

LCS Names **Vicki Gyba-Marshall** Executive Director of Pomperaug Woods

LCS, the managing company for Pomperaug Woods, has named Vicki Gyba-Marshall as the new Executive Director for the community. "We conducted an extensive search that produced many qualified applicants," said Rob Perry, LCS VP/Director of Operations Management. "Vicki quickly rose to the top of our candidate list. In her 30 years serving the Pomperaug Woods community she has demonstrated strong leadership and leads a culture of compassion to serve our residents."

Vicki 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, she moved into administration as Director of Executive Services. And in January 2023, she was promoted to Associate Executive Director. She took on the added responsibility of assisting the Sales & Marketing department two years ago. "I'm happy to share my unique insights on senior living with those researching options for the next phase of their life", said Vicki.

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. 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."

The Board of Directors, the residents, the administration, and the staff are all thrilled at Vicki's new appointment and wish her many more years of happiness here.



Vicki Gyba-Marshall

Employee **Maryann Springer** Wins Statewide Award!

We congratulate Maryann Springer on receiving the Connecticut Assisted Living Association (CALA) Outstanding Employee Accomplishment Award. Maryann joined Pomperaug Woods 17 years ago and is a Lead CNA in Resident Services. Her kindness and dedication have made her an invaluable member of our care team.

"This award seeks to recognize those who go above and beyond to make a resident's life more enjoyable," said Chris Carter, President of the Connecticut Assisted Living Association. "It's so important to serve older adults and maximize their quality of life. Our 15 winners all have a true passion for their calling. You cannot teach passion, but you can inspire it. These award winners do just that, taking pride in caring for seniors."

Maryann was touched to receive this award. "I've been a caregiver all my life," said Maryann. "I love working with the residents. We've become family to each other. Last winter a resident wished she could go outside and make a snow angel, and before she knew it, we were lying in the snow having the time of our lives. Caring for another person is about more than just fulfilling their needs. It's about bringing them joy."

Thank you for all you do, Maryann. We are so proud of all your accomplishments!



Maryann Springer

The Berkshire Jazz Orchestra takes the stage in the NEW Pavilion!

A wonderful new addition to the Pomperaug Woods campus is our beautiful pavilion. It was the perfect place to host a recent concert by The Berkshire Jazz Orchestra.

"The Berkshire Jazz Orchestra started as the Newtown Swing Band in 1987, and eventually evolved into its present jazz orchestra identity," said Chip Zellner, BJO Director.

"Our 17-piece ensemble transmits the live sonic power of a Big Band. The BJO features creative soloists and fresh arrangements of familiar tunes. For our Pomperaug Woods concert, our vocalist, Jan Maki, showcased memorable tunes from the American songbook of Frank Sinatra, Tony Bennett, and Natalie Cole. The sound under the new pavilion was great. We have performed at Pomperaug Woods in the past, and this was our best concert yet!"

Resident Lea Embree had a front row seat to the concert. "The patio on my first-floor apartment is close to the pavilion," said Lea, "so my best friend, Liz Arneth, and I sat on the patio with drinks and snacks and felt so spoiled. It was gorgeous weather for an outdoor concert, and they played so many favorites."

Resident Nancy Desmond and her daughter Rachel Gerowe also enjoyed the concert from the comfort of Nancy's patio. "We thoroughly enjoyed it," said Nancy. "The soloist added just the right touch."



Berkshire Jazz Orchestra

Concerts are scheduled for each month. Check the Activities Calendar for dates/times.

Our Community Garden Thrives in the Summer Sunshine!

The beauty of summer can always be found in our community garden! "The raised beds are located just outside the Health Center terrace," said Lisa Huebenthal, Director of Community Life. "Our residents have a lovely space to garden, and those in the Health Center enjoy a beautiful view of the colorful flowers and vegetable plants."

Resident Lea Embree has long been a vegetable gardener, having grown up on a farm. "I have six flower boxes of geraniums around my patio," said Lea, "but my real gardening challenge is at our community garden. This year I'm growing lettuce, zucchini, tomatoes, cilantro, bush beans, and a few stray flowers. This year, Pomperaug Woods refreshed the soil and provided a new hose, so everything is growing like crazy. Gardening gives me incentive to exercise. I love it!"

