



The Muirs Selected for a Series of Popular Musical Encounters

Since last spring, Noble has enjoyed the music and musical knowledge of Peter Muir, Ph.D., an internationally renowned pianist, singer and musicologist. Dr. Muir is also an expert in the music-for-health techniques pioneered by John Diamond, M.D., which teaches that music and music-making can be a means of life enhancement.

Dr. Muir has presented several recitals, featuring composers as wide-ranging as Liszt, Beethoven, and Scott Joplin, punctuated with interesting information about the composer, the times in which he lived and other influences. He described, for example, how ragtime, in the first decade of the 20th century evolved into blues and then jazz, which happens to be Dr. Muir's favorite genre.

continued on page 5

POMEROY FAMILY GIFT TO BENEFIT NOBLE EMPLOYEES

The children of the late Doris Walker have made a significant donation to Noble's Employee Scholarship Fund in memory of their mother. Their gift triples the size of the fund, which provides scholarship assistance to employees who wish to further their education in a

continued on page 2

Eileen Mulligan to Retire After 43 Years

For Eileen Mulligan, whose remarkable 43-year career at the helm of Noble Horizons will end in December, it all seemed destined from the start.

As a teenager, Eileen volunteered in a nursing home. Not long after, she entered the convent of the Carmelite Sisters for the Aged and Infirm, assuming that she would become a nurse. Her Mother Superior presciently informed her, however, that she did not have the makings of a nurse. She had other gifts. She had what it takes to be an administrator.

Eileen earned a B.S. in health services administration at Quinnipiac University and worked in public relations and human resources at a nursing home in Trumbull, CT. She left the Carmelites, but that decision didn't alter her career path. She began an internship at Avery Heights in Hartford, Church Homes' original retirement village, which, along with her degree, would qualify her to sit for the exam for state licensure as a nursing home administrator. She was only partway through the six-month internship when she was called into the office of Lowell Davis, the president of Church Homes. She had not met him before and found him in a casual pose with his feet on his desk.



"I hear you're a pretty hot ticket," he said. "Of course, you're too young for the job and a Catholic besides. (Church Homes was founded by Congregationalists.) And Salisbury is a terrible place for a young girl. You won't find any men your age." Though

unorthodox in its approach, the job offer was real. It took a moment for Eileen to realize that she was being asked to become administrator of Noble Horizons, Church Homes' fledgling retirement village in the far-flung outpost of Salisbury. For a girl raised in Fairfield County, Salisbury and environs seemed like a distant wilderness.

When she arrived in December of 1974, Noble Horizons consisted of 18 cottages and the 28-room Riga Residence, a residential hotel. To accommodate residents' growing need for on-site nursing care, construction of the Whitridge Nursing Wing was underway and slated to open in January of 1975. The catch, though, was that state

continued on page 3

Lib Grannan

Lib Grannan is a very friendly woman. Spend a half hour in her company and you'll feel like you've known her for years. It's a quality that makes her a natural for the volunteer responsibility she's chosen: being a friend.

"My people will be looking for me," she said recently, her "people" being the residents she visits on Tuesday afternoons. The current

roster of "Friends of Lib" numbers 10 or so, and her weekly afternoon of stopping by to chat usually stretches to three and a half hours. She doesn't see every person every week because a single visit can last 45 minutes, but she'll visit others the following Tuesday or the one after that. Word gets around so frequently a new person will ask "Will you come talk to me?"

"They're all glad to see me," she said.

Noble Horizons is glad, too. Her dedication to offering the simple, but precious gift of friendship earned her the Resident Volunteer of the Year Award, presented at the annual volunteer dinner in April.

When she moved into a Noble cottage two years ago, it was a homecoming in more than one sense of the word. A Canaan native, she married a fellow native she'd known since childhood, Ross Grannan, who ran a printing business in town. Mrs. Grannan worked at Housatonic Valley Regional High School for 24 years, overseeing scheduling, attendance, and report cards. After retiring they did a good bit of traveling around the U.S., and settled first in Florida and then South Carolina.

After her husband died, however, she decided to move back north to be closer to her two children, one of whom lives near Boston and the other in Ithaca, NY. "My children are delighted," she said. It's a drive of four hours rather than thirteen."

It's been a happy move for her. "I love it here, I love sitting in my cottage and looking out at all the wildlife," she said. "Everyone who works here is so cheerful and helpful. They'll do anything for you. I haven't met anyone I didn't take to."



