

# JANUARY 2018 NEWSLETTER

SEE WHAT'S HAPPENING AT DUNCASTER!

**Monday, January 1, 2018 --- NEW YEAR'S DAY**

All business offices, bank, salon, clinic are closed. All classes cancelled.... But the Bridge group will meet this evening at 7:15pm.



**Holiday Meal Schedule**

**Meals-to-Go: 10:30-11:15am**

**Brunch: 11:30am-1:30pm**



**LAST CALL!!!!**

## **2018 Boar's Head & Yule Log Festival**

Asylum Hill Congregational Church

Hartford, CT

**SATURDAY, JANUARY 6<sup>th</sup> --- 6:30pm Performance**

**Bus departs from Fitness Center Lobby at 5:30pm.**

A limited number of reserved seats have been purchased. Cost: \$35 includes ticket and transportation. Sign up today in the TRIPS Book on the shelf below the Bulletin Board in the Commons.

To read more about the festival, please visit the church website [www.ahcc.org](http://www.ahcc.org)



**The CHAT** ... best described as a “Town Hall Meeting,” is hosted by President and CEO Michael O’Brien at 11am in the Meeting Room on the first and third Tuesday of each month. Mr. O’Brien uses this opportunity to bring the residents up-to-date on any items of interest and importance regarding life at Duncaster. Various Department Directors are invited to inform the residents of operational decisions and projects, programs, trips, classes, and health and wellness directives. Residents are invited to make announcements as well, and the floor is open to any questions or concerns affecting the organization. All are encouraged to attend! *C’mon down on Tuesday, January 2<sup>nd</sup> .... Rumor has it that the “Book Tree” will be disassembled and the books will be counted at the time. Did you make a guess at the number of books that were used to make the tree?*



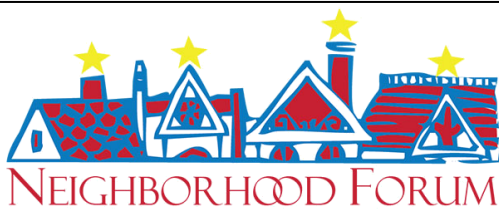
**DOCTOR’S FORUM** ~ Thursday, January 4<sup>th</sup> at 12 Noon ~ Exercise Studio

Residents are invited to meet as a group with Dr. Somya Kurtakoti during her Doctor’s Forum, held at Noon on the first Thursday of each month. During this time, questions, concerns, or discussions regarding the Clinic, Hartford Health Care, or any health related concerns affecting the population at large are addressed.



**INPUT/OUTPUT** ~ Monday, January 8<sup>th</sup> at 9:30am ~ Board Room

This monthly meeting is hosted by Lou DeSario, VP of Operations, and Janet Lamenzo, Director of Resident Services. The goal of this informal gathering is to listen to any resident concerns regarding the systems in place that help to make Duncaster run smoothly. Questions, complaints (or compliments) about security, heating, cooling, parking, dining, staffing, programs, phones, etc. will be brought to the appropriate departments for attention, and a full report will be presented the following day at the Residents’ Council Meeting. Individual needs should be handled by submitting a work order at any time.



Talcott ~ Prospect ~ Gillette

Hi Neighbor,

What are you thinking (or worrying) about these days? Do you have any concerns about day to day life at Duncaster? Are you wondering about the Clinic or your insurance? How about the food or fitness classes? Have you met all your neighbors?

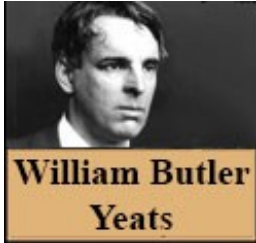
Come join the newest Neighborhood Forums that will begin on

**Thursday, January 4<sup>th</sup> on the 3<sup>rd</sup> floor of the Talcott neighborhood.** Gillette and Prospect will be the sites on the following two weeks. These forums will be conducted by Linda Lawrence, Melanie Bedard and Sara Janowski-Therion. All are welcome to attend these intimate gatherings in each neighborhood.

