

Words From the WOODS

A QUARTERLY PUBLICATION FROM POMPERAUG WOODS

WINTER 2026



Pomperaug Woods Joins Seabury, Inc. New Partnership, Same Promise

Pomperaug Woods is proud to announce a new affiliation with Seabury, Inc., one of Connecticut's most respected nonprofit senior living organizations, located in Bloomfield, Connecticut. This strategic partnership strengthens long-term stability while preserving the community, leadership, and values residents know and trust.

Pending regulatory approval expected in April 2026, Pomperaug Woods will affiliate with Seabury, Inc., and continue to operate as a nonprofit Life Plan Community under the new name: Seabury at Pomperaug Woods. This is not a merger or acquisition, but an affiliation rooted in shared commitments to quality, compassion, integrity, and excellence in senior living.

Local leadership remains in place, including the Pomperaug Woods Board of Directors and Executive Director, Vicki Gyba. There will be no changes to resident services, contracts, daily life, or staff roles. Pomperaug Woods will continue as a 501(c) (3) nonprofit organization.

Through this affiliation, Seabury will provide strategic oversight, governance support, and shared services — enhancing long-term planning, collaboration, and operational strength, while positioning the community for future growth and innovation.

"This new affiliation promises meaningful benefits for both communities, strengthening our collective success and longevity," said Renee J. Bernasconi, President & CEO of Seabury, Inc. "Seabury has long been recognized for innovation, thoughtful expansion, and an unwavering commitment to exceptional resident care. By affiliating with Pomperaug Woods, we are expanding opportunities to share best practices, increase operational strength, and create an even more vibrant and supportive environment for residents — now and in the years ahead."

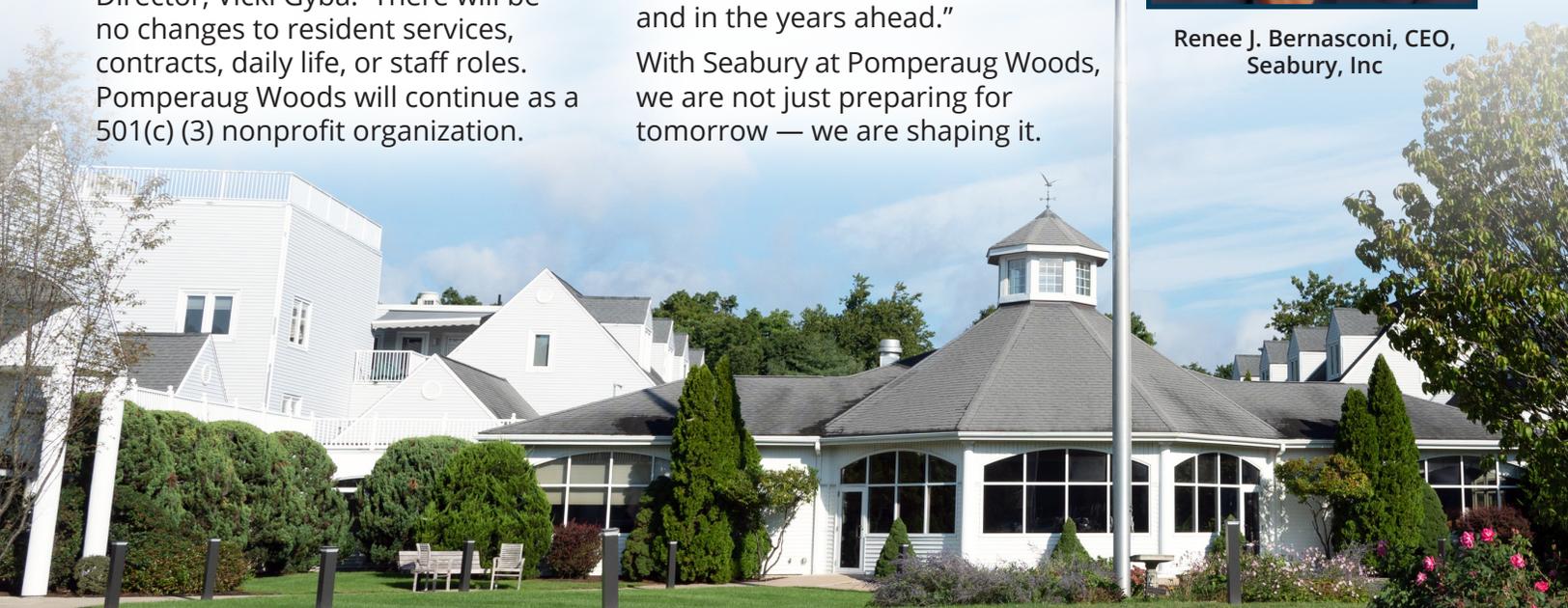
With Seabury at Pomperaug Woods, we are not just preparing for tomorrow — we are shaping it.



