



It's Fall! As the Connecticut countryside starts to turn vibrant shades of red, yellow, and orange, everyone at Pomperaug Woods is looking forward to a season of Fall Fun. Residents are making the most of these crisp Fall days with lots of day trip excursions. Chef Carol is planning meals that feature Fall favorites like her Blue-Ribbon Apple Pie. And our campus is getting a Fall facelift with a beautiful new gazebo, putting green, and walking paths. What a wonderful way to wrap up a year that has been packed with so many happy milestones. We are Pomperaug PROUD today and every day, and look forward to many more good times together in 2024.

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

Residents enjoy an afternoon afloat on the **Quassy Queen**!

There's nothing quite like a relaxing boat ride on a beautiful sunny day. Lisa Huebenthal, Director of Community Life at Pomperaug Woods, packed a cooler full of piña colodas and booked a private boat tour around Lake Quassapaug for eager residents.



"It's one of the most relaxing day trips we've ever taken," laughed Lisa. "The captain of The Quassy Queen took us around the lake, showing us little inlets and coves, giving us the history of buildings that have been on the lake for generations, and pointing out some of the most gorgeous lakefront houses you will ever see. We got festive with an umbrella in our drinks and enjoyed the breezy sunshine for an afternoon."

"It was wonderful," said resident May Bernhard. "The lake is so much bigger than you realize just driving by it. Our captain set a leisurely pace, and we just sat back and enjoyed the gorgeous weather. The homes along the shore were just beautiful."



"I have lived in the area for 45 years, and I've never been on the Quassy Queen," said resident Yvette Mickenberg. "The entire day was surprisingly delightful. You have to walk through the Lake Quassapaug Amusement Park to get to the boat dock, and once you're out on the water it is so quiet and peaceful. I thoroughly enjoyed it."



Check the Activities Calendar for the day trips scheduled weekly for each month. All are welcome!

Make the Move to a Putnam Apartment this Fall!

The Putnam floor plan is our spotlighted apartment of the month. 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 and a fresh coat of paint throughout. You choose the colors, and we'll do all the work!

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

"My Putnam apartment has plenty of space for me," said new resident Dick Callahan. "I recently moved here, and I was amazed at how it all came together. There is ample closet and storage space. It's very comfortable. My apartment is on the corner of the building, so I have extra windows in the living room and kitchen. There is lots of light. And the view is wide open onto the grounds. I can see the new gazebo being built. It's really peaceful and green."

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



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

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



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

Unveiling the NEW Campus Expansion!

Pomperaug Woods' outdoor campus expansion is complete!

"What better way to welcome Fall than by unveiling our outdoor campus expansion," said Kevin Moshier, Executive Director.

"We've installed a new walking path that surrounds the entire community and included sitting areas so everyone can relax and enjoy nature. The walking path surface is a stone composite that provides a sturdy surface to walk on. In addition to the walking path, we have a walkway built over and through the wetlands, which provides residents with the unique opportunity of being in an area most do not get to experience, getting up close to the birds and plants that call the wetlands home. We've also installed a gorgeous new gazebo that measures a HUGE 24 ft x 24 ft. We plan to use it for outdoor exercise classes as well as for outdoor events and entertainment. The gazebo is surrounded by new benches, tables, and chairs. We've also installed a wonderful four-hole putting green that measures over 500 square feet. We'll have putters and balls available for residents to use. Of course, we already have the bocce court that people have been making great use of over the summer. A patio has been added to the Café so residents can now dine alfresco on breezy Fall days or just sit outside and chat. We've also added in beautiful new plantings throughout the campus to enhance the park-like atmosphere."



"We hope this campus upgrade encourages residents to get outside and enjoy the four seasons," said Vicki Gyba-Marshall, Associate Executive Director. "Take a walk. Practice your short game. Eat lunch in the sunshine. You can do it all at Pomperaug Woods!"

Pomperaug Woods Board Member Spotlight: Lainie Jedlinsky, Board President



Lainie Jedlinsky brings a unique perspective to the Pomperaug Woods Board. "Bill Neil, the former Board President, felt it was very important to have someone on the Board who worked in home health care as Pomperaug Woods strives to help seniors live independently and safely, for as long as possible," said Lainie. "I've been a visiting nurse since 1975, and I was the CEO of Ridgefield Visiting Nurse Association for 20 years. Over the years I have visited many different senior living communities, and I can honestly say that Pomperaug Woods is remarkable. I visit here frequently, and everyone is always smiling and stops to chat. That's how every resident is treated. It's special."

