

# On the HORIZONS

2024 Annual Appeal

#### Noble Living...



I don't know of anything better than autumn in New England. Our campus comes alive with color, we enjoy the cooler weather by taking leisurely walks with friends and family along the winding paths and then sitting by the pond to enjoy the warmth of the afternoon

sun. It's a time to be grateful for all we have, including all who support Noble Horizons in our efforts to offer outstanding, compassionate care.

I want to extend my heart-felt thanks to each of you for your generous support of our 2023 Annual Appeal. Your contributions last year enabled us to purchase a new transport van, which has been vital in enriching the lives of our residents. This van has let us provide more outings, appointments and social activities, ensuring that our residents continue to experience the joy of engagement and exploration.

This year, we are raising money for an equally important project, the renovation of the Noble Café. Adjacent to the Fitness Center, the Café is a little oasis for welcoming new friends, having a cup of coffee, and catching up on the news. Right now seating is limited, but our renovation plans will provide the additional capacity and amenities needed to meet the needs of our beloved "patrons."

At the core of our culture is the desire to ensure that every resident becomes a part of the Noble family and to feel at home – whether they are a permanent cottage resident, in long-term care, or visiting us for short-term rehabilitation. Aging and healing with grace, positivity and vigor require more than medical care – it requires community. Thank you for being a vital part of our community and for helping us enrich the lives of our residents in our community. We couldn't do it without, all of you!

Bill Pond

Administrator, Noble Horizons

#### Connection, Community, Compassion

Support the Heart of Noble Horizons: The Noble Café Noble Horizons 2024 Annual Appeal Dedication

The Noble Café is more than just a place to grab a cup of coffee – it has become the heart and soul of Noble Horizons. It's where residents gather throughout the day and talk about what's happening on campus, in the



community, and in the world. And for our residents who may not be able to spend much time off-campus, the Café offers a sense of normalcy and connection. The current space is limited and in much need of an update, so when it came time to dedicate a project for the 2024 Annual Appeal we collectively voted for the Café renovation and expansion.

#### It Takes a Village



Behind the scenes, we are diligently working with our building and design teams to share our conceptional vision of the space. We are also working closely with our Noble staff and residents to make sure that the

quality of life and care isn't interrupted during the construction. Everyone is excited about the renovation, and our hope is that,

with your help and support, it will be completed by the Spring of 2025.



Please consider donating to the Noble Horizons 2024 Annual Appeal, and be a part of preserving and enhancing this special place that means so much to so many. Together, we can make a difference in the lives of our residents and their families for years to come!

Lynn Famiglietti

Wellness and Cottage Admissions Coordinator

### Mornings at the Cafe: Exercise, Coffee and Friendship

The Noble Café is located across the hall from the Fitness Center and next to the Wellness Coordinator Lynn Famiglietti's office. It's where you'll find a lot of smiles, laughter, and a sense of family.

"From my office, I can hear all the laughter and evident camaraderie each morning. If you want to know what's happening at Noble, the Café is the place to go!" says Lynn. "There are days we have a "traffic jam" of wheelchairs and walkers. It gets

busy in the mornings after our residents have a workout with Liliana Ames, our Certified Personal Trainer. They can't wait to share their accomplishments with each other. I just love to watch their smiles!"



Liliana Ames Certified Personal Trainer Noble Fitness Center



Two of our newest residents and now regulars at the Café are Buzz and Pat Hanley. "We come here every day after our morning walk to have a cup of coffee and socialize. Sometimes it is standing room only," says Buzz. Patricia shared, "It's a great meeting place that needs more space, and little-by-little we can make it happen!"





"When I came to Noble Horizons I felt a bit misplaced. The Noble Café and Fitness Center gave me a sense of friendship and belonging. I really look forward to and enjoy working with the staff in the fitness center and catching up with everyone afterwards in the Cafe. My experience has inspired me to start up a Cobble welcoming committee and the Cafe will be our first stop on the tour!" *Martha Eustis* 

#### Changing Lives: Noble's New Transport Van







## Thank you!

The purchase of the new transport van was a key focus of our 2023 Annual Appeal. It is impossible to describe the excitement we all felt when we got the news that our new transport van was being delivered – it was better than fireworks on the 4th of July!

