

**A MESSAGE FROM
THE ADMINISTRATOR**

I hope your holiday season was all you wished it to be. It is always a very busy time and yet it's also a time to reflect and contemplate aspirations and initiatives for the upcoming New Year.

Indeed this past year has been a unique professional experience for me. I wish to thank all those who have provided feedback, support and suggestions as I've navigated my first year here. Noble Horizons is truly a special place and I would be remiss if I didn't acknowledge the architect of its success and prestige, Eileen Mulligan. As I make my daily walk through the halls, I'm conscious of Noble's history and that the painstaking attention to detail that I see around me is what separates Noble from any other residence of its type in Connecticut and beyond. Miss Mulligan created the "Noble experience" that has been a beacon to so many in their search for serenity of spirit, physical wellbeing, and a warm, welcoming community.

I've spent a lot of time over the year recognizing the importance of the roots that have been established as well as

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COMING TOGETHER AROUND THE TABLE

Noble Horizons' Riga Dining Room, its large windows affording a panoramic view of the pond and mountains behind, is a pleasant place to be. Comfortable chairs and linen-draped tables encourage socializing and lingering over coffee. This time of year, a fire is likely burning in the fireplace. And three times a day it comes alive when residents gather and enjoy sharing good food with their friends.

Cobble resident Sylvia Simes sits at a round table for six at the noon meal. Not an early riser, she doesn't take advantage of the cooked to order breakfast selections—eggs, bacon, sausage, waffles, French toast, pancakes—but, she said, "I wake up looking forward to joining my friends for dinner. They're all nice and we laugh and talk about all kinds of



things—experiences we've had, trips we've taken, our children a little but not too much. Anything but

religion and politics. We come in at noon and talk until 1:30."

The Riga Dining Room and



FRANCESCA BURKHART AT SERVICE.

its kitchen are the domain of Joe Thibodeau, Director of Dining. In the months since he took charge, he's made a number of changes, all intended to please residents and make service as seamless as possible. The most visible change is a steam table in the dining room where uniformed chefs serve to order,

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CHILDREN GATHER for a story, a song and refreshments at the 22nd annual Festival of Trees. More photos appear on page 5.



FAMILY AND FRIENDS AT THANKSGIVING.

Around the Table *continued from page 1*

saving steps for wait staff who used to have to go back and forth to the kitchen and wait in line to place their orders. “It’s really speeded service up,” he said. “The residents are served quickly while their food is still hot.” A carving station is expected to arrive soon.

Alternatives to the featured entrée are always available and Joe is happy to accommodate special requests. He’s set up a resident dining committee that meets monthly, giving residents the opportunity to let him know what they like and what they’d like to see added to the menu. Recent requests include baked potatoes, grilled cheese sandwiches and clam rolls with French fries. And small favors are extended to individuals. One resident is part of a community group where members take turns providing refreshments. He wanted to bring something when his turn came and Noble’s kitchen came to the rescue with a batch of special cookies.

Supper is a lighter meal, always including soup, which is made daily, and a sandwich or pasta dish. And it always ends on a sweet note, whether pudding, cake, pie or cookies.

In addition to service in the dining room, meals are delivered to those cottagers who prefer not to do

their own cooking as well as to rehabilitation and skilled nursing residents who choose to eat in their rooms.

Holidays—especially Thanksgiving, Christmas and Mother’s Day—bring families together so Noble has a tradition of pulling out all the stops in serving special holiday dinners to residents and their guests. On those

occasions the dining room is full to bursting and auxiliary dining rooms have to be set up in adjacent spaces.

Other occasions, including opening receptions for art shows and, particularly, the Festival of Trees Gala, require that the kitchen produce especially attractive platters of hors d’oeuvres. Joe is already looking forward to summer when he intends to make a lot of use of the terrace right outside the dining room.

“There are a lot more things going on here than where I worked before, parties and picnics,” he said. “But I love it. It’s a challenge. You have to be really organized.”

Fortunately, he’s got a great staff. “They’re a well-oiled machine,” he said. “They know what they’re doing. One of the cooks has been here for 40 years.

Everyone pitches in and gets the job done.”

Getting it all done with good cheer, flexibility and style, has gone a long way to build team pride.