Lainie has been a member of the Board for five years and Board President for three years. "Every Board member serves on one of four subcommittees — Facilities, Finance, Marketing, and Nominating," said Lainie. "As Board President, I attend all committee meetings. It takes so much planning and forethought to keep a community running smoothly. Our Board members have terrific ideas, and work as a cohesive team to bring projects to fruition. Kevin, Vicki, and the rest of the Pomperaug Woods staff are all a class act. It is an honor and a pleasure to serve here."

Besides her work at Pomperaug Woods, Lainie is very busy in retirement. "I have a husband, five children, and 11 grandchildren, spread out everywhere from New Hampshire to California. Visiting all of them is a full-time job," Lainie laughed.

Thank you, Lainie, for all you do for Pomperaug Woods. We are so lucky to have you!

Author **Martha Hall Kelly** returns to unveil her fourth book!

New York Times best-selling author Martha Hall Kelly was warmly welcomed back to Pomperaug Woods as host for a book talk spotlighting her fourth book, *The Golden Doves*. "Martha is a proud New Englander, and we invited her to our community when her very first book came out," said Lisa Hubenthal, Director of Community Life at Pomperaug Woods. "That debut novel was *Lilac Girls*, and it went on to sell over one million copies. She was so thrilled with the local grassroots support of her work when she was just starting out that she's made it a point to come back to our community every time she debuts a new book. Her latest book is *The Golden Doves*, and we were so lucky to have her here at Pomperaug Woods."



Residents were enraptured by Martha's lecture, and peppered the author with thoughtful questions during the lively Q&A. After the talk, the author was kind enough to individually sign books for residents and take a minute to chat with each one.

"I read *Lilac Girls*, and am excited to read *The Golden Doves*," said resident Lyn Atkinson. "I love reading historical fiction, particularly anything dealing with World War II. Many of us at Pomperaug Woods lived through the war, so I would imagine this book would hold special meaning for readers here. It was a thrill to have the author sign my book."

Check the Activities Calendar for upcoming author talks and book signings. All are welcome!

Paul Bisaccia returns to Pomperaug Woods for 20th Annual Concert!

Paul Bisaccia is a celebrated pianist and entertainer, and a favorite at Pomperaug Woods. "I've been thinking a lot about my musical lineage," said Paul, "and I can trace my music education directly back eight generations to Haydn, Beethoven, Liszt, and Chopin. I consider them my musical great grandfathers! This concert honors them. It starts with a *Grand Sonata* (Op. 2 No. 3 in C), by Beethoven. Beethoven originally dedicated this sonata to Haydn in gratitude for all Haydn had taught him. The next portion of the concert features the *Dante Sonata*, by Liszt. Beethoven taught Czerny, who taught Liszt. Czerny arranged for the young Liszt to meet Beethoven, who predicted that Liszt would bring great happiness to the world with his talent. When Liszt read Dante's *Divine Comedy*, he was inspired to write this sonata, and it truly burns up the keyboard. After we storm the heavens with Liszt, we enjoy some moonlight with *Nocturne*, by Chopin, and end the concert with Chopin waltzes, including the scintillating *Minute Waltz*."



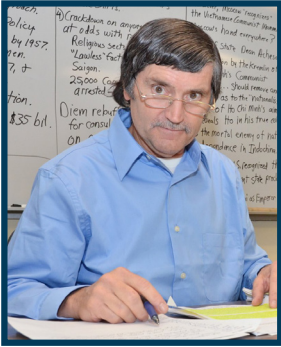
"Paul has three PBS programs and 25 CDs," said Lisa Huebenthal, Director of Community Life at Pomperaug Woods, "so we are very lucky to have him perform for our community live. It's a treat!"

"I've heard Paul perform many times," said resident Thelma Oppenheimer. "I even have a few of his recordings. I found this concert so enlightening. Just wonderful!"

"The Pomperaug Woods community has always been such a warm and welcoming audience, and it is my honor to perform here," said Paul. "I'm so happy to greet everyone after the concert, take questions, and talk about the music. I want to make music accessible to everyone!"

Check the Activities Calendar for dates/times. All are welcome!

Residents Flock to the Golden Age of Hollywood Lecture Series with **Mark Albertson**!



There's nothing more fascinating than Hollywood's Golden Age, and Mark Albertson has an encyclopedic knowledge of it all. "I'm an editor, author and professor by trade, but I'm truly a researcher at heart," said Mark. "I have a profound interest in the Golden Age of Hollywood, and it's a kick for me to do deep dive research to find the most fascinating material for this new lecture series."

