Words From the WOODS

A QUARTERLY PUBLICATION FROM SEABURY AT POMPERAUG WOODS FALL 2026



Picture your ideal autumn: an evening at the theater, with friends beside you as the curtain rises. An outdoor concert just steps from your home, with music drifting across the cool air. A pen in your hand at a Life Drawing class, sharing a laugh with your neighbor as you both try a new hobby. A brisk start to the day in the Morning Circuits fitness class, followed by coffee and conversation in the Café. Here, a full calendar isn't a chore, it's a choice. Every day at Pomperaug Woods offers new opportunities to enrich your life: something new to learn, somewhere new to go, someone new to share it with. That is the meaningful life our residents are living, and it's the life waiting for you at Pomperaug Woods.

Warmly, **Vicki Gyba-Marshall**, *Executive Director*

Music, Sunsets, and Sing-Along Fun: The Hilltop Dawgs Rock Pomperaug Woods



The Hilltop Dawgs

The Hilltop Dawgs recently brought their infectious energy to an unforgettable outdoor concert, filling the evening air with familiar favorites. Started by guitarist/vocalist Bruce Martin, many of the bandmembers in The Hilltop Dawgs are residents of nearby Heritage Village and have played together for four years as the house band for the Blues Café. Over a lively 90-minute British Invasion-themed set, the band covered favorites from The Beatles to The Rolling Stones. "The concert had a great turnout, and I even jumped into the audience to dance with everyone to *Twist & Shout*," said Bruce. "We truly loved playing under the new pavilion!"

"The Hilltop Dawgs were terrific," said Lisa Huebenthal, Director of Community Life. "The band asked for no payment — only that Pomperaug Woods donate to local charities. We were honored to support the Southbury Food Bank and Acts 4 Ministries in their name."

Residents were just as delighted. "I have heard The Hilltop Dawgs play quite a bit over the years, and they are always terrific," said resident Jerry Grant.

"It was superb!" said resident Sam Burd. "Great weather. Excellent vocalists. Loved it!"

"Outdoor concerts are a treat!" said resident Thelma Oppenheimer. "We all had a ball!"



Check the Activities Calendar for dates/times of upcoming concerts.

Seabury at POMPERAUG WOODS

80 Heritage Road • Southbury, CT 06488

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PET FRIENDLY

EQUAL HOUSING OPPORTUNITY

Everyone loves the Stratford apartment home!



The roomy 1 bed/1.5 bath Stratford apartment home offers panoramic views of the Connecticut countryside.

Resident Marilyn Simon absolutely loves her Stratford. "The open floor plan is just wonderful," said Marilyn. "The kitchen/dining area opens into the living room, and that makes everything feel so airy. The large bedroom gives you lots of options when arranging the furniture. And the closets have a generous amount of storage. It's great!"





HURRY! Schedule a visit today and grab a Stratford apartment for yourself before they're all gone!

Why choose Pomperaug Woods?

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

In-Person and Virtual Tours Available!

Schedule a visit TODAY: 203-935-3734

Threads of Genius: Residents Enjoy the Artistry of Quilter Kate Themel

Residents recently visited Burnham Library to experience the stunning quilt exhibition by award-winning Connecticut fiber artist Kate Themel. "This exhibit is a beautiful reminder that art can take so many forms," said Lisa Huebenthal, Director of Community Life. "Kate applies her fine art training to create quilt 'paintings.' Her work has earned top honors at Quilt National, including the People's Choice Award. It's truly inspiring!"



Residents enjoy the exhibit

The exhibit sparked plenty of admiration among residents, who appreciated both the artistry and the craftsmanship on display.



Resident Marjorie Ross

"Every quilt is such a creative and technical accomplishment," said resident Lea Embree. "The precision and technique required is just amazing. It was beautiful to see the workmanship up close and then stand back to enjoy the impact of her color selection and texture."

"It was exquisite work," said resident Lynda DeLuryea. "Every quilt was like an Impressionist painting. The visual changed depending on how close or far away you stood from it. I was in awe of her skill."

"The exhibit was just spectacular," said resident Marjorie Ross. "The intricacy, time, and patience it took to make these quilts was astounding."

Check out the Activities Calendar for dates/times of upcoming daytrips.

New Dining Director Eric Kupferberg Leverages the "*Seabury Advantage*"

Pomperaug Woods is proud to welcome Eric Kupferberg as the new Director of Dining Services. Bringing nearly three decades of culinary craft to the community, Eric is excited to get to work. "A meal is where friendships start, stories are shared, and milestones are celebrated," he said. "It's my life's passion to make every meal we serve here one that is truly memorable."



