



Spring has finally sprung here in Connecticut, and everyone at Pomperaug Woods is opening their windows, sitting out on their patios and balconies, and thoroughly enjoying the sunshine and warm breezes. Spring is a time of new beginnings, so as a community we're enjoying new spring art hung throughout the building, trying a new creative movement class, and going out on new trips. This newsletter celebrates all the new ways that we are Pomperaug PROUD!

Warmly, **Kevin Moshier**, *Executive Director*

Residents enjoy the Joseph Cornell Exhibit at the Katonah Art Museum

Every Wednesday residents know adventure is in store, as they take a weekly day trip to enjoy wonderful cultural events in the area. "I try to stay on top of all of the best cultural offerings," said Lisa Huebenthal, Director of Community Life at Pomperaug Woods. "I gather residents together to enjoy museum exhibits, movies, concerts, plays, musicals, dance showcases, author book talks, restaurants, and more. If a group of residents are interested in it, then I want to make sure they get out to enjoy it. Pomperaug Woods is a tremendous supporter of the arts."



Residents recently enjoyed a day trip to the Katonah Art Museum to take in the exhibit *Miniature Worlds: Joseph Cornell, Ray Johnson, Yayoi Kusama*.

"It's a really compelling exhibit," said resident, Peggy Jett. "*Miniature Worlds* looks at the friendships between Joseph Cornell and two younger artists, Ray Johnson and Yayoi Kusama. Joseph Cornell's work is all shadow boxes and collages. Both Johnson and Kusama worked in painting as well as collage, but their art went off in completely new directions. This exhibit examines how the friendships influenced each of their art. I really enjoyed this exhibit. It was so interesting to see how these friendships helped the artists express themselves in such different and beautiful ways."



"The docent was wonderful," said resident, Peggy Gloria. "She helped us understand the artists' interpretation of the found objects they used. It really expanded my thinking."



Join us every Wednesday for a day trip. See the Activities Calendar for trip destinations/times.

Once-in-a-Lifetime Savings on Putnam Apartments!

There is a limited time offer you won't want to miss: New residents who make a deposit on a select second floor Putnam apartment by July 31st will be awarded a one-time incentive of up to **\$55,000 SAVINGS***!

The Putnam apartment at Pomperaug Woods is a cozy gem, and with our new resident upgrades this is a unique opportunity to turn an apartment into a custom hideaway that you'll be thrilled to call home.

Choose from two different Putnam floor plans — both are 1 bed/1 bath and are located on the second floor, offering panoramic views of the Connecticut countryside. Choose the apartment you prefer, and we'll stock it with all-new kitchen cabinets and appliances as needed — refrigerator, stove, dishwasher, and microwave. The rest of the apartment we'll customize to your tastes. You choose the countertops, new flooring and carpeting. To finish the upgrade, we'll put a fresh coat of paint throughout.

**SAVE up to
\$55,000***



DON'T WAIT! Putnam apartments are going fast! Schedule a visit today!

You've got a lot of living to do at Pomperaug Woods!

- Resort-style living
- Five-Star Amenities
- Gourmet Dining
- LifeCare Peace-of-Mind



* Incentive applicable on select second floor Putnam style floor plans only.
Must make a deposit by July 31, 2023. 80% Return of Capital Agreements only.

Schedule a visit TODAY: 203-935-3734

Incoming Residents Get a Spring Refresh For their New Apartment

Pomperaug Woods rolls out the red carpet to make new residents feel truly welcome. Kathleen Tasman, Pomperaug Woods' Move-In Coordinator, meets with new residents to kick off their move. "The very first thing we do to get new residents excited about their move is to give their apartment a top-to-bottom refresh," said Kathleen. "I help them choose new flooring, carpeting, and paint throughout. They can choose new cabinets, countertops, and appliances for the kitchen as needed. And we provide the blinds in every room. I like to call it our Spring Refresh Welcome Package!"



For those looking for downsizing assistance, Pomperaug Woods has a solution. "We give new residents \$5,000 off their entrance fee if they use a downsizing specialist," said Kathleen. "They'll help you choose what to keep, and helps you divest yourself of the unneeded items. Downsizer services are invaluable, and it is our welcome gift to you."

Kathleen has plenty of other welcome gifts in store for the new resident on move-in day. "I cater a welcome lunch for the family and the moving team," Kathleen said. "I also include a gift card to use any time in our newly remodeled café. Plus, members of the Welcome Committee will reach out to new residents to set them up with dinner companions as well as introduce them to others with similar hobbies and interests so it's easy to make new friends. Overall, I hope the welcome we give new residents lets them know how glad we are to have them."