Stephen Collins presents a four-week seminar on

## William Butler Yeats

Fridays - January 5, 12, 19, 26 ~ 11:00am in the Meeting Room



Born in Dublin in 1865, his poetry would eventually win for him the Nobel Prize in 1923. He along with Lady Augusta Gregory spearheaded the Irish literary revival. Critics have called him the great poet of old age. Most of what are considered his masterpieces he composed after age sixty. We will look at those and some of his earlier poetry and the influences upon him.

Stephen Collins' style of teaching has been described as a hybrid between teaching and performance, with each seminar providing an interactive learning experience for your community.



## GALLERY OPENING ~ SUNDAY, JANUARY 7<sup>TH</sup> ~ 4:00-5:30PM

"52 Travel and Animal Photos" by Rachel Braver

Rachel Braver has enjoyed taking pictures as a hobby her whole life. She became a serious amateur photographer in the last 20 years when she joined a camera club. She bought a high quality camera, a tripod, several lenses and traveled all over the world.



"Lunch al Fresco" taken in Madagascar

## 2018 SPEAKER SERIES



John Magaldi, MD

## The Art & Science of Graceful Aging

**THURSDAY, JANUARY 11 ~ 3:00PM ~ MEETING ROOM**

Part 1: Overview of Rheumatic Conditions, Arthritis and Joint Changes

**THURSDAY, FEBRUARY 15 ~ 3:00PM ~ MEETING ROOM**

Part 2: Management of Rheumatoid Arthritis, Gout, & Psoriatic Arthritis

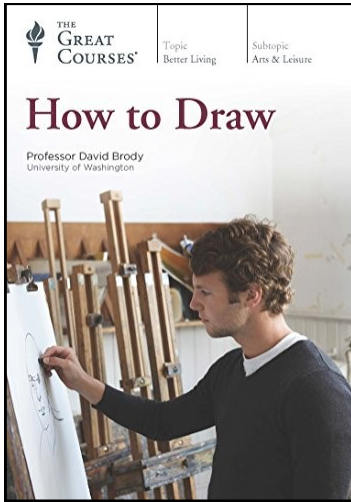
**THURSDAY, MARCH 15 ~ 3:00PM ~ MEETING ROOM**

Part 3: Medication, Diet, & Exercise in the Management of Rheumatic Disease



# THE GREAT COURSES®

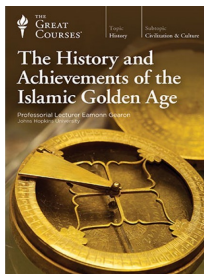
## NEW COURSES FOR 2018



The six-week session “How to Draw Part III” begins on Monday, January 8<sup>th</sup> at 9:30am in the Art Room

In the course’s final section, Professor Brody guides you in applying what you’ve learned to discover your own personal creative vision. Here, you’ll encounter concepts and do advanced drawing projects aimed at developing individual source material and subject matter for your own drawings, and you’ll form a clearer idea of the kind of art you want to make.

Presented by William Jennings



## CULTURAL, INTELLECTUAL AND SCIENTIFIC ACCOMPLISHMENTS OF THE GOLDEN AGE OF ISLAM – 750 to 1250 A.D.

STARTING MONDAY, JANUARY 8, 1:30-3:00PM ~ MEETING ROOM

Beginning in the 8<sup>th</sup> century, while Europe was mired in the dark ages, the Arab world emerged as the world’s center of science and culture. Christian, Jewish and Muslim scholars worked side by side to rediscover the wisdom of Greece and Rome, and to provide an intellectual bridge to the later European Renaissance.

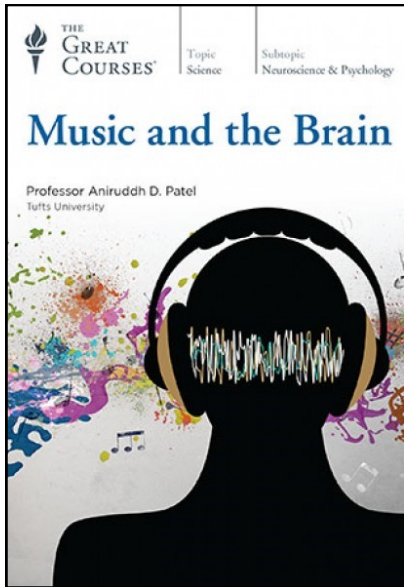
In the words of historian Bernard Lewis: “The Islamic culture of the Middle East was the first that was truly international, intercultural, interracial, and in a sense, even intercontinental, and its contribution . . . to the modern world is immense.”



