



It's summertime, and the living is easy...Everyone at Pomperaug Woods is taking advantage of the beautiful weather in their own way. Some are going on outdoor daytrips, like the recent one to a Japanese Strolling Garden. Others are celebrating summer holidays by picnicking with friends under our big tent. And still more are soaking up the sunshine as part of the Walking Warriors, enjoying beautiful vistas in the rolling Connecticut countryside. What each of these summer pastimes has in common is that they are enjoyed in the company of good friends. A culture of friendship and kindness makes us Pomperaug PROUD every day of the year!

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

Take a Hike with the Pomperaug Woods Walking Warriors Group!

Lace up your sneakers, and join the lively bunch known as the Pomperaug Woods Walking Warriors! "The Walking Warriors are on the move!" said Justin Gerace, Pomperaug Woods Wellness Coordinator. "Sometimes we take a walk at a nearby local location, and other times our group hops on the PW transport bus and we travel to an interesting scenic location in another town for a walk and stop for lunch on the way home. Our walks are about 1-1/2 miles long, on flat trails, and will take about 60 minutes to complete. The walk is never difficult. I want to inspire as many people as possible to get outside and get walking with us. There are so many health benefits to walking!"

Justin has taken residents on walks along the Still River Greenway Trail in Brookfield, along the Larkin Bridal Path through Southbury and other neighboring towns, at the Bent of the River Audubon Center in Southbury, and out along Savin Rock Boardwalk in West Haven. The Walking Warriors group is usually 5-10 people, but the more the merrier!

Resident Danna Copulos is a Walking Warrior regular. "I love to be out in nature," said Danna. "I usually walk two miles by myself every day, but I especially enjoy the companionship of the Walking Warriors. I absolutely loved the Savin Rock Boardwalk walk. I felt like a new person. I'd really like to thank Justin Gerace and Lisa Huebenthal, the Director of Community Life at Pomperaug Woods, for taking us there!"

Resident Gail Rahal particularly enjoyed the Still River Greenway Trail walk. "It's always nice to see new trails being carved out of interesting spaces," said Gail. "There are just so many trails in Connecticut. Justin takes us to all the best ones."



Check the Activities Calendar for the date/time of the Walking Warrior trips. All are welcome!

SUMMER SALE on Putnam Apartments!

SAVE up to
\$55,000*

New residents who make a deposit on a select second floor Putnam apartment by August 31st will be awarded a one-time incentive of up to **\$55,000 SAVINGS***!

Residents that currently live in a Putnam apartment have nothing but rave reviews...

"I think my Putnam apartment is just darling," said resident Barbara Jeffery. "I have big windows with lots of light, and a beautiful view of the campus. The kitchen is lovely, with plenty of counter space and all full-size appliances. I appreciate the big walk-in closet. It's the perfect apartment for me!"

"I chose my Putnam apartment because it's located close to everything," said resident Jean Burnham. "It's very quiet, and I have a nice view out of my windows. They maintain the campus grounds beautifully, and for the past nine years I've nestled in here just fine."

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. As a bonus, you can customize your apartment with new carpeting of your choice and a fresh coat of paint throughout.

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

Why choose Pomperaug Woods?

- Gourmet Dining
- 5-Star Services & Amenities
- Friendly Residents & Staff
- LifeCare Peace-of-Mind



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

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

Pomperaug Woods' Memory Care Community Receives 2022 Heartfelt Connections Gold Award for Excellence

Congratulations are in order! Pomperaug Woods' Memory Care Community has been awarded the 2022 Gold Award by Heartfelt Connections, for demonstrating the highest criteria for providing a safe, comfortable, and engaging environment for memory care. Heartfelt Connections is a nationally recognized program created by Life Care Services (LCS) for persons living with dementia and other forms of memory loss.

Sharon Roth Maguire, Vice President/Director of Health Services at LCS, presented the award. "We are so pleased to give our highest-level award to Pomperaug Woods for their outstanding memory care neighborhood," said Sharon. "Their staff truly understands how important it is for quality of care to reflect dignity."



(from l. to r.): Janel Beard — Pomperaug Woods Memory Care Clinical Admissions Liaison, Alanna Licursi-Rich — Director of Therapeutic Recreation, and Kate Petersen — Director of Resident Health Services

Alanna Licursi-Rich, Director of Therapeutic Recreation for Health Care and Memory Care, led the committee that implemented the Heartfelt Connections program. "We worked to achieve robust goals of staff training, community environment adaptations, and program protocols," said Alanna. "After one year of hard work, we exceeded all goals, embracing the eight dimensions of wellness as we care for our residents. Memory Care is a big life transition for residents and their families. It is our job to provide compassionate care and support so that they can all continue to find joy in life."