Eric bakes the best cookies!

An Exciting Culinary Career that led to Pomperaug Woods

Eric's culinary journey started at the French Culinary Institute in Manhattan. He went on to become the chef in some of the city's finest restaurant kitchens before taking the leap into restaurant ownership. "After running my own restaurants, I was looking for a new culinary challenge, and senior living dining came calling. There's something special about serving a community. You get to know the residents personally. That's a privilege you don't get in a restaurant. And this community is a non-profit, where every dollar goes right back into the community. I'm so impressed by that and want to do everything I can to give residents a 5-Star dining experience."



Inspecting the dining room before dinner

The Seabury Effect: A Partnership That Elevates Everything

One of the biggest catalysts supporting Eric's tenure has been Pomperaug Wood's partnership with Seabury senior living community. He works hand-in-hand with Andrew Smith, Seabury's Culinary Director, tapping into Seabury's established relationships with premium food purveyors. That expanded purchasing power means Eric now has access to a far wider range of high-quality, fresh ingredients than ever before. The Seabury dining team has also come on-site to lead staff development sessions with the Pomperaug Woods team. And behind the scenes, Seabury's IT team helped install a brand-new reservation system where residents place dining reservations and takeout orders online.

Vicki Gyba-Marshall, Executive Director of Pomperaug Woods, sees the partnership as a natural fit. "Pairing Eric's incredible energy and exceptional culinary experience with Seabury's resources and purveyor relationships is exactly the kind of collaboration that makes both communities stronger."

What's Cooking Next

Eric has his sights set on a refresh of the dining room — soon select walls will come down and flexible partitions will go up, opening the space to better handle any size community event.

One thing is clear: at Pomperaug Woods, dining isn't just a daily routine — it's becoming one of the community's proudest signatures. And with Eric Kupferberg at the helm, backed by the strength of the Seabury partnership, the best is still to come.



Celebrating the reopening of the Café

Resident Spotlight: Sted Sweet

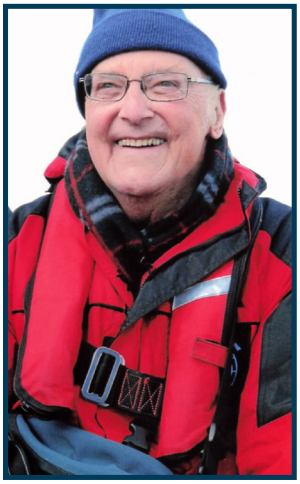


Sted Sweet

At 89 years old, Sted Sweet still approaches life with curiosity, energy, and gratitude. Born in Waterbury, CT, and raised in Watertown, Sted built a life rooted in hard work and adventure. He served six years in the Army Reserves, earned degrees from Lehigh University and the University of New Haven, traveled to all seven continents, and spent years golfing, cycling, coaching/refereeing Youth Ice Hockey, and exploring the world. Along the way, he had a successful business career, and invested a great deal of time serving on numerous non-profit and for-profit Boards of Directors throughout his life. "I enjoyed the challenge of business," said Sted. "But I also felt it was important to give back and help organizations grow and succeed."

For many years, Sted especially treasured life at his longtime Watertown home. "I loved the porch, the yard, the vegetable garden, the peace and quiet — it was all special to me," said Sted. "But I knew my children would worry less if I wasn't living by myself. I loved my house, but the truth is it was holding me back. I had to let go of one chapter to find joy somewhere else that would better serve my needs in the future."

The search led Sted to Pomperaug Woods, where he moved in June 2025. "I found a place that makes sense for me," said Sted. "I appreciate the community's not-for-profit model, and I also like the size here. It feels warm, comfortable and personal."



Sted touring Antarctica

Just as important, Pomperaug Woods offered the active lifestyle Sted was looking for. "I like to stay busy," said Sted. "There's always something happening here." Since moving in, Sted has become an active and valued member of the community. He was elected to the Resident Council. He enjoys attending concerts, and playing Kubb (Viking Chess), while still making time for golf outings and lunches with longtime Watertown friends.

Sted has also found joy in the quieter moments of community life. "I love the balcony on my third-floor apartment," said Sted. "It's my little private hideaway where I can still grow cherry tomatoes and enjoy a book in the sunshine." He especially appreciates the welcoming atmosphere. "The people here have been wonderful," said Sted. "The staff is terrific, the residents are friendly, and it's easy to feel connected."

Sted's advice for others considering a move is simple. "Put in the effort to make the most of wherever you choose to live," said Sted. "Stay curious, and you'll lead a full life."

You bring an adventurous spirit to our community, Sted. Thanks for inspiring us all to stay curious!



