

# MARCH



The month of March begins with a whirlwind of events for all to enjoy. From shamrocks to Easter eggs, and all that comes in between, the days ahead promise to entertain and engage. So let's get started!



## **FRIDAY, MARCH 2<sup>ND</sup> ... 1:00PM ... LOUNGE Veteran's Chat with Wayne Rioux**

For the last several years, Wayne I. Rioux, Hartford HealthCare at Home veterans' liaison, has been assisting veterans and/or their spouses throughout the state by answering questions and providing

information about available vital resources. "We look forward to reaching out to veterans and their families to assist them in any way possible," Rioux said.



## *Piano Academy of Simsbury*

presents

### **A Winter Concert**

Featuring the gifted students of Houry Schmeizl

**March 2<sup>nd</sup> at 4:30 pm in the Meeting Room**



Ms. Houry Schmeizl received her Master of Music in

Pedagogy and Piano Performance and her Bachelor of Arts in Piano Performance from the Hartt School of Music in Hartford, CT. At Hartt she studied under the tutelage of Peter Pertis, Dr. Watson Morrison, and Luis deMoura Castro. As a lifelong student of the arts, she is devoted to the pursuit of excellence in teaching. She was the founding director of the Nutmeg Conservatory for the Arts Music School in Torrington, CT, and has served as professor of music at The University of Connecticut and Briarwood College. Houry has dedicated over 20 years to developing the artistic abilities of her students. Under her guidance, Ms. Schmeizl's students have received many awards and honors. We are delighted to welcome these talented young musicians to Duncaster.



## **Labyrinth Quiet Day: Sacred Space for Releasing, Resting and Returning**

**Saturday, March 3<sup>rd</sup>, 10:00am-12:00pm Program ... Meeting Room**

**Brown Bag Lunch/Social to follow**

The Hartford Chapter of the Companions of the Holy Cross invite the women of Duncaster to join them for a Quiet Day to be held at Duncaster. The program will be led by Cathy Rigali, author of *Labyrinth Reflections*, with the opportunity to walk a labyrinth. Please join us to learn about the history of the labyrinth and how it can be used in your spiritual journey. Following the program, you are welcome to join the members of the Hartford Chapter of SCHS for a brown bag lunch. Beverages will be provided... bring your own sandwich! **Please RSVP to Barbara Durland, x2199, Talcott 420**



## Irish to the Last Drop

**Saturday, March 3<sup>rd</sup>**

**8:00pm**

**Meeting Room**



"Driftwood Mollusks"

The Duncaster Art Gallery  
*"Photographs from a Poet's Eye"*

By Pegi Deitz Shea

Opening Sunday March 4<sup>th</sup>

4:00-5:30pm



### ARTIST STATEMENT/BIO:

"I am primarily a writer, and have had more than 400 works of nonfiction, fiction, children's literature and poetry published for readers of all ages. (I am a two-time winner of the Connecticut Book Award, and have won national and international awards.) Since 1983, I have had my editorial photographs published to accompany my essays, articles and news releases in business journals, newspapers and children's magazines."

"My photography reflects my love of the waters and wetlands on earth. My poetry and writing in general often address human rights. Thanks to global warming, both of those issues are coming uncomfortably closer." Pegi Deitz Shea

## UNIVERSITY OF HARTFORD

### COLLEGE OF EDUCATION NURSING AND HEALTH PROFESSIONS DEPARTMENT OF REHABILITATION SCIENCES

**COMMUNITY PRESENTATIONS 1:00PM ~ MEETING ROOM**

**WEDNESDAY, MARCH 7<sup>TH</sup> "STAYING FIT AND ACTIVE AS WE AGE"**

**WEDNESDAY, MARCH 14<sup>TH</sup> "BALANCE AND FALLS: STAYING UPRIGHT!"**

Once again, Duncaster is pleased to welcome Professor Daniel Lee's excited graduate students who want to engage in geriatric Physical Therapy and interact with older adults. The students will present three programs for residents in February and March.

**A Special World Affairs Presentation**  
**LIFE IN HAITI**  
**Presented by Kevin Melanson**  
**Tuesday, March 6<sup>th</sup>... 3:30pm ... Meeting Room**



After spending four years in sports medicine and higher education, a trip to Haiti heightened former Bloomfield resident, Kevin Melanson's desire for every person to have an equal opportunity to live a healthy and prosperous life. Involved in Haiti since that first trip in 2011, Kevin knows that working in low-resource environments requires passion, creative problem-solving, resilience and a commitment to collaboration. Kevin's nine years of diverse experiences in healthcare, education, and program management has included leading the first group of athletic trainers providing training care in Haiti, developing and strengthening partnerships, coordinating local community events, and running nationally focused programs. Most recently, Kevin served as a regional program manager at St. Boniface Haiti Foundation, working on health projects to improve the life outcomes of people living in vulnerable situations in Haiti.