Vicki Gyba, Executive Director,
Pomperaug Woods



Renee J. Bernasconi, CEO,
Seabury, Inc



Limited Time Move-In Incentive

For a limited time, we're offering priority pricing on select second-floor Putnam apartment homes!

The popular Putnam 1 Bedroom/1 Bathroom is a favorite for its smart, comfortable design that includes a full kitchen, an in-unit washer/dryer, a spacious walk-in closet, and plenty of windows to fill your days with sunshine.

This is a rare opportunity to secure one of our most sought-after floor plans at exceptional savings — all while enjoying the vibrant lifestyle, services, and peace of mind that define Pomperaug Woods.



Why choose Pomperaug Woods?

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



*Incentive applicable on select second floor Putnam floor plans only. Must make a deposit by 3/31/26. 75% Return of Capital Agreements only.

In-Person and Virtual Tours Available!

Schedule a visit TODAY: 203-935-3734

You're Invited to our "Wednesday Walk in the Woods" Open House!

Discover the warmth and energy of Pomperaug Woods at our monthly Wednesday Walk in the Woods Open House. It's a wonderful way to get a sense of daily life in our beautiful community.

Meet our friendly residents and staff, and enjoy a guided, one-on-one tour of the campus. Explore spaces designed for connection and creativity, from our fitness center and art studio to our café and dining room. When the weather is nice, take a stroll along our scenic walking paths, visit the picnic pavilion, or try your luck on the putting green.



L to R: Laura Connors, Amanda Regalado, and Leigh Schultz

Date: First Wednesday of every month
Time: 10:00 AM – 12:00 PM
Location: 80 Heritage Road, Southbury, CT
Bonus: Chef Prepared Continental Breakfast
RSVP: 203-935-3734

This informal visit is your opportunity to learn more about our vibrant community culture as well as our LifeCare approach to care that offers residents complete peace of mind for the future. "Pull up a chair and join us for breakfast," said Leigh Schultz, Director of Sales and Marketing. "It's the little things like sharing muffins hot out of the oven that make Pomperaug Woods feel like home."

Call, visit our website to RSVP, or simply stop in — We can't wait to meet you!

Residents Start the Year on a High Note at a New Year's Day Concert

Pomperaug Woods rang in 2026 by enjoying The Washington Friends of Music New Year's Day Concert, held in The Tisch Family Auditorium at The Frederick Gunn School in Washington, Connecticut. It was an afternoon of world-class chamber music performed by 15 internationally acclaimed musicians. The program featured beloved works by Vivaldi, Telemann, and Bach.

"This is the first time Pomperaug Woods has attended this concert," said Lisa Huebenthal, Director of Community Life. "Everyone loved it! And the holiday lights on the drive home were just beautiful. It was a day of great music, great company, and great memories."

Following the concert, the audience was invited to stay and celebrate, mingling with musicians over wine and hors d'oeuvres.

"It was a delightful afternoon," said resident Marjorie Ross. "The young musicians were all so charming the way they spoke about each piece. And the music was absolutely wonderful."

"The concert adopted an 18th century orchestra style where the musicians stood during the performance and performed sans conductor," said resident Mervyn Clay. "It was fascinating. And the reception was a lovely way to end the day."

"The concert was spectacular," said resident Greta Campbell. "It was the perfect way to welcome in the new year. I hope it becomes a New Year's Day tradition we enjoy every year."



Great Music for a Great Year

Check the Activities Calendar for dates/times of upcoming day trips.

Mini Art...BIG HEART!

Pomperaug Woods residents proudly participated in the Third Annual Southbury Library Tiny Art Show, a beloved community exhibit celebrating art on a miniature scale. Submissions on a 4"x4" canvas could feature any medium, from painting and drawing to sewing and mixed media.