Sted and his grandchildren



Sted and his son trekking in Patagonia

Harvey Grabs the Spotlight at the Brand-New Press Box Theater



Residents give *Harvey* a big thumbs up!

Residents enjoyed a delightful afternoon at The Press Box Theater to see the Pulitzer Prize-winning comedy *Harvey*, and what a treat it was — both for the play and the theater itself.

"The Press Box Theater is a nonprofit black box theater/performing arts venue, located just down the street from Pomperaug Woods," said Lisa Huebenthal, Director of Community Life. "We enjoyed one of the most beloved comedies of the 20th Century, *Harvey*, which is a story about kindness, individuality, and the joy of seeing the world just a little differently. The theater President, William Linster, personally reached out and offered our residents a special deal that included front-row seating, along with a drink and a snack, making for a truly special outing."

"So beautifully staged, directed, and acted — very well done," said resident Mervyn Clay. "And what serendipity to be seated next to the Artistic Director, chatting about upcoming shows."

"It was delightful!" said resident Sally Bourgault. "I never saw the movie with Jimmy Stewart, so I was very excited to see *Harvey* performed on stage."

"The performance just lets your imagination run away with you," said resident Sandy Kellam. "And our door-to-door transportation and early seating was such a treat."

While no invisible rabbits were spotted on the ride home, there was nothing imaginary about the fun this group had together.

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

Life Drawing Class Proves You Don't Need to Be an Artist to Make Art


Residents try a new hobby

Draw a balloon. Sounds easy, right? Now draw it without looking at your paper and without ever lifting your pen. That was the opening challenge of the new Life Drawing class, and the results were wonderfully wobbly. "This class was all about the joy of creativity," said Lisa Huebenthal, Director of Community Life. "That one rule changes everything. You stop worrying about getting your drawing 'right' and just start seeing contours. Then we raised the stakes: a model posed behind a sheet, and everyone drew the silhouette. Our resident models — Mervyn Clay and Jerry Grant — had us all in stitches!"

By the end of the hour, each participant had created a series of loose, expressive drawings — and sharing them became one of the best parts of the class.

"Life Drawing was such a neat idea," said resident Lea Embree. "It brought in at least 20 people who had never tried an art class before. Lisa created such a relaxed, supportive environment, that put the emphasis on fun. I hope we do more Life Drawing in the future!"

"Taking the class with others that had no drawing experience eliminated my worries, and we all had a ball," said resident Karen Hasemann. "I would definitely try it again!"

Everyone walked away with a smile, a stack of drawings, and proof that creativity just needs an invitation.

Check the Activities Calendar for the date/time of the next Life Drawing class.

Life is Full of Joy, Every Day: Memory Care at Pomperaug Woods



Enjoying live music entertainment



Comfortable private bedrooms

Choosing to live at Pomperaug Woods means choosing peace of mind. As a Continuing Care Retirement Community providing the full continuum of care all on one welcoming campus, you never have to leave the community you love should your health needs change in the future. And for married couples, if spouses ever need different levels of care, living at Pomperaug Woods means you still stay close and spend time together every day.

Let's learn more about our Memory Care community. "What sets us apart is our exceptional staff," said Debby Crutchfield, Life Enrichment Coordinator. "They are so kind and treat every resident with dignity and respect. We help families embrace the happiness found in spending time with their loved one, without the stress of being the sole caregiver 24/7."

Memory Care residents embrace joy every day. "Our Activity Calendar is packed with fun," said Debby. "Everyone loves the day trips. Last month we all went for ice cream sundaes at Rich's Farm. This month, we're off on a Foliage Tour with hot chocolate and Munchkins!"

Residents enjoy themed luncheons, live music entertainment, fitness classes, yoga, Bingo, and movie nights in Wilson Hall with popcorn and candy. "Fall always brings pumpkin picking and a costume party," said Debby. "Every day here brings friendship and meaningful connection."

Morning Circuits Fitness Class Builds Strength, One Station at a Time!



Resident
Lenora Labrecque

Ready, set, rotate! Morning Circuits, our newest fitness class, sends residents on a fun, energizing, whole-body strength and balance challenge. Led by Wellness Coordinator Megan Boyd, the class features five different workout stations. Participants spend two minutes at each station before rotating to the next. The class takes a seated water break after the first circuit, then it's off for a second lap around the room. Energizing music from Elvis, The Beatles, and The Beach Boys keeps the energy high.



Resident
Marcia Strittmatter

"Every station is a new challenge, and everyone works at their own pace," said Megan. "No experience? No problem. I demonstrate every exercise first, then coach each person during the rotation and modify exercises to fit their abilities."