You can read more about Haiti and Kevin's experiences by visiting his blog:  
[pitipapiti.blogspot.com](http://pitipapiti.blogspot.com)



TYPICAL TRAVEL IN HAITI



LAUNDRY DAY IN HAITI



KEVIN & FRIENDS

**SLOCO**  
**The Simsbury Light Opera Company**

**Wednesday, March 7<sup>th</sup> ~ 8:00pm ~ Meeting Room**

The Simsbury Light Opera Company, a community-based nonprofit group, has been in operation since the 1940s and has produced most of the Gilbert and Sullivan operettas, as well as light operas by other composers. We look forward to their 2018 performance at Duncaster.



## ANCIENT TEXTS SPEAK TO THE TWENTY-FIRST CENTURY

Thursday, March 8, 2018 ~ 2:45 PM in the Quiet Room

Priorities in giving: “*the poor of your city take precedence.*” (Talmud, Bava Metzia 71a) There are so many worthy causes. How do you make your list of priorities? How do you politely say ‘no’? If you live in a wealthy city (1<sup>st</sup> World country), shouldn’t you be seeking to help those in a poorer city (3<sup>rd</sup> World county)? Rabbi Richard Plavin.

\*Passover Seder will be held on March 29<sup>th</sup>. Details to follow!



## A Gershwin Tribute With Patty Carver's Songbook Trio

SATURDAY, MARCH 10<sup>TH</sup> at 8:00PM

In his short but prolific career, George Gershwin's music spanned from Tin Pan Alley to Broadway, Hollywood to Symphony Halls. He was that rare musical genius whose body of work is still widely performed and loved today. **A Gershwin Tribute** features stories about his life, career and popular hits including, *Fascinating Rhythm, Embraceable You, I Got Rhythm, But Not For Me, Of Thee I Sing, Nice Work If You Can Get It, Let's Call the Whole Thing Off, They All Laughed & They Can't Take That Away From Me*, just to name a few!

Join **Patty Carver's Songbook Trio** with Keith Coakley on keyboard, Jim Goodwin on bass and Patty Carver on vocals celebrating the legacy of arguably the greatest American composer of all time!



## Spring forward



**MARCH 11, 2018**





## **“Healthy Habits for a Healthier You”**

**Monday, March 12<sup>th</sup>**

**3:30pm ... Meeting Room**

Esther Corcoran, North Central Regional Director,  
Alzheimer's Association of CT

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

### **PROGRAM**



***The Will James Mystery Series***  
**Presented by Martin Herman, Author**  
**Tuesday, March 13<sup>th</sup> ... 3:30pm**  
**Meeting Room**

“Faction” is a type of historical fiction that combines fact with fiction. Unlike most authors who simply write from their imaginations, my novels are full of true historical tidbits interwoven with my own creativity. At the end of my books, I provide references so that you can learn about the actual facts that are part of the story. Combining fact with fiction allows me to write richer stories and allows you to learn a bit about real history.”



Martin Herman was born and raised in Brooklyn, New York and currently lives in Connecticut, midway up a small mountain. Although he has written and published articles and short stories under a series of pen names since his early teens, it was not until he approached his 75<sup>th</sup> birthday that he published his first full length mystery novel, “The Jefferson Files – *the expanded edition*.” It was quickly followed by “The Hidden Treasure Files”, “The Sweet Revenge Files,” and with his daughter, a published poet, Aimee Herman, “A Very Special Dress & Other Stories.” He is currently writing a fourth novel in his *Will James Mysteries* series as well as a business basics book with his daughter, Jessica Weitz.

## Good Morning Good Music

featuring the

*Hartford Symphony Orchestra*

*Mosaic String Trio*

Thursday, March 15<sup>th</sup>

9:30am in the Courtyard Café



### 2018 SPEAKER SERIES

The Art & Science of Graceful Aging

Part 3: Medication, Diet and Exercise in the  
Management Of Rheumatic Disease

Hartford  
Hospital  
Senior Primary Care  
at Duncaster

THURSDAY, MARCH 15<sup>th</sup>

3:00 in the Meeting Room



## IRISH STEP DANCERS



Friday, March 16<sup>th</sup>

2:00pm

Meeting Room

ENJOY ST. PATRICK'S DAY WITH DANCERS FROM  
THE MCARDLE SCHOOL OF IRISH DANCE.



## UNIVERSITY OF HARTFORD

### PRESIDENTS' COLLEGE

**Friday, March 16<sup>th</sup> ... 10:00 – 11:30am ... Meeting Room**

#### **How Does The Taste of Debussy's Music Differ From That of Ravel? An Introduction to Gastromusicology Ira Brau**

This lecture answers the question, "Why do musicians love to talk shop in the kitchen?" Ira Braus will present a music appreciation class focusing on the culinary habits of famous composers, and how the composers used food images in personal correspondence and other writings to explain style and structure of their respective works.