Kevin Moshier, Executive Director at Pomperaug Woods, was appreciative of the acknowledgement. "We are honored to be recognized by LCS for this important service to our residents," said Kevin. "On behalf of the entire staff, many thanks."

Pomperaug Woods Board Member Spotlight: Jane Connery, Board Member

Jane Connery is the epitome of devoted. "Pomperaug Woods is very special to me — I have been a Board member for over 20 years," said Jane. "For 44 years my day job has been in private wealth management with the Private Bank at Bank of America. Many of my clients have lived at Pomperaug Woods, and I would visit with them here, so I feel like I have been part of this community for most of my life. My goal has always been to formulate sound financial plans that will help this community grow and prosper for many years to come."



Jane is exceedingly proud of Pomperaug Woods' non-profit status. "Our non-profit status means that the money we take in is reinvested right back into the community," said Jane. "That is a very meaningful difference from other senior living communities in the area. As we work to change with the times to stay relevant and competitive, our non-profit mission means we can invest directly into campus improvements that accomplish meaningful change. In recent years we've invested in complete renovations to the Health Center and Memory Care, as well as to our entire Dining Services Center. Right now, we are making big changes to the grounds, and installing lighted walking paths throughout the campus. The residents are thrilled with the plans. Pomperaug Woods takes a very personal approach to senior living, and we do our best to make everyone happy and keep everyone healthy."

Thank you for all you do, Jane. The time and energy you have devoted to Pomperaug Woods over the years has made a huge difference in this community.

The Dr. Hunt Lecture Series is a **Resident Favorite!**

Dr. Alfred Hunt knows how to deliver a mesmerizing lecture. As an author, a Fulbright Scholar, a world traveler, and a long-time professor of history at SUNY Purchase for 36 years, his passion and excitement for history is inspiring. "I love history, and I love sharing it with others," said Dr. Hunt. "It is truly rewarding to lecture at Pomperaug Woods. Residents have lived through significant moments in history like the Depression or WWII. To be able to talk through a timeline of an historic event and then reach into the audience to hear their personal memories of it, it turns every class into a truly dynamic discussion that everyone learns from. It's really inspiring."



Dr. Hunt's monthly lectures feature a 50-minute presentation followed by a 25-minute Q&A. The topics are as wide-ranging as your imagination. "I'm trained in American Studies — history, sociology, and literature," said Dr. Hunt. "I start with a fascinating topic in history, and weave in sociological insights as well as relevant pieces of literature and art to deepen the understanding of the significance of that moment in history. In recent lectures, I've delved into a study of the significance of holidays — people don't necessarily understand what they're celebrating when they celebrate a holiday like Columbus Day. Pomperaug Woods residents really enjoyed my lecture series on 'Eras — '40's, '50's, '60's.' I have plans to do a lecture on 'Japan — Then & Now.' And I'm really excited about an upcoming lecture I'm preparing on 'Art As History,' using pieces of American art to talk about moments in history. That one is going to incorporate lots of fantastic art slides. It'll be ready to present in early fall. Stay tuned!"

Join Dr. Hunt's lecture series once a month on a Monday at 2:15pm. Check the Activity Calendar for the exact date.

Frederick Moyer returns to Pomperaug Woods for **31st Annual Concert!**



Frederick Moyer is a virtuoso pianist, and Pomperaug Woods is lucky enough to have hosted his annual concerts on campus since 1994. "It's true!" laughed Frederick. "I have played 30 concerts at Pomperaug Woods over 30 years. My concert on June 20th was my 31st concert here. The Pomperaug Woods community has always been an ardent supporter of the arts, and it is my honor to perform here."

The June concert was wonderful and featured Mozart: Sonata in D Major, K. 311; Beethoven: Twelve Variations on a Russian Dance, woO 71; Rachmaninoff: Rhapsody on a Theme of Paganini, Op. 43, and a jazz encore. "Frederick's concerts are always spectacular,"

said Lisa Huebenthal, Director of Community Life at Pomperaug Woods. "When we were in the thick of the pandemic and had to cancel in-person performances, Frederick performed an entire concert from a piano in his living room and recorded it for us. He went above and beyond to bring joy in an uncertain time. We truly appreciate his talent, as well as his heart."

Frederick plays hundreds of concerts annually across the country and in 44 countries. An avid computer programmer and inventor with multiple patents, Frederick created the MoyerCam to give audiences a view of his hands and keyboard from virtually any seat in the audience. In addition, his USolo software allows him to play piano concertos with orchestral accompaniment synchronized to his interpretations. "Music is my all-consuming passion, but I also have a rich life inventing new ways for audiences to experience music," said Frederick. "Thank you, Pomperaug Woods, for another warm reception. I'll see you at the next concert!"

