



Welcome to the first issue of *Words From the Woods*, the newsletter from Pomperaug Woods. As Executive Director, I am so proud of all the wonderful people that come together every day to infuse our own little corner of Southbury with a sense of purpose and joy. This newsletter is just a small snapshot of all the good that can be found in our community, from the fabulous food, to the excellent classes, to the amazing residents and staff. As you read these stories, one thing should come through loud and clear — we are Pomperaug PROUD!

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

New Year, New Beginnings

A new year symbolizes a chance to start over with new beginnings. Well, new beginnings are Pomperaug Woods' specialty! Here residents embrace "new beginnings" every day of the year...

New Beginnings mean **NEW FRIENDSHIPS**.

Residents meet new friends by connecting with others who share their passions — join our many committees, go on group day trips to museums or restaurants, take in a movie, or stop in for a game of Bingo. It's a snap to find your people when you are active!



New Beginnings mean **NEW HOBBIES**.

Our monthly Activity Calendar is packed so it's easy to discover new interests here. Try your hand at art in our Creative Arts class. Attend our many lectures on current events, history, music, art, and travel. Join the book club, the Bible study, or the Needlers group.



New Beginnings mean **NEW DIET**.

The easiest way to eat healthier is to have someone else do the cooking! Our Chef Carol creates delicious seasonal menus for both the dining room and café, and the creativity and love she invests into every meal is evident as she keeps dietary concerns top of mind.



New Beginnings mean **NEW HEALTH PRIORITIES**.

Our residents embrace continued good health by working out in our fitness center, getting outside with our Walking Warriors group, or joining our many exercise classes. Residents can also stay active with membership privileges at Heritage Village Country Club golf course and Riverwalk Athletic Club.



No matter what priority you set for 2023, it's easy to see that one of the best places to start planning for all your tomorrows is Pomperaug Woods. Wherever the new year takes you, we hope you embrace the happiness to be found in "new beginnings"!

BIG Savings Available on our Putnam Apartments!

First-come first-served!

Pomperaug Woods has a once-in-a-lifetime deal available to prospective new residents...

Join us for a private luncheon and personal tour of Pomperaug Woods with a spotlight on our available Putnam floor plan apartments.

Our Putnam apartments are a hot ticket for savvy seniors looking to join the Life Plan community at Pomperaug Woods. The two different Putnam floor plans are spacious, well-appointed 1 bed/1 bath apartments on the 2nd floor with gorgeous views. For those that attend this exclusive one-on-one luncheon and tour, we will award a one-time incentive of **UP TO \$50,000 SAVINGS*** when you move into a Putnam apartment.



SAVE up to \$50,000*

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 March 31, 2023. 80% Return of Capital agreements only.

Schedule a tour TODAY: 203-935-3734
In-Person and Virtual Tours Available.

The TOP 5 Questions ANSWERED at our "Ask A Resident" Panel

Pomperaug Woods recently held a candid Q&A session with a panel of residents. The audience at our "Ask A Resident" event posed insightful questions that got at the heart of why our residents chose Pomperaug Woods, how they navigated the downsizing process, and why they love it here. We thought we'd do a quick recap of the Top 5 Questions asked so readers could learn more about our gem of a senior living community.



Q1. How did you know it was the right time to move?

A1. It's better to move a year or two early than just one day late. Move in now while you're healthy, and Pomperaug Woods will take care of you for life, no matter how your health needs change in the future. Move now for true peace of mind.

Q2. How did you deal with downsizing?

A2. Pomperaug Woods has a recommended vendor list of Move Management firms that will help you design a floor plan for your furniture in your new apartment, so you know what to keep and what to disperse. They help you sell large items, donate items to various organizations, and pack what you are going to move. Best of all, Pomperaug Woods takes \$5,000 off the entrance fee to pay for all your move management expenses!



Q3. How do you navigate a senior living community where you don't know anyone?

A3. When you first move in, the marketing team fills your dance card with lunch and dinner dates to introduce you to new residents. And the current residents make it a point to invite the new kid on the block to attend classes, clubs, and events with them. Before you know it, new friendships blossom!

Q4. What is there to do at Pomperaug Woods?

A4. The monthly activities calendar is packed with classes, trips, concerts, and events. There are plenty of resident committees to join that align with your interests, and for those that have commitments outside the community, our driver will take you to any appointment you have. Your days are full at Pomperaug Woods!