Schedule a Pomperaug Woods Visit TODAY! Call Marketing at (203) 262-6555.

Pomperaug Woods Board Member Spotlight: **Lisa Wnuck, Treasurer**

Lisa Wnuck is bursting with enthusiasm for Pomperaug Woods. "I joined the Pomperaug Woods Board of Directors in January 2017," said Lisa. "I hold three positions: I am Treasurer, a member of the Finance Committee, and Chair of the Marketing Committee. As Treasurer and member of the Board, I have a fiduciary responsibility for steering Pomperaug Woods towards a sustainable future by adopting sound, ethical, and legal governance and financial management policies. The Board is charged with ensuring that Pomperaug Woods has adequate resources to bring residents a spirited and uplifted lifestyle; gracious living with services and amenities that exceed expectations."



Lisa has always been particularly impressed with Pomperaug Woods' resident-first perspective, which she attributes to their non-profit status. "I think that being a non-profit is a positive that sets us apart from other senior living communities in the area that are for-profit," said Lisa. "For-profit communities focus on short-term quarterly earnings in order to satisfy shareholders. But as a non-profit, Pomperaug Woods takes a resident-centric view, making investments in the community that will benefit residents for many years to come. That makes all the difference in the happiness of our residents and staff."

Lisa is a very busy professional. "I am an estate planning and probate attorney with my own law office in Heritage Village," said Lisa. "I have a daughter in Africa in the Peace Corps and a son working on his masters. My husband and I have been married for 35 years. We volunteer for Fidelco Guide Dog Foundation and like to travel when we can get away. It's a busy life, and I'm honored to carve out time in it for Pomperaug Woods."

Residents Welcome Spring by Creating Spring Botanicals Art for the Community!

Spring has sprung at Pomperaug Woods, and the Creative Arts class has welcomed the season by painting spectacular Spring Botanical fabric banners that now grace many of the common rooms throughout the community.

"We started by studying the iconic Spring Botanical prints of John James Audubon," said Lisa Huebenthal, Creative Arts teacher and Director of Community Life. "Each person in the class chose a different fabric and a different botanical print and brought those iconic images to life on these dramatic fabric banners. We have daffodils and tulips, bloodroot and crocuses. It's very challenging to paint on such a large scale."

Some fabric banners are over 4 feet long. Our residents are a talented bunch, and the banners turned out quite striking."

Resident Beverly Robertson chose to paint a bouquet of grape hyacinths. "I think my fabric was originally a pair of blinds from Ikea," laughed Beverly. "Lisa's class is endlessly inspiring, and by hanging the artwork we produce throughout the community, it brings a unique beauty to Pomperaug Woods. The Spring Botanicals banners are some of our best works yet!"

Thank you to Lisa and our resident artists for helping us celebrate Spring in all its splendor!

Residents LOVE the new Creative Movement Class with Megan Boyd

There are a wealth of fitness classes to choose from at Pomperaug Woods, from tai chi to yoga. But the newest fitness class to enter the roster is wonderfully different. "My Creative Movement class allows residents to explore how to move their body within their own space, but also how movement is shared within the group," said teacher, Megan Boyd. "I am a choreographer, dancer, and teacher, and I am certified in fitness and therapeutics. It is my honor to bring movement exploration to Pomperaug Woods. From a fitness perspective, this class will build strength, flexibility, and balance. From a mental health perspective, it will support socialization, emotional connection, and freedom of expression. But most of all, I want the residents to find the FUN in creative movement. Feel the music and laugh out loud!"

Megan shares an eclectic collection of music with her Creative Movement class. "I think different music inspires different movement, so I incorporate everything from classical music to blues, from intercultural music to world percussion," said Megan. "Today we moved to a classical piece by Chopin, a beautiful bossa nova sung by Brazilian Astrud Gilberto, and some East Indian Tabla drums. It's a wonderful way to connect with different cultures."

Resident Peggy Jett was thrilled with the class. "I loved it!" said Peggy. "We started the class with a history of movement. Then we worked on individually moving our bodies in different ways. And at the end, the creative movement became a group experience by passing movement around the circle, connecting and interacting in a non-verbal way. I found it very calming."

Join the Creative Movement class on Fridays at 1pm in Wilson Hall. Hope to see you there!



Residents discover their inner artist in the class: Art with Rose Petruzzi

Not everyone thinks of themselves as an artist. And that's quite all right with Rose Petruzzi. "I have had a long and varied career in art," said Rose. "I have created art. I have taught art. And I have used creative art as a vehicle for therapy. Art is a way to anchor your thoughts, experiences, and ideas in the moment. When people relax and open up to the creative process, it can be such a freeing experience. It encourages social interaction. It relieves stress. It is great for problem solving and expressive creativity. And it all challenges you to grow. I think of the art studio as a safe space where you can experience yourself in new ways, and the things you learn about yourself are mirrored back to you in the artwork. It's a beautiful process."