Resident Debby Cornwell credits the community garden for helping make Pomperaug Woods feel like home. "I lived in a condo for many years, and had an enormous flower garden," said Debby. "When I first moved to Pomperaug Woods, I missed gardening outside. The community garden was exactly what I needed to help me embrace my new home. This year I'm growing nasturtiums, zinnia, and cosmos. Gardening genuinely brings joy to my life."

Resident Janet Hansen has been an avid gardener in the community garden for several years. "For me, the garden is a respite," said Janet. "It gives me such a lift! I'm there every day."



L to R: Janet Hansen, Debby Cornwell, and Lea Embree

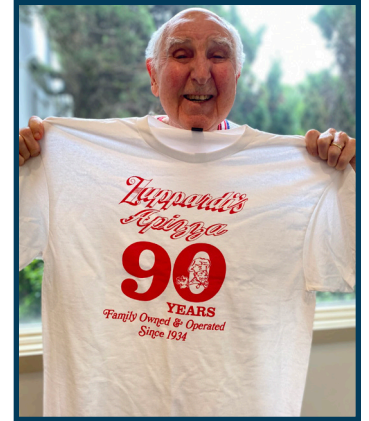
For any residents interested in raised bed gardening, sign-ups will be next April at the front desk.

Residents had a ball on our latest day trip — Pizza and the Peabody!

A trip to the Peabody Museum at Yale is always wonderful, but a quick stop for lunch at a favorite pizza place turned into a real celebration. “We always stop for lunch as part of our trips,” said Lisa Huebenthal, Director of Community Life. “Connecticut is known for having great pizza, so we stopped at Zuppari’s where they are celebrating 90 years of amazing pizza.”

“I recently celebrated my 90th birthday,” said resident Irv Borenzweig. “I was born in 1934, and asked if I could buy a Zupardi 1934 t-shirt, but they weren’t for sale. When I told the employee about my milestone birthday, she was kind enough to give me their anniversary t-shirt GRATIS. Lucky me!”

Resident Lea Embree makes it a point to go on many of the day trips, and thoroughly enjoyed the Peabody Museum. “The Peabody is just wonderful,” said Lea. “The exhibits fit with the architecture, moving you through three different levels of the building seamlessly. The exhibit on early navigation instruments was excellent, showing how explorers find tiny islands in the middle of the ocean. I really enjoyed the exhibit on the Mayan civilization and the incredible structures they built. There was even an exhibit with a 3,000-year-old Babylonian recipe for lamb stew taken from a stone tablet. I loved the whole day!”



Irv Borenzweig

Day trips are scheduled for each month. Check the Activities Calendar for dates/times.

Residents Enjoy Tea in the Japanese Garden at the Hammond Museum

Finding a moment of peace is sometimes just simply sipping tea in a Japanese Garden. “The Hammond Museum is a little gem with very eclectic exhibits,” said Lisa Huebenthal, Director of Community Life. “And we had the added bonus of enjoying our own private tea party out in the Japanese Stroll Garden.”

“I thought the ‘Ruby Silvious Waste Not’ exhibit was fascinating,” said resident Peggy Jett. “This artist would take discarded items like eggshells or used tea bags and would paint on them. The docent told us that the artist was making unconventional use of everyday materials to expand the definition of traditional art in a world of excess. It was so unique.”

“The exhibit was definitely beautiful,” said resident Debby Cornwell. “But for me, my favorite part was the Japanese garden. While everyone took a moment to enjoy tea in the pavilion, I spent the whole time zooming along the paths, hoping to take in as much of the 3-acre garden as I could. I love Asian culture, and the Japanese garden was right up my alley. There was a small waterfall that feeds the central pond that is packed with frogs and turtles. There were also five wood ‘totems’ that were blackened through a Japanese technique where the wood is charred then sealed with a natural oil. A composer and sound artist turned these totems into a type of natural sound speaker. It was all quite fascinating. The pebble pathways, the winding rock walls, the carefully sculpted trees and plants — I loved it all! It would be interesting to go back in the fall and see the changing colors there.”



Day trips are scheduled for each month. Check the Activities Calendar for dates/times.

It's "Tent Time" at Pomperaug Woods!

The best way to celebrate summer is a picnic with friends. At Pomperaug Woods, we pop up our festive tent, and host outdoor picnics all summer long — Memorial Day, 4th of July, and Labor Day. Our dining team pulls out all the stops and serves picnic fare with flair!