Residents were enthralled with Mark's first lecture in the series, focusing on Katharine Hepburn. "For each lecture, I dig into the star's personal life and career," said Mark. "I love to uncover the forgotten tidbits that make them more human and find the little-known anecdotes that bring them to life. The full lecture series will focus on the biggest stars of Hollywood's Golden Age — Laurel & Hardy, The

Marx Brothers, Lucille Ball, Humphrey Bogart, Olivia de Havilland, Cary Grant, Jackie Gleason, and Orson Welles. There's no end to the fascinating stars we can study."

"Mark is an astonishing public speaker with a big personality," said resident May Bernhard. "We learned all about the studio system, and the producers, directors, and stars of that era. Fascinating!"

"Mark really knows his stuff," said resident Maggie Stearns. "He's highly entertaining!"

Join Mark Albertson for the Golden Age of Hollywood lecture series twice a month. Check the Activity Calendar for the exact dates/times. All are welcome!

The **Katharine Hepburn Museum** Trip Sets the Stage for Fun!



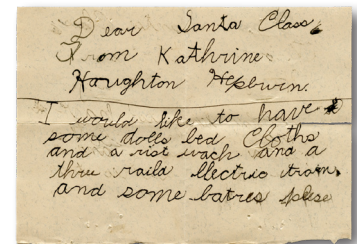
Katharine Hepburn, cultural icon and a lifelong Connecticut resident, has a wonderful museum dedicated to her life and career. Pomperaug Woods residents spent an afternoon at The Kate, learning all about this legend of Hollywood.

"The Kate is small but mighty," said Lisa Huebenthal, Director of Community Life at Pomperaug Woods. "Katharine Hepburn's remarkably long life and career

spanned most of the 20th Century, and it's very interesting to see her 66-year career reflected through letters, photos, home movies, costumes, personal wardrobe items, and other memorabilia. She appeared in 44 feature films, 8 television movies, and 33 plays, and this museum features mementoes from many of them."

"The museum was chock full of Katharine Hepburn's personal possessions, including a letter she wrote to Santa Claus as a child," said resident May Bernhard. "She was also a very talented painter, and we saw some of her art. It was a great afternoon."

"It was a lovely experience," said resident Ellie Crystal. "There were photos from her childhood and many personal letters out on display for visitors to read. I found it very interesting."



Day trips are scheduled weekly for each month. Check the Activities Calendar for dates/times. All are welcome!

Hit the Books with the **Gathering of Readers Book Club!**

If you're an avid reader, the Gathering of Readers Book Club wants YOU to take part in a lively discussion with fellow book lovers.

"When I first moved to Pomperaug Woods two years ago, I was walking past the Garden Room and heard a group of people discussing *Lonesome Dove*," said resident Robbie Oxnard. "I absolutely love that book, so I poked my head in the door and chimed in. They invited me in, and we had a great chat. They told me that the next book they would be reading was *The Age of Innocence*. I love that book, so I showed up for the meeting, and that discussion was just as fun and interesting as the first. And I've been coming back each month ever since. I love it!"

"We're a very relaxed book club," said resident Peggy Jett. "We have just under 20 members, and we read a mix of fiction and nonfiction. We all make suggestions of books we've read and enjoyed, and that's how we choose what book to read next. We work with Christina at the Southbury Library to get us enough copies for everyone to read. For the fall, we've chosen a great line-up of books. In September we read *The Bluest Eye*, by Toni Morrison. In October we'll read *Hamnet*, by Maggie O'Farrell. In November we'll read *East of Eden*, by John Steinbeck. And in December we'll read *The Rose Code*, by Kate Quinn. It's quite a diverse slate. Not everyone likes every book, but that's OK. I think the best discussions happen when people have differing perspectives."



The Gathering of Readers Book Club meets on the last Saturday of the month, at 11am, in the Garden Room. All are welcome!

The **Resident Health Services Team** Takes Great Care of Residents!

At Pomperaug Woods, our Resident Health Services Team is the key to helping residents retain their independence for as long as possible.

"People choose Pomperaug Woods because of the wide spectrum of support and care that is available to them here," said Kate Petersen, Director of Resident Health Services. "Residents live independently in their apartments, and when they need a little assistance, we work one-on-one with them right in their apartments, to provide Assistance in Living services. So, if a resident needs help with Activities of Daily Living (ADL) — medication management, dressing, showering, bed making, meal prep, etc. — our Certified Nursing Assistants (CNA) attend to them. If a resident needs assistance setting up medication for the week, our nurses handle all med pre-pours. We have staff in house 24 hours/day. We help residents determine what services would benefit them, and then reassess every four months so that they are supported in the way that best serves them."