"This year, several of our talented residents contributed original pieces that will be displayed alongside artwork from artists throughout the region," said Lisa Huebenthal, Director of Community Life.

"The Tiny Art Show will be on view at the Southbury Library from February 12 through March 31. We hope everyone will stop by to enjoy the incredible creativity on display, and to spot the beautiful works created by members of our own community."

"I have never painted anything that tiny," said resident Nancy Desmond. "I created two paintings from my memories of White Island off the coast of New Hampshire — a landscape and a peek at the cottages that line the shore."

"Everyone created such beautiful pieces," said resident Ellie Crystal. "My painting is a pot holding flowers, and for the finishing touch the pot is beaded."

"I created two collages using found objects like little jewels, beads, silk thread, a fern leaf, sticks, and a tiny cardboard box," said resident Debby Cornwell. "I look forward to seeing the exhibit."

Our creative residents show that joy always shine through in even the smallest pieces of art!



L to R: Jean Burnham, May Bernhard, Debby Cornwell, Fran Poza, Joann Jewell, Carol Marsland, Beverly Robertson, Nancy Desmond, Sandy Milkes

Resident Spotlight: **Barbara Geye**

Barbara Geye's life has been defined by energy, adventure, and compassion. Born in St. Charles, Illinois, Barbara followed her passion for helping others by attending nursing school in Norwalk, Connecticut. After staying home to raise her three children, she later built a thriving 20+-year career with a mobile medical testing firm. "I've always loved working with people," Barbara said. "I'm very outgoing — it's just who I am." Over the years, Barbara and her husband, Jeff, a retired Army Lt. Col, made their home in Texas, where they built a rich life filled with friends, travel, and snorkeling adventures around the world.



Barbara & Jeff Geye

When Jeff passed in 2022, Barbara found herself at a crossroads. "I loved my home in Texas, but I really wasn't up to all the yard work and maintenance by myself," Barbara said. "And even though I had great friends there, I missed my 3 children, 5 grandchildren, and 2 great grandchildren, all living on the East Coast." The more she thought about her future, the clearer it became that she wanted to simplify her life and move closer to family. "About a year ago, I had really reached my limit," Barbara said. "I was unhappy, and I missed my family — so I just decided to make a big change and move back to Connecticut."

Barbara toured several senior living communities before finding her perfect fit. "As soon as I walked into Pomperaug Woods, I was dazzled. Everything was so clean and well-kept, with beautiful artwork on the walls and nature trails all around. I knew instantly that here I'd rediscover that sparkle in my life!" For Barbara, this community offered both the care and the freedom she was looking for. "I knew I didn't ever want to be a burden to my children," she said. "Here they have supports in place should I ever need assistance as I age. But for right now, I have the gorgeous Connecticut woods outside my window and this sparkling, art-filled community right outside my door. I love it!"

Now, just two months into her new life at Pomperaug Woods, Barbara has fully embraced the community. "This is my new chapter in my new home," Barbara said. "I take a different exercise class every day and walk on the treadmill in the fitness center. I go to all the entertainment events, and I love the monthly sing-along. I've made lots of new friends, and we often eat together in the dining room." Barbara's even hoping to start a Scrabble club. "Living here gives me all the time in the world to truly enjoy my life!"

Your sparkling personality is infectious, Barbara. We're so happy you chose to call Pomperaug Woods "home"!



Barbara's 3 Children



Barbara's Great Grandchildren



Barbara's Family

Picture This! Residents Step Into Norman Rockwell's World of Photography

Residents recently visited the New Britain Museum of Art to enjoy the exhibit Norman Rockwell: From Camera to Canvas. "This exhibit pulls back the curtain on how Rockwell transformed everyday moments into timeless images," said Lisa Huebenthal, Director of Community Life. "Before brush met canvas, Rockwell relied on photography to shape each scene. He staged moments carefully, directing expressions, poses, costumes, and props to capture exactly what he envisioned. These photographs were far more than reference notes. They reveal Rockwell's perfectionism, humor, and deep understanding of character narrative."

The exhibit featured more than 150 photographs, sketches, and finished works, offering a rare behind-the-scenes look at an American icon. As residents moved through the exhibit, familiar scenes sparked recognition, reflection, and plenty of conversation.