Thanks to the tremendous response to our 2023 Annual Appeal, our wonderful community of donors made the purchase of this much-needed van possible, and this has allowed us to transport our residents with optimal safety and security. The state-of-the-art technology is also appreciated by the dedicated staff who drive the van.

"The new rear-loading aspect of the van has been life-changing for some of our residents who struggle with mobility," says Administrator Bill Pond. "I see the relief on their faces every time they utilize this incredible addition to our fleet of vehicles."

"Noble's connection with the community has been the foundation of what we stand for," says Pond. "Again and again, the unwavering support of our donors for our staff and residents astounds me. To our volunteers and to those who financially support us – thank you."

Below, staff and residents smile with pride and excitement in front of the new addition to our fleet.



## Generational Connections: It's a Family Affair



At Noble Horizons, the sense of community and dedication runs deep, not only among its residents but also through the generations of families who have worked here. Lana Knutson, the Director of Recreation, is one such example. Lana's children, Odin and Cassidy, have grown up within the nurturing environment of Noble Horizons, and now, as young adults, they continue to be an integral part of this tight-knit community.

#### A Family Legacy

Lana's children were introduced to Noble Horizons at a very young age, accompanying their mother to work and gradually becoming involved

as volunteers. Odin, now 19, and Cassidy, 21, began their

journey in the volunteer program when they were just 10 and 12 years old. Their involvement was not just about spending time at Noble; it was about connecting with the residents on a deep level. Odin, with his outgoing and social nature, found an instant bond with the elder population, while Cassidy discovered a passion for canine therapy, eventually becoming the youngest certified canine therapist at 15. Today, both Odin and Cassidy are employed at Noble Horizons while pursuing their college education. Odin works full-time in the



Dietary Department, majoring in Business and Marketing, while Cassidy, a Housekeeper who also helps in the Dietary Department, is studying Illustration with aspirations in Environmental Sciences and Forestry.



#### The Connection is Mutual

"I have so many favorite memories, but it's the simple ones I remember most. Like when I make a resident's bed, and they tell me I just made their day or when they call me "Dearie" or "Sweetie" and share their candy with me - it makes my day! I also love hearing stories about their lives and jobs - they are so interesting. And the residents always encourage me to follow my dreams and to make sure I do what I want in life." Cassidy Knutson

"What I think most people may forget is that the residents are people too. They have lived long and storied lives and can offer great perspectives for younger individuals. They always love to hear what I am doing, where I'm going in life,

and my opinions on their topic of conversation. Much in the same way, I too enjoy hearing about the interesting things they have accomplished in their lives." Odin Knutson

Lana emphasizes the significance of inter-generational connections at Noble Horizons. The residents are often amazed by the talents and energy of younger volunteers, whether it's through music, arts, or simply spending time together. In today's world, where social media dominates the lives of young people, Noble Horizons provides a unique opportunity for them to connect in real life, without the distractions of technology. These interactions help bridge the generational gap, allowing the youth to understand and respect the aging process, and develop a healthy perspective on aging. Thank you Lana, Odin & Cassidy for being such an amazing part of our Noble family!

### Connecting Community & Families: Cindy's Story

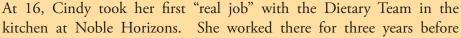


Another example of one our "staff families" is the story of Lisa Barlow Humbert and her daughter Cindy Brothers. Lisa has been a cherished member of the Noble team for 17 years, bringing warmth, care, and dedication to her role as a Certified Nursing Assistant (CNA). Lisa always encouraged Cindy to volunteer, and Cindy's

journey with Noble Horizons began in her sixth-grade year, when she participated in the Buddy System and was paired with a resident couple at Noble. Cindy would visit every couple of weeks, sharing meals and attending holiday parties. For

Cindy, these interactions were more than just visits – they were moments that shaped her adolescence.

"While I was a volunteer, it was so nice simply to see the smile on the residents' faces when I would spend time with them. I realized they often don't get to interact with the younger generation, and it made me happy to fill that gap for them." Cindy Brothers





leaving to explore other opportunities. However, the connection she felt with Noble Horizons remained strong, and five years ago, Cindy returned to join the Recreation Department.

