her life would be very different because she doesn't drive anymore and would have to rely on family to help. "I use a motorized wheelchair to navigate and it allows me so much freedom. I must admit I was a bit nervous the first few times I had to navigate my chair into the van - I don't know what I would have done without the staff to hold my hand and even ride up in the air with me! They are all so wonderful from the Recreation Team and CNAs to the nurses and drivers - everyone pitches in!

"Our current van has a side entrance for chair users and it's difficult to navigate both for myself and for the drivers. Having a rear entrance back lift, like the one in the new van will be amazing and so much easier for everyone. I can't wait to try it out!"

The Art of Giving: Caroline Wall's Legacy

It's not the first time we've spoken about Caroline Wall, but her legacy has such an incredible impact on the everyday lives of the people who live and work at Noble Horizons that we love to continue to share the story of one woman's generosity.

Caroline, a former cottage resident who lived at Noble in the early 1980s, bequeathed over \$2,000,000 to establish a program to provide financial assistance for residents wishing to maintain their independence as long as possible. She epitomized *Noble Living* – she embraced the culture and deeply understood the connection between community and the residents who call Noble their home. Her first donation was in 1982 (before her passing in 1998) to help toward the construction of new cottages. It's hard to determine how many people have benefited from her heartfelt generosity, but it's well in the thousands.

Upon her passing, the Caroline Wall Fund was created and to this day her mission and vision are felt by everyone who is part of the Noble community. The fund is used for:

- **The Caroline Wall Cottage Support Program** which provides programs, activities, support, and resources that promote optimum health and wellness for independent living residents.
- **The Wellness Clinic** that is staffed with a full-time nurse, transportation, delivery services, health monitoring and other services. It is located on the lower level of Wagner Terrace and is available to all cottage residents. Noble's Wellness Coordinator is a liaison between the cottagers and physicians, can make recommendations for specialty services, and is just there to hold a resident's hand and have a good old-fashioned conversation if that's what's needed!
- **The Caregivers Support Group** that assists family and friends of Noble residents navigating the caregiving process and to provides moral support as needed.
- **The Fitness Center** that is located on the lower level of Wagner Terrace. All residents are encouraged to take part in the fitness program (and most do)! A personal trainer is available Monday through Friday from 9AM – noon.
- **The Coffee Café** which is a gathering place with WiFi, free fresh coffee, newspapers and magazines. If you want to know what's happening, this is the spot!



(Left) The Noble Café is a hub for many residents to enjoy a cup of coffee, read the local news and socialize!



(Right) The Fitness Center is enjoyed by residents and individuals who come to Noble for short and long term care.





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Senior Living • Rehabilitation • Skilled Nursing



Save the Date: Annual Festival of Trees

presented by the Noble Horizons Auxiliary

Opening: November 18, 2023
Gala: December 2, 2023

For more than a quarter of a century, The Festival has ushered in the holiday season and brought cheer to Noble residents, the surrounding community, and groups of all ages from schools, childcare centers, nursing homes and day cares for the disabled. It is the Auxiliary's gift of joy to others!

This year the theme is *Jingle Bells*, a song that was written in 1857 and has long been associated with Christmas, but was originally about Thanksgiving! It is an appropriate theme as we open the Festival during the week of November 18th. Noble Horizons' Community Room will be transformed into a winter wonderland of sparkling lights, one-of-a-kind displays, and a very special Children's Corner.