You may choose from a range of volunteer opportunities. Call Joanne Moore, Director of Volunteers, at 860-435-9851, x154, to find out more.

SAVE THE DATES

The Noble Horizons Auxiliary has announced plans for the 21st annual Festival of Trees, "Twas the Night Before Christmas." The event opens on November 18 and concludes with a Gala Party on December 2. Join the fun. Go to www.noblehorizons.org and click on Events Calendar to find out more.

Pomeroy Gift *continued from page 1*

health-related field.

Mrs. Walker was cared for in Noble's Wagner Terrace until her death in the spring of 2015. During that time, she had ample opportunity to get to know many staff members and observe them at their work. Making a gift to the scholarship fund was, in the words of her son, Ted Pomeroy, "something that I'm sure she was thinking about, but never got around to doing"

Mr. Pomeroy said of his mother, "she has always been a great believer in education. She sensed that some members of the staff, nursing aides and others, had the desire and potential to go further, but did not see a way to make that happen."

Doris Walker loved her town and its people and was unstinting in her efforts to improve her neighbors' lives, particularly access to child care, affordable housing and health services, and served on the boards of a number of local organizations. Mrs. Walker was also passionate about environmental causes, a skilled gardener, an avid bird watcher and a gifted photographer.

The donation in memory of Mrs. Walker was a joint gift from Dorothy P. Harris, Louise P. Gara, Seth Pomeroy and Theodore Pomeroy, Jr.

"The Noble community is grateful to the Pomeroy family for this very generous gift that will have a positive impact on the lives of our employees," said Eileen Mulligan, Administrator. "Doris was a lovely person and I know she would be pleased by their gesture."

Eileen Mulligan *continued from page 1*

regulations required that an institution providing nursing care be managed by a licensed administrator. Enter Eileen Mulligan, a classic case of being the right person in the right place at the right time. Neither she nor anyone else imagined that she'd still be here 43 years later, but, she says, "I never thought about going anywhere else."

Eldercare has evolved over the past four decades and Noble Horizons, under Eileen's leadership, has changed with the times. The Noble Horizons of today is very much the embodiment of her vision, her priorities and her taste.

"Her fingerprints are everywhere," said Patrick Gilland, CEO of Church Homes, Inc. "Her integrity, her high standards, her genuine concern for the residents and the level of staff she's chosen all demonstrate her absolute commitment to her work. Some people, especially those who have held the same job for a long time, are resistant to change. Not Eileen. She's always ready to adapt to a new way of doing things. She has always been very progressive in her thinking."

JoAnn Luning, Director of Nursing from 1981 to 2012, said that one of Eileen's key assets is her attention to detail. "Her standards are very high. I remember taking a walk with her out toward where the new cottages were being built and all along the way she'd see every little thing that needed fixing. I told her I could never do her job because I don't see all those little things. She said, 'You will.'"

"She's compassionate toward the residents, families and staff," said Barbara Tobias, Director of Admissions and Social Services from 1976 to 2012. "That never wavered." She recalls with amusement that during her interview, Eileen said, "Well, I'm really glad you don't look like a social worker," expecting, Barbara learned later, a hippie-type rather than a polished, put-together woman in a suit. "She runs a good show and will be sorely missed," she said.

During Eileen's tenure, the Noble campus has grown from the original 64 acres to 110. The Cobble, which took over Riga's original function as a residential hotel, and the non-denominational St. Luke's Chapel were completed in 1983. Wagner Terrace, which houses a variety of resident services, including the Country Store, the Fitness Center, the Beauty Shop, Internet Café, Wellness Clinic, the rehabilitation department and the Life-Long Learning Center on the ground floor, with intermediate care rooms on the second floor, followed in 1994.

Cottages have always been in demand and when, in 1979, Noble received clearance from the Conservation Commission to cross a brook on the property, opening additional acreage for development, new cottages quickly

followed. Each cottage, other than the original 16, was donated to Noble by its initial residents. In 2008, the 50th and last cottage was built and donated.

Well over a thousand people have called Noble home. Its current population is 160 and its staff numbers 150, making Noble one of the town's major employers. Under Eileen Mulligan's watchful eye, Noble has blossomed from a



EILEEN MULLIGAN, NOBLE HORIZONS ADMINISTRATOR, WITH BENEFACTOR ARNOLD WHITRIDGE AT A NOBLE HORIZONS EVENT DURING THE 1980S.

tiny residential development into a true retirement village, offering independent living, intermediate care, skilled nursing and memory care as well as short-term residential rehabilitation and outpatient rehabilitation.