Now she enjoys the opportunity to come up with new and creative programming ideas

to engage residents as individuals based on their talents, interests and personalities. Cindy is committed to giving back to the community that shaped her early years.

Cindy believes that volunteering is a powerful way for young people to explore potential career paths and gain valuable life skills. For her, Noble Horizons is not just a workplace – it's a community that has given her direction, purpose, and a deep sense of belonging. Cindy's journey is a testament to the enduring power of generational employees at Noble Horizons and the impact they have on maintaining the strong, compassionate community that defines our organization.









#### **Auxiliary News**

A Letter from President Teri Aitken

Where do I begin? After taking over as President of the Noble Horizons Auxiliary last year, I quickly learned that I had some very big shoes to fill. Actually, I had some HUGE shoes to fill! I am proud that our Auxiliary members have always gone above and beyond to fulfill our projects for the benefit of the residents at Noble. I can't express enough gratitude for our Auxiliary members.

In the spring, we held a new event, "The Right to Bear Art." It was a huge success. This brand-new event peaked everyone's interest, which resulted in overwhelming attendance and a ton of fun and laughter. There was wonderful food including bear-themed snacks and goodies. Some went home with beautiful art pieces themed from the bear family that visits the Noble campus.





The Auxiliary continues to sponsor the Cottager's Clubhouse Socials, purchase books and newspapers for the library, buy fresh flowers for the residents' dining tables, sponsor an Employee Scholarship Fund, and of course we can't forget our popular Lobster Dinner and much more, including the operation of our delightful Country Store.

Recently the Auxiliary assisted with the Olympic Games held on the Noble campus. All of these events and activities have brought so much joy to the residents and community. Many community members wonder what we will be doing next. Glad you asked!

We are planning a Holiday Market. This will be a two-day event on December 6th and 7th, and will replace both our traditional Holiday Fair and Festival of Trees. We will include some of the favorite tables, such as the jams & jellies, knits, bake table, handmade decorations, raffle baskets and the jewelry table. We will have wall art from local artists, and some antique appraisers available to appraise your most



treasured items. As always, all proceeds from this event, as well as sales from the Country Store, go directly towards enriching the lives of our Noble residents.

We are always happy to welcome new members to work alongside our many long-time members. If you would like to join our Auxiliary, I can be reached at 860 671-1174 or teriaitken2000@gmail.com

## AUXILIARY 2023-2024

#### **Board Members**

Teri Aitken President Judy McKernon Vice-President Kathleen Hawley Treasurer Kathy Mera Assistant Treasurer Marcia Ramunni Secretary Joan McCue **Assistant Secretary** Betty Kowalski Country Store Chair Teri Aitken Membership Chair Meredith Dittmar **Publicity Chair** Judy McKernon Historian **Judy McKernon** Volunteer Service Chair Kathy Mera Resident Representative Marcia Ramunni Holiday Fair Chair Mary Barton Book & Tag Sale Chair Karen Bennett Country Store Manager Joan McCue Library Representative **Jean Saliter Board Member** Sara Becker **Board Member** Anne Longely Board Member Bill Pond Noble Representative



Lana Knutson
Noble Representative

# Noble Living - it doesn't get much better than this!























a non-profit organization

17 Cobble Road Salisbury, CT 06068 Return Service Requested

www.noblehorizons.org



Senior Living • Rehabilitation • Skilled Nursing

# Upcoming Events at Noble! Blood Drive



Date: November 11, 2024

Place: Noble Horizons Community Room
Time:1pm - 6pm \*Registration required.

#### Holiday Market



**Dates:** December 6 & 7, 2024

Place: Noble Horizons Community Room

**Time:**10am - 4pm

## Scan to see all of Noble's AMAZING events!





#### Housatonic Camera Club Annual Photography Exhibition



菌 Dates: Exhibit Opening Friday, January 17

Exhibit Continues Saturdays and Sundays through February 23

Place: Noble Horizons Community Room

Time: Opening night, 4pm -6pm. Saturday & Sundays 11am-4 pm