"WOW!" said resident Peggy Gloria. "The exhibit was mesmerizing! It showed Norman Rockwell's full creative process. You got a peek at how his mind worked. He was a wonder!"

"This exhibit opened my eyes to the full scope of Norman Rockwell's talents," said resident Debby Cornwell. "And his wonderful sense of humor shone through in everything he did."

"I was fascinated to learn that all of his photos were done in black and white so he could wait to decide while he was painting what color pallet to give the scene," said resident Lyn Atkinson.



L to R: Debby Cornwell, May Benhard, Peggy Gloria, Lyn Atkinson, Joanne Jewell, and Lisa Huebenthal

Check the Activities Calendar for dates/times of upcoming day trips.

Let the Vikings Play Kubb!

If you hear cheers, laughter, and the clack of wooden blocks, you've found the weekly Kubb game. Often called "Viking Chess," this lively Swedish lawn game combines elements of horseshoes, cornhole, and strategy. Two teams toss wooden batons, known as Kastpinnar, to knock over their opponents' wooden blocks known as Kubbs. The challenge is to topple all of your opponent's Kubbs before aiming for the central King block. Hit the King too early, and it's an instant loss. Kubb is usually played outdoors, but Pomperaug Woods residents play it indoors in Wilson Hall for year-round fun.



An exciting game of Kubb

"My friend, Charlotte Evans, read about Kubb in the *New York Times*," said resident Fred Tesch. "She forwarded me the article, and after reading it I immediately ordered a set. Charlotte and I worked together to get our Kubb group going, and we've been having a ball ever since."

As many as a dozen residents play each week, with friends often stopping by to cheer them on.

"I watched a game, and then decided to join in on the fun," said resident Susan Windesheim. "It takes concentration, but it's great fun, and a wonderful way to socialize. It's my new hobby!"

"I absolutely love Kubb!" said resident Kate Jackson. "It requires a little skill along with lots of luck. And best of all, there's a real camaraderie with our group. It brings everyone joy to play together."

Kubb is played Wednesday nights at 7:00 PM. Stop by Wilson Hall to learn more!

Creative Arts Class Makes a Bold Impression with **Mono Printing**

The Creative Arts class is buzzing with energy as residents roll up their sleeves and dive into the playful world of mono printing — a process full of surprise, texture, and creative freedom.

“Mono printing is a printmaking technique that creates a single, one-of-a-kind image,” said Lisa Huebenthal, Director of Community Life. “Artists

apply ink or paint to a plate and transfer it to paper, capturing texture, movement, and expression in one spontaneous moment. There’s no pressure to be perfect. You experiment, take risks, and unexpected patterns appear. No two prints are ever the same.”

Resident Beverly Robertson enjoyed experimenting with unconventional materials. “We used the shiny foil lids from take-out containers as our printing plates,” she said. “After rolling paint onto the foil, we experimented with different tools to create designs, then pressed the plate onto paper to reveal the image. I loved playing with negative space — scraping paint away to let the image emerge. Lisa always finds such creative ways to help us explore art — that’s why I absolutely love this class.”

“It was a little like finger painting,” said resident Nancy Desmond. “You’re creating an image within the paint itself. It’s a completely different way to think about paint as a medium.”

The finished prints are as unique as the artists who created them. Check the Activities Calendar for the date/time of the Creative Arts class and join in to experience inspiration in action!



One-of-a-kind mono prints created by residents

Chair Cardio Brings the Beat!

Chair Cardio is quickly becoming one of the most talked-about fitness classes at Pomperaug Woods. Led by Wellness Coordinator Megan Boyd, this high-energy, seated class delivers a full 30 continuous minutes of cardio-respiratory exercise. Music fuels the fun. Residents sing along as they exercise to favorites from Elvis Presley, Jerry Lee Lewis, Peggy Lee, the Beatles, the Beach Boys, and the Chordettes.

“Chair Cardio is for EVERYBODY!” said Megan. “You don’t need to be ambulatory to participate, and every movement can be modified to individual abilities. While the focus is on fun, this class boosts heart health, lifts spirits, and builds community. Everyone walks out laughing, feeling like they just went to a school dance!”

“This class is a ball!” said resident Pam Paul. “It makes me move better, sleep better, breathe better, and feel more confident.”

“It’s a great workout,” said resident Neil Yarhouse. “The wonderful music makes the class go by quickly. I really enjoy it!”