Bocce is the **PERFECT** Way to Welcome Summer!

Nothing says “summer” like a fun game of bocce. “Bocce is a great way to get outside and enjoy the beautiful weather,” said Justin Gerace, Pomperaug Woods Wellness Coordinator. “We organized a friendly tournament, and provided some delicious refreshments for those that came out to watch the big game. The group had a wonderful time, so we’re hoping to host monthly games all summer long.”



Resident Joe Longo was an eager participant. “Bocce is one of the oldest games in existence. It dates back 5,000 years,” said Joe. “It was a forerunner to bowling. I really enjoy the game and I was excited to participate in this match. Justin and I were a team, and we managed to squeak out a win in the end.”

“That’s true,” laughed resident, Ino Toma. “I was partners with Don Chin, and we were ahead most of the game, but in the end, they beat us by one point. It was a lot of fun. I’m looking forward to playing more bocce this summer.”

“I just started playing bocce,” said resident, Don Chin. “It was a really nice afternoon to play and soak up the sun. A few people came and watched, and there was lemonade and cookies for all. I enjoyed it.”

Whether you’re a bocce master or just happy to sit at the court and cheer on your friends, we hope everyone comes out and takes part in our Summer Bocce Events. Check the Activities Calendar for the date and time of upcoming bocce matches. All are welcome!

When you’re cuckoo about a cuckoo clock... **you go dumpster diving!**



When a resident needs assistance, the Pomperaug Woods staff moves heaven and earth. And sometimes they even go dumpster diving...

Meet new resident, Linda Heusser. “It was my 91st birthday, and I was moving into Pomperaug Woods, so my day was already filled with a lot of emotion,” said Linda. “When you’re downsizing, you keep only what is most meaningful to you. One of the items that I absolutely had to have in my new apartment was a cuckoo clock I bought 60 years ago. When Matt Sherman arrived to help us hang pictures, I asked him to hang my cuckoo clock for me. We quickly discovered that the weights and the pendulum were missing. I was devastated.”

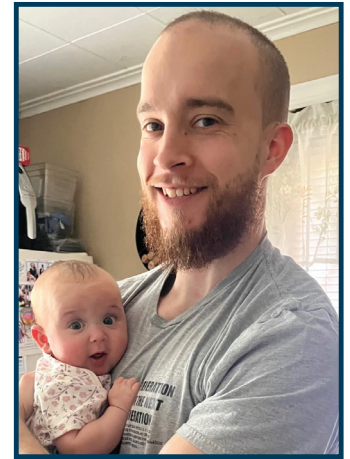


“I’m the Facility Coordinator for Pomperaug Woods,” said Matt Sherman, “and I run the day-to-day operations for Maintenance and Housekeeping. When we realized that key parts of the cuckoo clock had probably been left in the bottom of a moving box, I ran out to the recycling dumpster just before the truck came to pick up the bin for the week. It was like looking for a needle in a very big cardboard haystack, but I wasn’t going to give up. That cuckoo clock was really special to her. I’m happy to report that all the parts were recovered, and the clock has a place of honor in her new apartment.”

“My daughter brought champagne to celebrate my birthday in my new apartment, and the cuckoo clock rescue gave us one more thing to celebrate,” said Linda. “Thank you, Matt, for going above and beyond the call of duty. You made me feel truly welcome here!”

Meet **Justin Gerace**, Pomperaug Wood's Wellness Coordinator!

Justin Gerace puts his heart and soul into the wellness education and activities at Pomperaug Woods. "I started at Pomperaug Woods in September 2021," said Justin. "As Wellness Coordinator, I teach fitness classes four times a week — Chair Exercise is on Mondays and Wednesdays and Standing Exercise is on Tuesdays and Fridays. All classes offer a full body workout, with a focus on strength training and balance. I make it a point to provide modifications to every exercise so that anyone can join in. Exercise improves the quality of your life. The more you move, the better your body will feel."



In addition to teaching exercise classes, Justin also mans the fitness center, helping residents with their individual workouts. "I coordinate with Chris in PT, helping transition residents just finishing PT and moving them into a regular exercise routine with the same fitness, strength, and mobility goals. With a fitness center right here on campus, it makes it easy for residents to get healthy and stay healthy."

Justin also coordinates outings for the Walking Warriors group, taking residents to new and interesting outdoor walking venues. "Walking is a great way to get your exercise as you enjoy nature," said Justin. "Being out in the sunshine clears your head. I hope more people come out and join the Walking Warriors. It's a lot of fun."

Check the Activities Calendar for the days/times of Justin's fitness classes, and the Walking Warrior outings. Hope to see you there!