Rose has brought out the inner artist in Pomperaug Woods residents for almost a year. "I haven't been teaching here for that long," said Rose, "but in that time we have created art with everything from watercolors to recycled objects. The recycled objects project was truly a breakthrough. The residents really knocked it out of the park with the art they created."

Rose knows art can be intimidating for some. "This is a drop-in art class," said Rose. "Our projects are 'one-day-wonders'. Residents surprise themselves at how creative they really are."

Rose is so happy that the residents are embracing art. "I am humbled," said Rose. "I feel privileged to share the experience of creating art with these residents. They are wonderful."

Join Rose Petruzzi's art class on Mondays at 11am in the Art Room. All are welcome!

Met Live Opera Goes 21st Century with Livestreaming — Residents LOVE it!



There's nothing like experiencing the majesty of The Metropolitan Opera House in Lincoln Center. Many Pomperaug Woods residents were long-time opera lovers but didn't want to travel all the way into Manhattan from Connecticut. "Fortunately, The Met entered the 21st Century, and started a series where various movie theaters across the country live stream an opera performance on Saturday afternoons," said Lisa Huebenthal, Director of Community Life at Pomperaug Woods. "Now it's so easy for our residents to travel to the movie theater at the Danbury Mall to enjoy

the opera. And our Music Appreciation teacher, Jeffrey Engel, will often teach a class on whatever operas the Met is performing, so that residents learn all about the opera before they see the performance."

Resident Hilma Carter is thrilled to continue to enjoy the opera through this livestreaming option. "I have been a lifelong opera lover," said Hilma. "I'm excited to watch an opera performed live on a huge movie screen. I'm most interested in seeing the new operas like *Champion*, the story of boxer Emile Griffith. It was composed by Grammy-winner Terence Blanchard, who has won two Oscars for composing film scores for Spike Lee. Blanchard composed *Fire Shut Up in My Bones*, the opera that opened the Met's 2021-22 season, and it was wonderful. It was the first opera by an African American composer in the organization's history. Today's audience is interested in new operatic works and the Met is feeding that interest, which is creating a resurgence in opera right now. It's very exciting."

Join us for the Met Live Opera trips. See the Activities Calendar for titles, dates, and times.

Pomperaug Woods has its own ROMEO Club!



Lisa Huebenthal, the Director of Community Life at Pomperaug Woods, wanted to make sure that the men living in the community had enough activities to really engage them. "I called them all up, and invited them to a meeting," said Lisa. "If I'm going to come up with programming just for them, I thought we should brainstorm ideas together."

Joe Regan was one of the men in attendance at that meeting. "One of the ideas we gave to Lisa was a

ROMEO Club," said Joe. "That stands for 'Retired Old Men Eating Out.' It's really just an excuse for the guys to go out for lunch once a month, but Lisa was all for it. We pick the restaurant, and the PW bus drives us. We enjoy great food and spend a couple of hours talking...discussing...lying. It's all in good fun! It's been great getting to know each other better. We'd certainly like to have more fellas get involved."

There are hundreds of ROMEO groups across the country, some with a handful of members, some with as many as 80. "The gentlemen at Pomperaug Woods are the nicest bunch," said Lisa. "It's great to see them enjoying each other's company."

Joe is happy to report that the ROMEO's now have other guys-only activities on the calendar. "A few of us play poker on Saturday afternoons," said Joe. "And we like to play pool on Wednesday morning. We always have plenty of laughs together."

If you're interested in joining the Pomperaug Woods ROMEO Club for lunch, they meet the 2nd Thursday of every month. They'd love to have you!

The Flower Committee brings beauty to Pomperaug Woods

The perfect finishing touch to any dining table is a beautiful floral centerpiece. Pomperaug Woods is lucky enough to have its own resident Flower Committee to create beautiful floral arrangements each week that fill the dining room with cheer.

"I've been part of the Flower Committee since I moved to Pomperaug Woods 10 years ago," said resident Ann Moore. "The committee includes me, Jean Dean, Janet Hansen, and Julia Servadio. None of us are formally trained, but each of us has a bit of an artistic eye for floral arranging. I quite enjoy it."