Q5. What is Life Care?

A5. When you move into Pomperaug Woods as a healthy independent senior, our Life Care contract guarantees you unlimited care, no matter how your health needs change in the future. Our full continuum of care includes Independent Living, Assisted Living services, Memory Care, and Skilled Nursing. With the Life Care guarantee, you know what your fee will always be.

Let's continue the conversation — ***we'd love to meet you!***

Chef Carol and the Dining Services Team Makes Every Meal Magical!

Chef Carol Koty has been a chef for over a decade and was the 2021 Seafood Champ at the World Food Championships competition. She was thrilled to join Pomperaug Woods in January 2022. "I love cooking for this community," said Carol. "It gives me the opportunity to be part of the family here. When I cook for them every day, it challenges me to come up with new ideas. I want to keep the food exciting for the residents. They deserve the best menu possible. Working here has helped me become a better chef."

Pomperaug Woods boasts a large kitchen staff. Chef Carol is the Director of Food & Beverage, and her staff includes eight cooks, four utility staff, six dietary aides, and 15 servers. "Everyone on our dining team has an incredibly strong food background," said Carol. "It's very collaborative here. Everyone has great ideas, and we all really care about the residents. I attend the monthly Dining Committee meetings where residents share their candid comments and suggestions with me. I get feedback on everything from the dining room to the café to delivery service. I also take recipe requests. If a resident is craving something, they know I will try and make it for them."

Residents at Pomperaug Woods can eat at two different venues. "The formal dining room is the white tablecloth experience, serving a formal breakfast, lunch, and dinner every day," said Carol. "The Café is open on weekdays for lunch and has plenty of delicious grab & go salads and sandwich choices. We'll be expanding the Café hours/days of service in 2023, serving lunch and dinner on weekdays, and in the Spring we'll add in Café service on the weekends as well. When you eat at Pomperaug Woods, we want every meal to feel like a special meal!"



Meet the Tech Guru — James Chapin!

Keeping up with all the latest tech advances can be frustrating, but not when you have your own personal Tech Guru on call. The next time you have a question about your phone or laptop, just stop into the Computer Lab and ask James Chapin for help — he's our volunteer tech expert at Pomperaug Woods, and we're so lucky to have him!

"I work at Chapin Business Services, so I've seen a lot of tech issues," said James. "From glitchy phones to finicky computers, I'm happy to help residents solve their tech problems."

James knows some residents are shy about asking for help. "There are no silly questions," said James. "Residents bring me their phone, and ask me how to use a specific app, or how to text. People have asked for help sending an email and attaching a photo. If they are having connection issues, I can help them reconnect or reset passwords. We work through a tech problem together, helping residents surprise themselves with how much they already know."

Residents also come to James with questions about their desktop or laptop computers. "I have people ask me why their computer is running slow, so I dig in and try to diagnose the problem," said James. "Sometimes the hardware itself is a little dated. Other times we just need to clean up a few stray issues to get everything running smoothly again. I also help people connect their computer to their printer or teach them how to use a USB device. If they want to learn about tech, I'm happy to teach them."



**James can be found in the Computer Lab every Thursday
10:30am – 11:30am. He's always happy to share his tech expertise!**

Music Appreciation class is packed with beautiful music and fascinating music history!



Jeffrey Engel is quite the Renaissance man — He has studied cello since the age of 9. He has played in symphony orchestras in the United States and in Europe. He lived in France for 14 years and studied art history at the Sorbonne. He has taught at the college level for many years. And Pomperaug Woods has been lucky enough to have him teach his Music Appreciation class here for over 10 years. “I have a passion for music history,” said Jeffrey. “When I prepare a lecture, I will certainly incorporate music excerpts for the class to hear, but I also like to talk about the composer, and what was happening in history at the time the music was composed. It’s fascinating to learn how music relates

to the art that was being created at the time. My lectures incorporate music with history, literature, art, and architecture. It’s really all intertwined.”

Jeffrey’s Music Appreciation class tackles diverse music genres. “Our class has immersed itself in music from Cuba in the 19th century to Paris in the 1830’s, and the fraternity of artists, composers, and writers who all exchanged ideas, and influenced each other. In January, I will be devoting one presentation to Umberto Giordano and his opera Fedora. And after that, I have three sessions slated for The Unknown Schubert. Franz Schubert wrote over 1,400 compositions in his short lifetime, but he only had 68 public performances of his work. It took decades before his music became known. It’s these little-known snippets of history that add a richness in understanding and appreciating the music.”