“I loved every minute,” said resident Pat Murphy. “The music is so good, I can’t help but sing out loud. Megan’s movements make you feel like you’re dancing!”



It’s a full house for Chair Cardio!

The Chair Cardio class is held monthly. Check the Activities Calendar to confirm the day/time.

Pomperaug Woods Congratulates Our Most Recent **Employees of the Month!**

We are so proud of our wonderful staff. Take a moment to meet our latest Employees of the Month:

OCTOBER: LAURA CONNORS

Marketing Coordinator



Laura joined Pomperaug Woods in June 2016. A vital part of our Marketing Team, she was also the point person for our most recent Alzheimer's Walk, which was a smashing success. Thanks!

DECEMBER: SYLVIA PAGAN SUAREZ

Certified Nurse's Aide



Sylvia joined Pomperaug Woods in August 2024. Her dedication, compassion, and kindness shine through, and she always gives her best to the health center residents who depend on her.

NOVEMBER: MARCO RINCON DE LA CRUZ

Housekeeper



Marco joined Pomperaug Woods in May 2025. He consistently puts his heart into every task, and we are grateful for the positive impact he makes in our community every day.

JANUARY: THERESE PORSCHE

Receptionist



Therese joined Pomperaug Woods in September 2020. She's the first point of contact in our community, making everyone feel welcomed, respected, and supported, and always with a smile.

Many thanks for making Pomperaug Woods such a special place to live and work!

A Day of Art and Inspiration at the **Yale Art Gallery**

Residents recently enjoyed a culture-filled day at the Yale Art Gallery, spending time exploring the American Impressionism exhibition, rich with light and local life. "In the late 19th century, American Impressionism marked an aesthetic break from the grandeur and precision of the Hudson River School," said Lisa Huebenthal, Director of Community Life. "American Impressionism focused on local landscapes and scenes of everyday life, with freer brushwork. This was a beautiful exhibit that showcased drawings, prints, and paintings from Yale's renowned collection, highlighting the most celebrated American Impressionists including Mary Cassatt, Childe Hassam, and John Singer Sargent. Pieces by James McNeill Whistler, Joseph Pannell, and Thomas and Mary Nimmo Moran also added atmosphere and depth. The paintings of local landscapes were especially breathtaking, shimmering with changing light and expressive use of color. We were all in awe of the art we were treated to today."

"The Yale Art Gallery never ceases to delight," said resident Greta Campbell. "This exhibit was amazing, and the Cassatt and Hassam paintings were particularly lovely."

"There's always so much to see at the Yale Art Gallery," said resident Lyn Atkinson. "Mary Cassatt has always been one of my favorite artists, so I thoroughly enjoyed this exhibit."

"The recent renovation of the gallery is just beautiful," said resident Lea Embree. "One of my favorite pieces was 'Nude Woman on Her Side,' by Thomas Dewing. Absolutely ethereal!"



L to R: Residents Joanne Jewell and Peggy Gloria, as well as our Transportation Driver Dianna O'Connor

Check the Activities Calendar for dates/times of upcoming day trips.

The Hot Cocoa Mingle Brings Neighbors Together

There's nothing like a mug of hot cocoa with lots of whipped cream to break the ice. Our Hot Cocoa Mingle brought together longtime neighbors and brand-new residents for a cozy welcome.

"This feel-good gathering is all about what makes our community special," said Lisa Huebenthal, Director of Community Life. "Whether it's a first hello or a familiar catch-up, we love any excuse to bring people together. No matter how many snowstorms roll through this winter, we have plenty of indoor fun on the calendar to keep us all busy until Spring."

"I enjoyed it!" said resident Neil Yarhouse. "I've lived here almost two years, and my days are always filled with good company and good fun."

"We all had such a great time," said resident Joan Regan. "Of everyone in the room, my husband, Joe, and I have lived here the longest — 18 happy years. It's gone by in a blink."

"I've only lived here two weeks," said resident Roberta Ilardo. "This was such a lovely event. It gave me a chance to meet new people and enjoy listening to the stories of others who have been here so much longer."

"Not only did I enjoy cocoa with our newest resident today," said resident Marcia Strittmatter. "But everyone was also introduced to the new Activities Assistant, Bonnie Early. She has a very friendly smile."



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