These are the highlights, though. They don't account for the actual running of the place—the thousands of large and small details demanding attention, the minor crises averted, the ruffled feathers smoothed, new skills mastered, countless meetings, welcoming new residents and their families, and the annual preparation of the budget, the only aspect of her job that she found a chore. In the end, it's the adroit handling of the day to day that is the heart of any successful career, and in that, she is matchless.

What's next for Eileen? She and her shih tzu, Teddy, will head to Florida for the winter. But Salisbury is home, so they'll be back. She intends to stay busy volunteering with the Noble Horizons Auxiliary as well as continuing to serve on the board of the Foundation for Community Health. An inveterate traveler, Eileen has visited more than a score of countries, and there are still new places to see. And one of these days, when the right Noble cottage becomes available, she'll move in and begin to experience Noble from the other side.

Keep up with Noble! Go to www.noblehorizons.org and like us on Facebook or click on "BLOG" from the menu bar.



INSTRUCTOR GEORGE FAISON OF THE HOTCHKISS SCHOOL WAS BACK BY POPULAR DEMAND. HE USED VARIOUS VIDEOS OF HAMLET PRODUCTIONS TO DISSECT AND COMPARE.

Class Size Grows for the 2017 Enrichment Mini-Series

Summer school isn't something that appeals to everyone. But that wasn't the case this past summer when two challenging college-level seminars were held in July and August. "Hamlet Reconsidered" was led by George Faison and Mary B. O'Neill, PhD., explored "Human+Nature: Master or Friend?"

The enthusiasm of these two skilled and experienced teachers was wonderful to watch. Both in their own ways drew class members into thought-provoking discussions. Every idea was pulled apart, examined and brought the entire class to new levels of understanding. The 90-minute classes seemed to whiz by, leaving the students to ponder new avenues for discussion next time.

MARY O'NEILL STARTED HER CLASSES OFF WITH A "LETTING GO" FIVE MINUTE MINDFULNESS MEDITATION ACCOMPANIED BY THE SOUNDS OF NATURE—BIRDSONG, RUSHING WATER, WIND, INSECTS.



NOBLE UPDATES ITS LOGO AND WEBSITE

Noble has a brand new logo and a brand new website. Noble's logo was last updated in 1993 as part of a corporate-wide effort to unify the look of Church Homes, Inc. and its villages. The last major overhaul of Noble's website was in 2006, so it was time for a change.

The logo, a bright yellow rising sun with the type elements in green, was created by Kathleen Doe, principal of Kathleen Doe Creative Design in Northampton, Massachusetts, who has experience working with small businesses and large corporations. Her recent healthcare clients include Springfield Shriners Hospital and ServiceNet, a mental health and human services network in western Massachusetts.

"Changing a logo can be a daunting experience," Ms. Doe said. "But when a business has expanded and added new services, the logo needs to evolve too. Following a thoughtful process, including background research, in-depth conversations, a site visit, and many versions of the design itself, we created a new logo that represents the vision of Noble Horizons."

Responsive web design, allowing a site to be viewed equally well on desktops, laptops, tablets and especially smart phones, is essential and was one of several key factors that played into the decision to scrap the old site. The new site, still at noblehorizons.org, features responsive design, plus a cleaner, brighter look, easy navigation, and allows visitors to download an application for admission or sign up for events online. The site was designed and custom-built by Bob Burch, owner, lead designer and front-end developer at Bright Cloud Studio in Westfield, Massachusetts.

"This project had a lot of factors to consider, but the most important was that the site needed to represent the Noble Horizons community," Mr. Burch said. "We needed to understand who the residents are, the role of the staff, and the beautiful landscape and facilities they have. It was important to us to capture all of that in the design, and I feel that we did just that."



Visiting the Bok Farm

ROXANNE BOK CHUCKS THE CHIN OF A FAVORITE GOAT. AS HOSTESS, SHE PERSONALLY INTRODUCED NOBLE RESIDENTS TO THE MANY FRIENDLY FARM ANIMALS IN HER CARE.

For some Noble residents—especially those who grew up on farms—it was a trip to the past when life meant caring for and being surrounded by an assortment of farm animals. For other residents, it may have been more unusual to find themselves surrounded by donkeys, goats and hens with chicks all at once. Any lingering trepidation, though, was quickly swept away when it was made clear that these were much-loved and gentle creatures.