Join Jeffrey for his Music Appreciation class twice a month on Fridays at 3pm. It’ll be music to your ears!

Anyone can be a great artist in our Creative Arts class!

Ralph Waldo Emerson once said, “Every artist was first an amateur.” Lisa Huebenthal, Director of Community Services and the instructor for the Creative Arts class, couldn’t agree more. “I tell all the residents that they don’t have to be an artist to enjoy Creative Arts class,” said Lisa. “To me, Creative Arts is all about exploration. Art gives you a new way to look at the world, and that is really quite inspiring at any age.”

Lisa embraces a serendipitous approach to art. “I don’t necessarily have an outcome in mind when we start,” said Lisa. “For example, the BBC had this terrific program about a competition to crown the portrait artist and landscape artist of the year. The residents and I were all so taken with the show and the artists’ use of joint compound in their paintings, that we decided to give it a go ourselves. We had such a great time, and the paintings that came out of that little experiment are nothing short of amazing.”

Lisa is a very gifted artist herself, and the instruction and inspiration she provides the residents brings out the very best in them. Best of all, the residents’ work is displayed throughout the community. “When you walk the halls of Pomperaug Woods, all of the art comes from our residents,” said Lisa. “I change it out as often as possible. It gives our community this beautiful vibrancy that you won’t find anywhere else.”

From building a marionette to painting a floral still life, you never know what you’ll be doing at the next Creative Arts class. Join us every Tuesday and Friday. 10:00am – noon for the next adventure in art!



KEEP MOVING with the YoChi with Claudia Exercise Class!

One of the keys to staying healthy at every age and stage of your life is to incorporate exercise into your day. Pomperaug Woods offers a wide variety of fun and engaging exercise classes every day of the week, including YoChi with Claudia.

"YoChi is a blend of yoga and tai chi," said Claudia. "It's a one-of-a-kind class that I designed 10 years ago that combines the flowing movements of yoga with the gentle, relaxing breathing techniques of tai chi. It's a form of exercise that isn't intimidating, and people of all ages and fitness levels can do it. It connects your mind and body with your breath to help relieve stress and anxiety and lower blood pressure. Everyone who tries it absolutely loves it!"

Claudia Landwehr has taught fitness classes for more than 25 years and has her certification through AFAA (Athletics and Fitness Association of America). She is also certified in the Silver Sneakers program, teaching fitness classes for seniors. "Two of the most important fitness goals for seniors to strive for is strength and balance," said Claudia. "Yoga helps achieve both. The tai chi breathing gets energy flowing through the body to promote healing and relaxation. Many residents tell me that it helps minimize pain in parts of the body. The less pain you feel, the more inspired you are to keep exercising. It's a win-win."



Welcome the New Year by incorporating exercise into your daily routine. Join Claudia for her wonderful YoChi class on Mondays at 10am. See you there!

Stay in the know with the Current Events Class!

The Current Events class has been a resident favorite at Pomperaug Woods for decades, meeting weekly to cover local, national, and international news. This unique class is run by the residents themselves — the moderator starts with a summary of the past week's events and provides

additional statistics and research to further flesh out the summary. Residents bring articles from various publications they have found particularly interesting and share editorials from *The New York Times*, *The Wall Street Journal*, and *The Atlantic Monthly*.

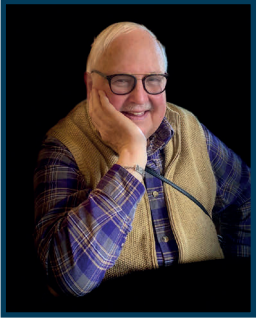
Through the years, residents have taken turns moderating the program. Currently, the lead moderator is resident Elinor Goettel, who has been working with the group since 2011. "People our age are hungry to keep up with the news," said Elinor. "Current events is endlessly fascinating because the world is constantly changing. Following current events helps us all feel connected as human beings. There's always something new to learn."

The tone of the discussions are always friendly. "We stress the facts and try not to be political," said Elinor. "We respect each other's opinions. The best part of Current Events class is that it gives us interesting fodder to share with friends at dinner. The information take-aways are great conversation starters!"