**IRA BRAUS** is associate professor of music history at The Hartt School. He is a widely published scholar, whose essays appear in journals such as *19th-Century Music*, *Journal of Musicological Research*, *Journal of Music Theory*, and *Music Perception*. His book, *Classical Cooks, A Gastrohistory of Western Music* was published in 2007 and has since achieved international acclaim. He has appeared as a guest on the Colin McEnroe Show (WNPR), presented for the First International

Conference of Food and the Arts (Boston University) and lectured for the Boston Symphony Supper Club. Braus holds a PhD in musicology from Harvard and is an alumnus of the Tanglewood Music Center. In 2015, he worked as a visiting scholar at McGill University's Center for Interdisciplinary Research in Music and Media Technology.

**Avery Ensemble**  
**Friday, March 16<sup>th</sup>**  
**8:00pm**  
**Meeting Room**



Representatives from Lenses Only Optical Shop will be at Duncaster on Monday, March 19<sup>th</sup> from 11:00am—12:30pm to provide:



- Free visual screening to determine if current prescriptions are up-to-date or if you can benefit from a new exam
- Repair and refurbish eyeglasses
- Provide free adjustments to ensure proper fit and lens alignment
- Replacement of nose pads and screws at no charge
- Offer a full array of eyewear frames/lenses
- Concierge service to Duncaster residents



## Welcome Spring at the Mixed Up Dinner (MUD) Party Tuesday, March 20<sup>th</sup>

For reservations contact Al DeVito (x2219) or [aldevito@gmail.com](mailto:aldevito@gmail.com)

## Step into Spring with the latest fashions!

Thursday, March 22<sup>nd</sup> ... 11:00am-3:00pm ... Meeting Room



Don your new outfits on Thursday,  
March 22<sup>nd</sup> for the  
**Resident's Spring Cocktail Party**  
5:00-6:00pm in the Lounge





## **“The Evolving Role of Women in Politics & Governance”**

**A very special program to be presented on  
Friday, March 23<sup>rd</sup> at 11:00am in the Meeting Room**

**More women than ever are running for public office in the United States. Connecticut is leading this trend and four candidates will speak here at Duncaster. Panelists include:**

- \* State Senator Beth Bye from West Hartford and Bloomfield**
- \* Mayor of Bloomfield Suzetter De Beatham-Brown**
- \* Assistant Attorney General Claire Kindell of Bloomfield, candidate for Attorney General of Connecticut**
- \* Mayor Erin Stewart of New Britain, candidate for Governor of Connecticut**

**Carole Mulready, past president of the Greater Hartford League of Women Voters, will moderate the discussion.**

**Saturday, March 24<sup>th</sup>  
10:30-12:00 in the Meeting Room**

**Jeffrey Engel presents**

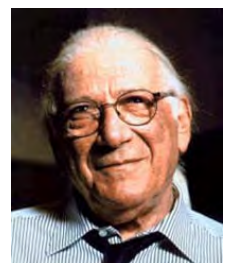
### ***Classical Musicians With Stars On The Hollywood Walk Of Fame***



**Of the over 2500 stars on the Hollywood Walk of Fame, only some 60 have been given to classical musicians. Included in this very select group are celebrated conductors, opera singers, violinists, classical and film score composers.**

**Jeffrey Engel will examine the lives and careers of a few of these personalities and play excerpts from their recordings.**

**PART I - Jerry Goldsmith, the 20th Century Romantic.**



**Saturday, March 24<sup>th</sup>  
8:00pm ~ Meeting Room  
Judy Handler & Mark Levesque**

## **WORLD TOUR**

*International music for guitar & mandolin*

Experience an exuberant celebration of cultures with this exceptional program of music from around the world for guitars and mandolin.

Connecticut-based husband and wife duo, Handler and Levesque perform their unique, expressive arrangements that blend classical, Latin, swing, folk, gypsy and jazz music influences. Audiences respond with great enthusiasm to their extraordinary sound, amusing anecdotes and the joyful spirit of their music.

*"It's a perfect musical marriage. A rich, zesty guitar gumbo, Handler & Levesque crackle with tasty elements of classical, swing, Gypsy, Brazilian and a dizzying array of world-music flavorings."*  
Owen McNally, music critic, Hartford Courant



**Hop on over to the Caleb Park**

**At 11:30am on Saturday, March 31<sup>st</sup> for the  
Annual Children's Easter Egg Hunt**

**Children of all ages welcome!**

Residents and staff are encouraged to invite their grans and great-grans to join the fun. Special guest appearance by the Easter Bunny is promised!