"Dining Services picnic menus always start with everyone's favorites — hamburgers and hotdogs, baked beans, and corn on the cobb," said Craig Kenny, Director of Food & Beverage. "But then they'll add in new menu items that are unexpected surprises. At our Memorial Day picnic, they served sausage and peppers and red, white, and blue fruit parfaits. At our 4th of July picnic they served watermelon-cucumber gazpacho, grilled shrimp, and BBQ spare ribs. Best of all, our dining team provides table service whether residents choose to eat inside in the dining room or outside under the tent. It doesn't get more relaxing than that!"

"Memorial Day was a gorgeous day for a picnic," said resident Peggy Jett. "Very sunny and breezy. I sat outside with friends, and I had the biggest laughs at that meal. I'm looking forward to all of our summer picnics."

"I go to all the summer picnics," said resident Mervyn Clay. "It's a great way to meet new people and sit with those you don't ordinarily eat with in the dining room. The weather is always beautiful. The food is inviting. The conversation is lively. What more could you want?"



L to R: Peggy Jett, Dick Callahan, Mervyn Clay, and Lyn Atkinson.

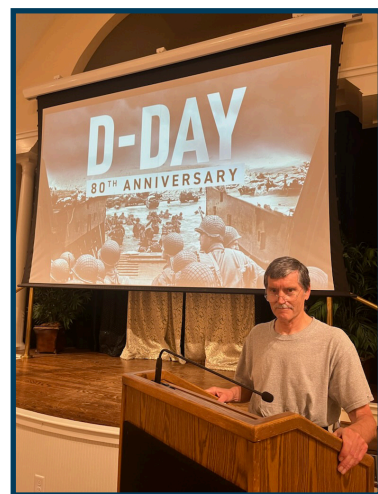
Check the Activities Calendar for dates/times of upcoming picnic events.

Lecturer Mark Albertson Honors the 80th Anniversary of D-Day!

On June 6, 1944, the largest amphibious invasion in military history took place. The D-Day invasion on the beaches of Normandy, France, included over 7,000 ships and landing craft manned by over 195,000 naval personnel from eight Allied countries. Leading up to the big day, there was an enormous amount of strategic positioning going on around the world, and lecturer Mark Albertson brought it all to life in an engrossing talk celebrating the 80th Anniversary of D-Day. "I'm an historical research editor, author of several history books, and a history professor by trade, but I'm truly a researcher at heart," said Mark. "D-Day is such a significant moment in history, and it is my honor to spend the day at Pomperaug Woods talking about the fascinating details of WWII that many don't know about."

"I was in the Pacific with the Army Air Corp that June," said resident Joel Abramson, "but a friend of mine from the neighborhood died in the D-Day invasion. Just hearing about all the details of it through Mark's lecture brought back so many memories for me. And the handouts Mark gave us with maps of the beaches really brought the details to life."

Resident Kate Jackson also found the lecture interesting. "Mark speaks so well," said Kate. "His information is very detailed, and he never uses notes. I knew quite a bit about D-Day before the lecture, but I didn't know the details of the global events leading up to it. I always go to Mark's lectures. There is always something to learn that surprises me."



Mark Albertson

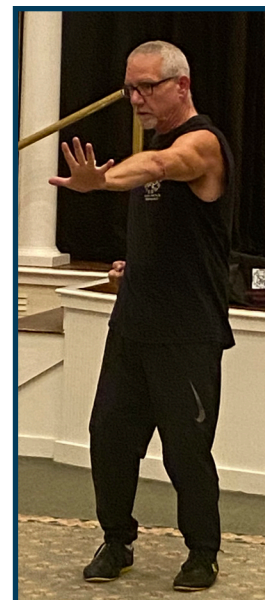
Check the Activities Calendar for dates/times of Mark Albertson's next lecture.

Tai Chi Class Gives Residents a New Perspective on Fitness

Tai chi is a gentle, low-impact form of exercise featuring a series of deliberate, flowing motions while focusing on deep, slow breaths. Vinny Candela teaches a wonderful weekly tai chi class at Pomperaug Woods. "Tai chi is sometimes described as 'meditation in motion,'" said Vinny. "As we work through different tai chi postures, we track the movements in the mind as the body moves through space. That helps improve clarity of mind as you coordinate breath, movement, and posture. In my tai chi class, I also incorporate qigong, the art of moving energy around the body. We work on removing blockages to keep energy free flowing throughout the body. By the end of every class, I want people to feel young, energetic, and happy as they let go of stress and anxiety. Tai chi can have significant health benefits for seniors because it focuses on muscle control, stability, balance, flexibility, and core strength. Everyone should try it!"