Kate Petersen

"We provide families with true peace of mind," said Amy Motes, RN Designee. "If a CNA notices a change in a resident, we address it immediately. If a resident is sick, we give them a phone call each day to check in on them. We treat each and every resident like family. Also, our open-door policy means they can stop in and see us any time to get a blood pressure check, change a dressing, or to answer a question."

Thank you to our Resident Health Services Team — the kindness and care you provide is priceless!



Amy Motes

Residents build strength and flexibility in the class — **Chair Yoga With Alisa!**

Certified yoga instructor Alisa Wissell started teaching at Pomperaug Woods two years ago, and her weekly chair yoga class is a favorite with residents. “Yoga has wonderful physical benefits, but it is so much more than just postures,” said Alisa. “Yoga helps individuals build a strong mind/body connection. I tell residents to focus on what the body CAN do and not on what it can’t do. My class meets each person where they are, with no pressure to do something that does not work for them.”

Chair yoga is equal parts peaceful and vibrant. “I have participants sit in a circle, and the light instrumental music in the background keeps everyone relaxed,” said Alisa. “Every class opens with a quote to reflect on, and I will circle back to it at the end of class. We do some gentle stretches, and we talk about simple stretches they can do throughout the day to stay flexible, like doing a spinal twist while watching TV. Last, I lead them through a guided visualization. Often, I’ll use a brass singing bowl to strike a tone, and the frequency will help us tune into our bodies, ground ourselves, and release tension or pain. We also work on breathing techniques that help with relaxation and sleep. They can use the breathing techniques any time they are feeling stressed or anxious. I want everyone to come out of class feeling like they have useful tools they can apply in their lives.”

“I make sure to go to Chair Yoga with Alisa every week,” said resident Lyn Atkinson. “The stretches make me feel good for the rest of the day!”



Chair Yoga with Alisa is held every Tuesday 9:30am – 10:15am. Hope to see you there!

The Food Committee Shares Tasty Ideas with Chef Carol!

If there is one thing that everyone can agree on it's that the food at Pomperaug Woods is second to none, and that is all thanks to Chef Carol and her talented kitchen staff.

“I’m a foodie, and I can tell you we are so lucky to have Chef Carol,” said resident Thelma Oppenheimer, Chair of the Food Committee. “I see the job of Food Committee members as getting out there and asking people about the food every chance we get. We honestly want to know what residents do or don’t like. We share the feedback with Chef Carol, and she follows through on it. She is very open to new ideas.”

The Food Committee recently instituted a new policy about take home containers. “We’re trying to save the planet one Styrofoam container at a time,” said Thelma. “We now ask that residents bring their own resealable containers to the dining room. That way they won’t waste food, but they also won’t be asking for disposable To Go containers. It’s a small change, but hopefully a meaningful one.”

The Food Committee is always looking for ideas, suggestions, and feedback from residents. If you have thoughts you’d like to share, reach out to any of the Food Committee members: Thelma Oppenheimer, Mervyn Clay, May Bernhard, Phyllis Marciano, Sandy Milkes, Sandy Bell, Lenore Breslau, Jean Berechid, or Maggie Stearns.



The Florence Griswold Museum Trip is a Getaway to an Artist Retreat!

The Florence Griswold House was a boardinghouse in Old Lyme, Connecticut, that became known as the Old Lyme Art Colony. It was the epicenter of the American Impressionist movement, and leading artists like Henry Ward Ranger, Edward Charles Volkert, Childe Hassam, and Willard Metcalf all called it home. "The Griswold House has been converted into a museum, and it's a fascinating place," said Lisa Huebenthal, Director of Community Life at Pomperaug Woods. "The entire first floor has been furnished to reflect its appearance in 1910. The artists lived and painted there — often directly on the walls and doors! You can see the parlor where they would entertain each other, the big dining room where they all ate together, and several bedrooms. The second floor has been turned into five galleries of exhibition space. The grounds encompass 12 acres of historic buildings, a restaurant, gardens, and walking trails. It's breathtaking to walk along the river."

"It was fabulous — one of the best trips I've ever been on," said resident Peggy Jett. "The dining room was stunning! Thirty-three artists had each painted a panel that was set into the wood paneling. I've never seen anything like it."



"The docent took our group on a private tour of the current exhibition titled *Object Lessons in American Art*," said resident Gail Rahal. "I learn so much when the docent explains the thinking behind an exhibit. It was a really lovely day together."



Day trips are scheduled weekly for each month. Check the Activities Calendar for dates/times. All are welcome!