Each week, Petal Perfection delivers a mix of seasonal flowers, and the committee gets to work. "We work together to come up with the centerpiece design we like best, then we replicate it so there's one for every table," said Ann. "Right now, we're creating centerpieces using chrysanthemums, daisies, and carnations, with some ferns for a bit of greenery. I think we all look forward to working on the holiday centerpieces the most. The Thanksgiving and Christmas arrangements are especially fun to make. Last year we created something quite innovative just out of pinecones. We were working with pinecones in Lisa Huebenthal's art class, and we came up with an idea for a gorgeous centerpiece. It was great fun, and everyone was very complimentary of them."



The Flower Committee meets every Thursday at 2pm. All are welcome to join in and try their hand at flower arranging. You just might discover a new passion!

Let's Celebrate Vicki Gyba-Marshall, Pomperaug Woods' new Associate Executive Director!

Vicki Gyba-Marshall has invested her entire career at Pomperaug Woods. She joined the community in June 1994 as the Social Service & Admissions Coordinator in the Health Center. In 2013, Vicki moved into administration as Director of Executive Services. And in January 2023, the Board awarded her a well-deserved promotion to Associate Executive Director.



"As Associate Executive Director, I will continue to assist Kevin Moshier in the day-to-day community operations," said Vicki. "I'll also take on a role in the Marketing Department, meeting with new prospects. I'm happy to share my unique insights on senior living with those researching options for the next phase of their lives."

For Vicki, Pomperaug Woods is home. "I love this community," said Vicki. "It is so gratifying to work with residents and their families over many years. It is the people here who make all the difference. And my co-workers are the most dedicated group of people I have ever met, and it is my pleasure to collaborate with them every day."

Fun fact: Vicki met her husband at Pomperaug Woods. "It's true!" laughs Vicki. "He was a dentist who was kind enough to make house calls to see his patients here at the Health Center. I was so impressed with his dedication. Fast forward, we'll be married 14 years this September. So, thank you Pomperaug Woods for introducing us!"

Thank you, Vicki, for all you do make Pomperaug Woods a wonderful community.

Get to Know Lisa Huebenthal, Pomperaug Woods' Director of Community Life

Art is Lisa Huebenthal's passion. "I started at Pomperaug Woods 20 years ago teaching the Creative Arts class," said Lisa. "When the Director of Community Life retired, Kevin Moshier offered me the job, and I said I would be thrilled to do it as long as I could keep teaching Creative Arts. I love Pomperaug Woods, and the friendships I develop with the residents. Some residents have been here as long as I have!"



Lisa's position requires her to wear many hats. "As the residents' needs change, my job needs to change," said Lisa. "Programming is my top priority. Residents trust me to provide them with meaningful programming, and I take that seriously. I always say I don't keep people busy; I keep them curious. And our programming gives them the freedom and means to explore that curiosity. I either bring what's amazing in the world into our community or take our residents out to discover all that's amazing in the theater, at museums, or in restaurants. Our Activities Calendar is packed with classes, lectures, entertainment, and day trips. I also program our in-house TV channel and the community bulletin boards so everyone has the most up-to-date information. I coordinate all the resident committees and help residents create the monthly newsletter. I am also in charge of all the transportation for our community. It's a high-energy job and I love it!"

Lisa is an exceptional artist in her own right, and Pomperaug Woods is so lucky to have her. Her infinite creativity, thoughtful programming, and boundless energy bring a unique light and life to our community. "I love the camaraderie here," said Lisa. "The residents and staff are like my family. I'm so proud to be a part of it."



80 Heritage Road
Southbury, CT 06488

Residents flock to the Springo Bingo Extravaganza!

There's nothing more exciting than sitting in a crowded room and leaping to your feet to shout "BINGO!" Pomperaug Woods residents know this thrill well and look forward to afternoon Bingo twice a month.

"Bingo is so popular here," said Lisa Huebenthal, Director of Community Services at Pomperaug Woods. "It always draws a huge crowd. I'd guess there are just as many people that come out for the weekly cocktail hour on Thursdays as there are people gathered to play Bingo. We all have a ball. It's just good old-fashioned fun, with tons of laughter and cheering."

To welcome Spring, Lisa turned the usual Bingo gathering into a Springo Bingo EXTRAVAGANZA! "I can't help it," laughed Lisa. "It's exciting to go BIG! I came in with armloads of candy, and gift cards, and bottles of wine. Absolutely EVERYONE wanted to get in on the fun. The room was packed! The final game — 'Fill The Card' — was won by new resident, Barbara Jeffrey. The prize was a pizza party for six. She was thrilled!"

Springo Bingo was such a hit, that everyone is clamoring for a new Bingo extravaganza to welcome summer. Beach Blanket Bingo anyone?!?! Stay tuned...



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