Page from mathematical treatise, 10<sup>th</sup> century, the Baghdad House of Wisdom

Presented by Ed Fowler





## MUSIC AND THE BRAIN

Beginning Friday, January 12<sup>th</sup>

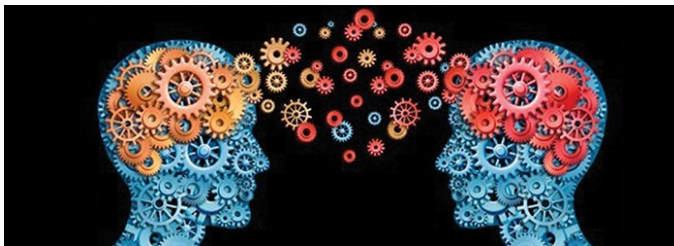
2:00-3:30pm ~ Meeting Room

Music is an integral part of humanity. Every culture has music, from the largest society to the smallest tribe. Its marvelous range of melodies, themes, and rhythms taps into something universal. Babies are soothed by it. Young adults dance for hours to it. Older adults can relive their youth with the vivid memories it evokes. Music is part of our most important rituals, including those marking birth, weddings, and death. And it has been the medium of some of our greatest works of art.

In **Music and the Brain**, neuroscientist and Professor of Psychology Aniruddh Patel of Tufts University probes one of the mind's most profound mysteries. Covering the latest research findings—from the origins of music's emotional powers to the deficits involved in amusia, or the inability to hear music—these 18 enthralling half-hour lectures will make you think about music and your brain in a new way.

"Ani's series of lectures hit all the right notes. A gifted and engaging guide, he delivers an extraordinarily comprehensive and accessible dive into the most fascinating topics in the neuroscience of music. Watch all of these and you'll know what one of the greatest minds in the field has to say about the exciting world of music and the brain." -Daniel J. Levitin, Author of *This Is Your Brain On Music* and Professor of neuroscience and music, McGill University.

Presented by Jim Yaeger



**NEW**

## MAXIMIZE YOUR MIND

Beginning Monday, January 15<sup>th</sup>

3:30pm in the Meeting Room

"The *Maximize Your Mind* lecture series will provide you with the knowledge, strategies, and techniques to enhance your critical thinking and decision making. Learn techniques to sharpen thinking skills, manage stress, and build mental toughness! (Attend as many sessions as you'd like.) Presented by educators in the field of cognitive science: Mr. Kenneth Steller and Dr. Louise Loomis"

Saturday, January 13<sup>th</sup> ~ 8:00pm ~ Meeting Room

## “ROOTS at 40”



The television show *Roots*, based on the book of the same name by Alex Haley, premiered in 1977 and quickly became the most watched TV show of all time. The wrenching story of Kunta Kinte and seven generations of his descendants sparked new debates in post Civil Rights America, where people of color struggled for equality- a struggle that continues in 2017 America. Professor Brittney Yancy, curator of the Alex Haley Collection at Goodwin College, will narrate corresponding music by 20th Century composers of color with music by the Cuatro Puntos String Quartet.

## Listening to the Heartbeat of God\*

Presented by Heidi Hadsell, President, Hartford Seminary

The first of this 3-part seminar will be held on Wednesday, January 17<sup>th</sup>  
at 4:00pm in the Meeting Room

Heidi Hadsell, Ph.D., is President Of Hartford Seminary and Professor of Social Ethics. She has a deep commitment to interfaith dialogue and engagement, believing that in today's religiously plural world, it is essential to understand and work with religions beyond our own. At the first session we will explore the questions “Is spirituality alien to our original nature, or does grace nurture our innate goodness? What is the present state of the church. Is it no longer relevant? Dr. Hadsell will lead the discussion of the present situation of religion as a whole.