Resident Gail Rahal is a regular at tai chi class. "I always had an interest in tai chi and qigong, so I tried the class as soon as I moved here 2-1/2 years ago," said Gail. "There are 24 poses in tai chi form that we're learning one-by-one. It's quite a good workout. Vinny is very patient and breaks down an explanation of how to do each pose."

"Anyone can do tai chi," said Vinny. "I tailor each pose to the ability of each person, so no one should ever worry about not being flexible or strong enough to participate. Tai chi is for EVERYONE!"



Instructor
Vinny Candela

Tai Chi with Vinny is held on Thursdays at 10:30 AM.

The Creative Arts Class Creates Gorgeous Ice-Dyed Scarves!

It's not often that the Creative Arts class tackles a project of wearable art, but the ice-dyed scarf project is just that. "It's an interesting experience for artists to let go of the control of their piece of art," said Lisa Huebenthal, Director of Community Life. "In this project, you dip a silk scarf in alum, put it in a colander, and then pour ice over the scarf. Next, you dip a straw into dye powder and sprinkle the dye on the ice. As the ice melts, it randomly dribbles the dye across the scarf, and the alum sets the dye into the fabric. As the artist, you have control over the dye colors you choose to use, but you have no control over the patterns created as the ice melts. There were no two scarves alike, yet each of them was truly beautiful."

Resident Nancy Desmond is a frequent student in the Creative Arts class but had never worked on a dye project before. "As an artist, my favorite expression of art is painting landscapes, but I'm always happy to try my hand at something new," said Nancy. "It was humbling to have the ice take creative control. It was also unexpected how the dye powder colors combined. I chose a blue/purple pallet with an occasional splash of yellow, and what I ended up with was a lot of orange and pink. My daughter absolutely loved it and scooped the scarf right up."

"Creating an ice-dyed scarf is the very first art project I've ever attempted," said resident Sally Bourgault. "I'm new to Pomperaug Woods and Lisa encouraged me to try the Creative Arts class. She's just fantastic — so upbeat and supportive. My scarf turned out beautifully!"



L to R: Lyn Atkinson, Jean Burnham, Maggie Stearns, May Bernhard, Ann Moore, Sally Bourgault, Nancy Desmond, and Beverly Robertson.

Check the Activities Calendar for the day/time of the Creative Arts class.

Pomperaug Woods Board Member Spotlight: Patrick Monahan



The Pomperaug Woods Board of Directors is pleased to welcome Patrick Monahan as a recent addition to the Board. "Bill Neil, the former President of the Pomperaug Woods Board of Directors, invited me to join," said Patrick. "I recently retired after 20 years as Thule's VP of Operations, so my business experience is relevant to the Facilities and Finance Committees. I'm happy to share my knowledge. This community does so much to care for seniors in the region."

The Board has recently been focused on an important facilities project. "We're looking to replace two roof mounted air conditioning units," said Patrick. "Just like everyone keeping a budget for their household, the Facilities Committee is tasked with trying to find the best solution that is also the most cost effective. I enjoy the challenge."

Patrick makes it a point to stop into the weekly Happy Hour at Pomperaug Woods. "I think it's important for Board members to hear candid feedback directly from the residents," said Patrick. "I plan to visit regularly so that residents feel comfortable sharing their thoughts with me."

Fun fact about Patrick: He hand-built the five bluebird boxes that now dot the Pomperaug Woods campus. "I also give my time as the Stewardship Director for the Southbury Landtrust," said Patrick. "I built bluebird boxes for the 2,000 acres we preserve and maintain in town and offered to build them for Pomperaug Woods to install along the new walking paths. The birdwatching enthusiasts will have to let me know if they see more bluebirds on our campus."

We're glad you joined the Board, Patrick. Thank you for bringing bluebirds to our community!

Pomperaug Woods Congratulates Our Most Recent Employees of the Month!

It takes a lot of wonderful people to keep the Pomperaug Woods community thriving. To spotlight our most exceptional employees, residents or employees can write a "Shoot-for-the-Stars" letter. "A Shoot-for-the-Stars letter details an individual's exceptional dedication to our community," said Liz Sheehan, Director of Human Resources. "We take those letters very seriously and use them to nominate and select our Employee of the Month."