"No two stations are alike, so I never get bored," said resident Sam Burd. "Resistance bands, sports balls, or light weights work different muscle groups. It feels great to be tired at the end!"

"Megan explains the 'why' behind every exercise, so you know exactly how it helps your body," said resident Sted Sweet. "With her individual coaching, you get the most out of your workout."

"I go to all of Megan's exercise classes," said resident Pam Paul. "She is a great teacher, and her coaching gives me the courage to try. I've never exercised before in my life, but now I love it!"

Morning Circuits is held every Wednesday. Don't miss the fun!

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:

JUNE: MARY LEWANDOWSKI



Activities Assistant, Health Center

Mary joined Pomperaug Woods in October 2025. Her ability to make everyone feel valued and included helps every resident approach each day feeling connected and cared for.

AUGUST: MELISSA SPITZ



Director of Finance

Melissa joined Pomperaug Woods in March 2025. Her skills and experience have been invaluable in helping our community successfully navigate the new Seabury affiliation.

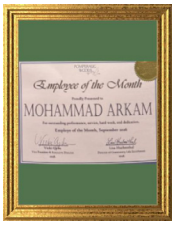
JULY: DOUG COOLIDGE



Maintenance Department

Doug joined Pomperaug Woods in February 2026. He brings a wealth of knowledge to his role, and his magical ability to solve any TV issue is legendary. Everyone loves his joyful presence!

SEPTEMBER: MOHAMMAD ARKAM



Driver, Transportation Department

Mohammad joined Pomperaug Woods in May 2025. He prioritizes safety and ensures each transport is comfortable and stress-free. He is truly a team player and radiates positivity.

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

A Lifetime of Treasures on Display: Resident Collections Debuts at Pomperaug Woods

The new Resident Collections display program invites residents to share the treasures they've gathered over a lifetime. How did this idea take shape? Lisa Huebenthal, Director of Community Life, responded to resident Don Chin's request to display the antique Chinese carvings handed down to him from his parents. With assistance from resident Marcia Strittmatter, these unique pieces were retrieved from safekeeping in storage, and Lisa's plan took shape. "Our residents have spent years searching out items they love," said Lisa. "We had two new glass display cases installed as a way to turn a private treasure into a shared experience."

"A collection gives fascinating insight into a person's heart," said Marcia. "Why did we choose to collect something? How is it meaningful to us? Sharing our stories sparks conversation."

Don's collection of Chinese art carvings is the first resident collection on display. "Every sculpture, including its base, is carved from stone," said Don. "The elephant is my favorite for so many reasons. The wild elephant became domesticated during the time of the Chin dynasty. And the vases are all so beautiful, bursting with delicately carved flowers, vines, and birds."

"The more you look at each carving, the more details reveal themselves," said resident Thelma Oppenheimer. "Absolutely beautiful!"

Do you have a collection with a story to tell? Contact Lisa Huebenthal today to reserve a spot in the display.



Don Chin's collection of Chinese art carvings



Seabury at POMPERAUG WOODS
80 Heritage Road
Southbury, CT 06488

Game Show Glory: *Let's Go Trivia* Brings Pomperaug Woods Prime Time Fun



Host Garry Leavy

Garry Leavy, host of *Let's Go Trivia*, brought real game show excitement to the community. Five teams battled it out for bragging rights while a lively crowd cheered from the audience. "Garry revealed each question and its answer choices on a big screen," said Lisa Huebenthal, Director of Community Life. "Teams connected their cell phones to the game system and locked in their answers digitally. Categories ranged from TV, movies, and actors to music, geography, and pop culture. Garry kept the crowd laughing until one team was crowned the winner. He was a terrific MC and did a phenomenal job. Everyone felt like they were on a real game show!"

Resident Kate Jackson had been counting down the days. "We enjoyed *Let's Go Trivia* two years ago, and I've been waiting for Garry to come back ever since," she said. "We were Team Loretta in honor of my dog, and after we won, I gave my pup a bowl of ice cream to celebrate!"

New players had fun, too. "It was my first time to play, and I loved it!" said resident Fred Tesch. "Teams share their collective knowledge, so there's no pressure. We all had a lot of laughs!"

"A great time was had by all!" said resident May Bernhard. "Lisa does a fantastic job of bringing in wonderful entertainment. Looking forward to playing *Let's Go Trivia* again in the future!"



Friends and neighbors formed teams, and everyone enjoyed the friendly competition!

Great teamwork, big laughs, and one very lucky pup made for a winning afternoon. Check the Activities Calendar for the next *Let's Go Trivia* date.