Out came the buckets of grain and gone were any inhibitions. Residents got to hand feed the animals, brush their necks, pass a finger over their soft feathers, whisper, pat and even steal a kiss or two.



After an hour or so, hostess Roxanne Bok and her staff served cookies and cold drinks which included just-pressed apple cider. It was a relaxing morning that concluded just as a summer storm slowly made its way over the western hills.



Land Purchase Announced

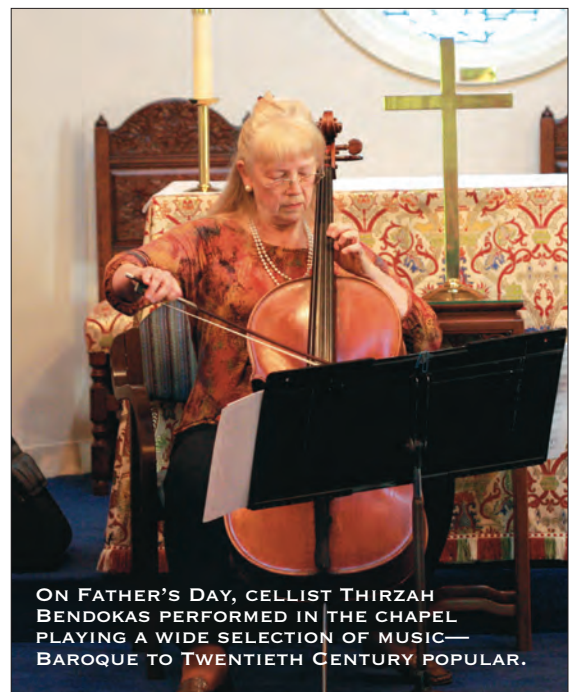
With the purchase of 12.2 acres in late summer 2017, Noble has acquired a total of 32 acres of adjacent property to be used for future expansion. Thirteen acres and a house were purchased in 2006, and an additional seven contiguous acres were added to Noble's holdings in 2011.

The Muirs *continued from page 1*

Dr. Muir, and his wife, Judith, also trained in Dr. Diamond's methods, have taken the music as a therapeutic tool approach in working with residents in Noble's memory care level of living. Through interactive sing-alongs where the audience joins in, the Muirs have shown that anyone, regardless of musical ability or level of functioning, can benefit from hearing and making music.

Dr. Muir's work at Noble is made possible by the Robert E. Julien Music Appreciation Fund, created in memory of the late Mr. Julien, a cottage resident, who for many years shared his love of art and music through a series of Taconic Learning Center courses as well as weekly programs for an avid group of Noble residents.

JUDITH MUIR LEADS WHITRIDGE RESIDENTS, FILLING THE ROOM WITH SONG.



ON FATHER'S DAY, CELLIST THIRZAH BENDOKAS PERFORMED IN THE CHAPEL PLAYING A WIDE SELECTION OF MUSIC—BAROQUE TO TWENTIETH CENTURY POPULAR.



17 Cobble Road
Salisbury, CT 06068

www.noblehorizons.org



A boxed set of four handsome rice bowls fits any decor and, at \$30, also your budget.



The affordable local shopping experience!

Always a Sale! M-F 10-3:30 Sat 12-3

The Country Store at Noble Horizons

Please call (860) 435-4537, ext. 190, with change of address corrections. www.noblehorizons.org

CALENDAR OF COMING EVENTS

For additional events and more information, please visit www.noblehorizons.org

October 13, 5:00-7:00pm

All in the Family Opening Reception of a group art show from members of seven families. Open weekends 11-4 through November 12. **FREE**

October 28, 11:00am

The Enigmatic Bobcat of Connecticut Certified Master Wildlife Conservationist Paul Colburn reveals the mysteries and shares artifacts of the elusive Connecticut bobcat. **FREE**

November 4, 2:00pm

“At Long Last Love: Classics from the American Songbook” Jean and Bill McClelland in concert featuring American popular songs from Broadway and the golden era of song, including works by Jerome Kern, the Gershwins, Cole Porter, Irving Berlin, Stephen Sondheim and others. **FREE**

November 11, 11:00am

Discovering the Statues of Central Park G.A. Mudge will share images, discuss the diversity and background of the statuary, and even share the routes of six walks on which one can visit all statues. **FREE**

December 9, 10:00am-5:00pm

December 10, 10:00am-4:00pm

Artisan Fair The popular holiday fair sets up at Noble Horizons for the first time this year. **FREE**