Meet this quarter's three Employees of the Month:

APRIL: Debbie Crutchfield, *Memory Care Life Enrichment Coordinator*

Debbie joined Pomperaug Woods in October 2023. Her programming ideas are always unique and engaging, and her dedication, creativity, and positive attitude are contagious.



MAY: Marte Haidar, *CNA for our Health Center residents*

Marte joined Pomperaug Woods in January 2022. Her compassion and positivity are apparent with every interaction, and she brings joy to each resident's day.



JUNE: Mark Kreuter, *Maintenance Staff*

Mark joined Pomperaug Woods in February 2024. He is unflappable, no matter how many different directions he's pulled in at once. Mark is efficient, reliable, and always has a smile.



We thank our Employees of the Month for going above and beyond to make Pomperaug Woods such a special place to live and work!

Beat the Summer Heat with a Sweet Treat at the **Ice Cream Social!**

Nothing tastes better than a cold ice cream sundae on a hot summer day. And Pomperaug Woods residents were recently treated to a sundae with all the toppings at the annual Ice Cream Social.

"We like to celebrate the fun of the summer season here," said Lisa Huebenthal, Director of Community Life. "So whether that's with an ice cream social in the Garden Room, or a picnic under the big tent, or an outdoor concert under the new pavilion, every day at Pomperaug Woods holds the promise of something new and exciting. Who needs the beach when you can find summer fun right here on campus!"

"Rolf and I have been to every ice cream social since we moved here," said resident Rita Kogstad. "It's a treat to load up on toppings and whipped cream. It feels so extravagant! And with the new furniture in the Garden Room, it was so comfortable to sit on the cozy sofas and chat with friends over an ice cream sundae."

"I never miss a chance for ice cream," said resident Sandy Bell. "The ice cream social is a fun way to get to know new residents better."

"It's so nice to see happy faces, enjoying the ice cream and each other," said resident Peggy Gloria. "I've lived here for 12 years, and never miss our ice cream socials."



L to R: Barbara Jeffery, Sandy Bell, Rita & Rolf Kogstad

Check out the Activities Calendar for dates/times of more fun summer events!

Pomperaug Woods Founder **Elizabeth Wilson** Honored Each Year on Her Birthday

Each year on May 30th, the Pomperaug Woods staff and residents celebrate the extraordinary life and enduring legacy of Elizabeth Wilson, founder and visionary behind our community. Her commitment and dedication to creating a Life Care community in the Southbury area have forever changed the lives of so many who call Pomperaug Woods their home. Yellow roses were always her favorite, so the staff honors her memory with a beautiful bouquet of flowers beside her photo in the lobby, as the residents enjoy a slice of birthday cake with dinner. It's a simple celebration that brings a smile to so many who knew her well.

Elizabeth was always a pioneer, both in her health education career as well as in her personal life. In 1979, Elizabeth wrote a letter to Life Care Services (LCS) seeking its interest in building a senior living community in Southbury. LCS was the developer of Whitney Center in Hamden, where Mrs. Wilson was on the Board, so she understood how unique a Life Care community could be for residents, offering them a full continuum of care all on one campus. It took nine long years of Federal and State approvals for Health Center beds, zoning litigation, and construction issues, but Pomperaug Woods was completed and licensed in April 1988, and the first residents moved in the next month, including Elizabeth.

"Mrs. Wilson was such an incredible, dynamic, yet humble person," said Vicki Gyba-Marshall, Executive Director of Pomperaug Woods. "Her legacy is a testament to the power of kindness and the belief in the importance of dignity in aging."



Elizabeth Wilson



80 Heritage Road
Southbury, CT 06488

Make the Move to a **Putnam Apartment** with a **Gorgeous Balcony!**

Everyone LOVES the Putnam apartments at Pomperaug Woods! There are two different cozy Putnam floor plans, but both are 1 bed/1 bath and are located on the second floor, offering panoramic views of the Connecticut countryside.

BIG NEWS! One special Putnam apartment now has a BRAND NEW roomy balcony featuring 55 square feet of sunny outdoor space. What a gorgeous private retreat!

As a bonus, all new residents who chose a Putnam can customize their apartment with new carpeting of their 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



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



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