Join the Current Events class every Thursday at 10:00am and take part in the lively discussions that tackle the latest breaking news from all around the world. All are welcome!

Grab your popcorn and get a front row seat for the **Reel Royalty Film Appreciation Class!**



There's nothing better than spending an afternoon enjoying a classic film. The joy of discovering a long-forgotten gem is at the heart of the Reel Royalty Film Appreciation Class, hosted by resident Mervyn Clay. "While some may have forgotten the movies I spotlight, they are all wonderful examples of filmmaking at its best," said Mervyn. "I introduce each film with a brief talk about the stars, the meaning to be found in the film, and how the film has been interpreted and re-interpreted over the years."

Mervyn's December film selection was *The Winslow Boy*. "This terrific movie is set in pre-WWI England, where a young boy is expelled from a Naval Academy prep school over a petty theft, and his parents raise a political furor by demanding a trial. Based on a true story, it was originally a play that debuted in 1946 and was made into a movie in 1948, starring Cedric Hardwicke and Robert Donat. It was later re-made in 1999, in a film directed by David Mamet and starring Nigel Hawthorne and Jeremy Northam. It is quite simply spectacular."

The Reel Royalty audience has been lucky enough to screen such movie treasures as *The Bitter Tea of General Yen* (1932), starring Barbara Stanwyck. In 2023, Mervyn is hoping to screen *State Fair* (1933), starring Will Rogers and Janet Gaynor with his fellow residents. "You never know what film I'm going to pluck from obscurity," said Mervyn. "But whatever the choice, I can guarantee you will come away with a lightness to your step. That's the power of movies. A great film will transform you."

Be part of the Real Royalty audience on the last Tuesday of every month at 2:30pm in Wilson Hall.

Move to **Pomperaug Woods** and set yourself free from home maintenance worries!

Ahhh, home sweet home. Over the years you've repaired, mowed, shoveled, and painted to keep your residence looking it's best...and quite frankly, you're over it.

Before you change another lightbulb, come tour Pomperaug Woods. Why? When you join our senior living community, you never have to shoulder the burden of home maintenance again. Pomperaug Woods takes care of everything for you.

- WE** repair/replace all appliances.
- WE** paint the building.
- WE** manage the HVAC system.
- WE** clean every apartment.
- WE** mow, plant, weed, and trim the landscaping.
- WE** wash the windows.
- WE** deal with snow removal.
- WE** power wash the patios and outdoor furniture.
- WE** maintain the roof.



We take full responsibility for the upkeep and care of this entire community. Our Maintenance team and Housekeeping staff are an unbeatable duo that keeps the entire campus in tip top shape. So, if you're tired of the yard work, the repair bills, and the hassle of home maintenance, move to Pomperaug Woods and give yourself the freedom to live worry-free. Ahhhh, now that truly is home sweet home!

It was a standing ovation for the private performance of **A Christmas Carol!**

Stephen Collins and Poornima Kirby put a whole new spin on a live performance of A Christmas Carol for the residents of Pomperaug Woods. Their 2-person show was a tour de force in creativity and fun. "I play Scrooge young and old," said Stephen. "And Poornima played all the other parts. We had a ball, and the residents loved it!"

A long-time actor, teacher, and lecturer, Stephen has been performing for over 25 years. He also teaches outstanding seminars on Walt Whitman, Herman Melville, Thomas Hardy, William Shakespeare, Robert Frost, Socrates, and contemporary poets. "Poornima and I performed Shakespeare scenes here at Pomperaug Woods back in the summer," said Stephen. "The show was such a hit with the residents, that Poornima and I decided to reinterpret another classic — A Christmas Carol. This play has such a positive message about the regenerative nature of the human spirit. It gives my soul a little lift every time I perform it. I think the Pomperaug Woods audience was quite moved."



Stephen is a Pomperaug Woods favorite, having performed a selection of poetry by Frost, Yeats, and Whitman earlier in the year to much acclaim. "I love performing at Pomperaug Woods," said Stephen. "Everyone here is so educated, and they love live theater. For me, theater is a communal art, and the essence of art is connecting with other human beings. It is a privilege to be able to connect with others through performance."

You can look forward to seeing Stephen and Poornima perform Greek tragedy & comedy scenes in the Spring. Keep your eye on the Activities Calendar for the date!