The Library Committee keeps avid Pomperaug Woods readers **turning the pages!**



From Left to right: Julia Servadio, Peggy Jett, Claire Taplin, Kay Marcoux - Chair, Janet Hansen, Robbie Oxnard & Rita Kogstad

Not Present: Hilma Carter, Joe Maciolek & Yvette Mickenberg

The Pomperaug Woods library keeps growing by leaps and bounds, all thanks to the hardworking residents who volunteer on the Library Committee.

"The library at Pomperaug Woods is always open," said resident Kay Marcoux, Chairman of the Library Committee. "To have a full library of books, magazines, and newspapers always shelved and available to the community means there is a committee hard at work behind the scenes. Our Library Committee is terrific, and I want to thank them all for their dedication and effort. We have a wonderful library because of all the care they put into it. Our members include Janet Hansen (Treasurer), Hilma Carter (Secretary), Julia Servadio (Lead Shelves), Claire Taplin, Rita Kogstad, Joe Maciolek, Robbie Oxnard, Peggy Jett, Susan

Windesheim, and Yvette Mickenberg (alternate). I'd also like to warmly thank Thelma Oppenheimer for all her work organizing the magazines and periodicals each week."

Residents sign out books themselves and can keep them for one month. There is a request sheet they can fill out if they would like the library to acquire a specific book for the permanent collection. Residents can also donate books, magazines, and newspapers to the library. "Our committee meets monthly, and we discuss what books we'd like to order to add to the collection," said Kay. We try to have books in every genre so that there is something to interest everyone. Several of us also write book reviews for the residents' newsletter to generate some buzz about new books in the collection. The lazy days of summer are the perfect time to curl up with a good book, so stop by the library TODAY!"

Meet **Amanda Regalado**, Pomperaug Woods' New Residency Counselor!

Amanda Regalado thinks of Pomperaug Woods as her second home. "I've happily been here since July 2017," said Amanda. "I worked at Pomperaug Woods while I attended Post University in Waterbury. I worked in Food & Beverage, first as a server and then as a hostess. In May 2021, I earned a Bachelor of Science degree in Business Management with a concentration in Marketing. I went on to earn a Master's in Business Administration with a concentration in Marketing, in August 2022. In March 2023, I took my new position in the Sales & Marketing Department. I meet with prospective residents and take them on an experience through the community. There's just something about Pomperaug Woods that feels like home to me, and I love sharing that perspective with people. I hope they feel the genuine love I have for this community, because that's the feeling I get from everyone here every day. Pomperaug Woods is where I belong."



Amanda is very busy these days, as she works on plans for her wedding in August. "My fiancée and I went to our high school prom together seven years ago," said Amanda. "It will be funny to be able to put our prom picture and our wedding photo side-by-side someday. Probably the one thing that residents don't know about me is that I have a German Shephard named Abby and two Nigerian Dwarf Goats named Peanut Butter and Joey. They are our 'kids!' Haha!"

Thank you, Amanda, for showing potential new residents the culture of kindness that is at the heart of Pomperaug Woods. Wishing you and your fiancée a lifetime of happiness!

Residents can count on the PW Transport Team to **Get Them Where They Need to Go!**



One of the many benefits of living at Pomperaug Woods is that you have an entire transportation team at your disposal. "Our Transport Team is comprised of four people," said Lisa Huebenthal, Director of Community Life at Pomperaug Woods. "Marilyn Colabatistto, Joyce Blake, and Dianna O'Connor drive our community car and wheelchair bus. Mark Willion drives our 12-person transport bus. When you have a doctor appointment, a salon appointment, or church service to attend, all you have to do is sign up at the front desk with the day and time of your appointment, and we'll provide complimentary transportation within the Southbury/Woodbury area. If your

appointment is further afield in Danbury/Waterbury or anywhere else in Connecticut, we can arrange private transportation for a nominal fee. Our Transport Team provides reliable, on-time service that our residents count on. Our drivers are the most caring people you'll ever meet, and they literally go the extra mile to provide our residents with door-to-door service."

Marilyn Colabatistto has nothing but the kindest things to say about Pomperaug Woods. "I retired from my long-time job in finance and billing in early 2022, and just wanted a fun parttime job," said Marilyn. "I started driving for Pomperaug Woods in February 2022, and I absolutely love it. This is the best job I've ever had! It feels good to be able to help people every day. I have the nicest chats with residents as I take them to their appointments. I always offer to walk them into their appointment and stay in the waiting room if that makes them feel more comfortable. We become family."

Thank you for all you do, Marilyn. We know we can count on you to get our residents to their appointments on time, no matter the weather or the traffic. You're a transport hero!