\* The title of J. Philip Newell's book published in 1995 by the Pauline Press



Good Morning Good Music

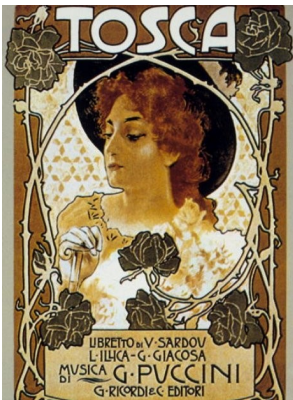
Featuring the

*Hartford Symphony String Quartet*



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Thursday, January 18<sup>th</sup> ~ 9:30am ~ Courtyard Café



Jeffrey Engel begins his 2018 series with

## Tosca

Saturday, January 20<sup>th</sup> at 10:30am in the Meeting Room

Love! Jealousy!! Lasciviousness!!! Torture!!!! Murder!!!! Execution!!!!!!  
Suicide!!!!!!!

Puccini's melodramatic opera offers all this and much more. Jeffrey Engel will detail the complicated history of its' composition and play recordings of selected excerpts.

For more than fifteen years, Jeffrey Engel has been giving lectures devoted to music history. His lectures center on a musical personality or theme. The subject is always placed within a cultural and political context to make the audience aware of what was occurring when the composer was at work.

Mr. Engel has an unusual background. After graduating with a Bachelor of Arts degree in music from Ithaca College, he moved to Paris where he would reside for fourteen years. There he studied art history at the Sorbonne and earned diplomas in the French language while performing in orchestral and chamber music concerts with his cello. He has played throughout France, playing at the Paris Opera and becoming a member of Concerts Padeloup, the second oldest symphony orchestra in the capital city.



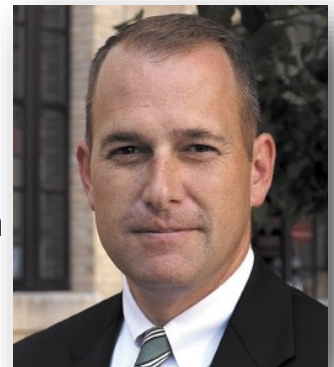
## Recapturing the Waterfront with Mike Zaleski

MONDAY, JANUARY 22<sup>ND</sup> ~ 1:30PM ~ MEETING ROOM

Riverfront Recapture is a driving force in urban planning, economic development and environmental maintenance.

Before he designated the Connecticut River as America's first National Blueway, former Interior Secretary Ken Salazar visited the Riverfront in 2012 and said: "It's great to see such robust efforts underway to restore this river and to fully realize its recreational, environmental and economic benefits to the community."

Duncaster is pleased to welcome Mike Zaleski, President & CEO of Riverfront Recapture, to speak about his role and that of the organization in 2018. We thank the Monday Reading Club for sponsoring this program.







## 2018 Vision

### A Look Ahead at Duncaster's Grounds and Gardens

Presented by Landscape Designer Kevin Wilcox

Tuesday, January 23<sup>rd</sup>

3:30pm in the Meeting Room



# Al Fenton Big Band



**Saturday, January 27<sup>th</sup> 🎵 7:30-9:00pm**  
**Meeting Room**



If you thought you were dying,  
what would matter most?

Join a national dialogue taking place in your community concerning an inescapable reality of life: death. Gather with friends, neighbors and peers to watch the FRONTLINE documentary *Being Mortal*, which explores what matters most to patients and families experiencing serious illness.



"Hope is not a plan"  
- Atul Gawande

## BEING MORTAL

### BEING MORTAL

**Film Screening & Discussion**

**Tuesday, January 30, 2018**

**10:00 AM – 12:00 PM**

**Meeting Room**

Join us for the free screening and discussion of the PBS Frontline documentary *Being Mortal*. Based on the best-selling book by Dr. Atul Gawande, this film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them.

Film Screening will be followed by a discussion facilitated by  
AARP CT & Borrow My Glasses

This event is brought to you by Duncaster in collaboration  
with AARP CT & Borrow My Glasses