ABOVE, VETERAN DINING STAFF DEBBIE CAHILL, AMY SMITH AND FRANCESCA BURKHART. BELOW, THE CHEFS ENJOY CONSTRUCTING FANCY PLATTERS OF HORS D’OEUVRES.



DIRECTOR OF DINING SERVICES JOE THIBODEAU BEHIND THE STEAM TABLE AT DINNERTIME.

Keep up with your friends and family at Noble. Visit [Facebook/Noble Horizons](#) or our website blog to enjoy regular updates of activities, parties, trips and more.

SEASONAL MENUS REVOLVE IN 4-5 WEEK CYCLES. IN ANY GIVEN WEEK DURING WINTER, DINERS CAN EXPECT SAMPLE MENUS SUCH AS THESE:

Roasted Sirloin of Beef with a Wine Mushroom Sauce Baked Potato Steamed Cauliflower with Parsley Peach Melba	Parmesan Crusted Cod with Lemon Sauce Rice Pilaf Spinach with Onions Lemon Meringue Pie
Baked Ham Mashed Sweet Potatoes Roasted Balsamic Cauliflower Pistachio Pudding	Chicken with Artichokes and Mushrooms Roasted Garlic Mashed Potatoes Broccoli Chocolate Mousse
Roasted Pork Loin with Cider Gravy Mustard Roasted Potatoes Broccoli Cinnamon Apples	Penne Pasta with Bolognese and Ricotta Cheese Garlic Knots Sauteed Carrots Peach Berry Pie



OUR INVALUABLE VOLUNTEERS

Chris Galligan

The legend is that Chris Galligan offered to prune Noble's trees before he even had a look at an available cottage. It's true. A certified arborist, the man loves to work in trees.

Noble's volunteers have performed a wide variety of services for Noble and its residents over the years, but Chris is the only one to have taken on a project that essentially encompasses the entire campus.

In the fall of 2015, Chris and Mim Galligan and their border collie mix, Lucy, left their home in Cold Spring, NY for a Noble cottage. That first winter, Chris was out shoveling snow with the maintenance crew, recalling one grueling seven-hour day after a particularly massive blizzard. Once the weather improved, he got started tending Noble's many trees in earnest, and he hasn't stopped. Most recently he was working on two small groups of ornamental crabapples.

A native of the Hudson Valley, Chris was much in demand as an arborist, including Boscobel, the historic house museum and garden in Garrison, NY, among his many clients. And his skills are still in demand. On a recent trip to a nearby apple orchard, he told the proprietor that he had cared for the orchard at Boscobel for 40 years, and was immediately offered a job. He agreed and plans to spend a couple of days a week working there, interested in learning the difference between pruning trees for production rather than as ornamentals.

"I just love it," he said. "I can't wait to get out there." Part of his love of tree work has to do with being outdoors. "He's almost claustrophobic indoors," Mim said. "He needs to be outside." Indeed, when he's not shoveling snow or trimming trees at Noble he's jogging on the Appalachian Trail.

Retirement? "I don't know what it would be like," he said. And he doesn't intend to find out any time soon.

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



A STILL IMAGE TAKEN FROM THE NEW VIDEO ABOUT NOBLE HORIZONS. GO TO THE NOBLE WEBSITE TO VIEW THE FINISHED PROJECT.

Video Debuts on Noble Website

While Noble's website (www.noblehorizons.org) provides a wealth of factual information, a new video produced over the summer goes beyond the basics to offer a more intimate, inside glimpse of what life at Noble is really like from the perspective of those most in the know—its residents.

In the five-minute video, Rosemary Farnsworth, Noble Richards, and Theresa Thompson with her daughter Renee Sartori talk about their lives since joining the Noble community. Along the way, they take the viewer on a tour of the Noble campus: Mr. Richards tools around on his recumbent bike, Mrs. Farnsworth communes with nature at the pond and Mrs. Thompson and her daughter stroll along one of the many pleasant walkways.

The video was shot and produced by noted photographer/videographer Jonathan Doster of Sharon. Mr. Richards and Mrs. Farnsworth welcomed him into their cottages and he had full access to Noble's 110-acre campus at its most lush.

Jonathan's 35-year career has taken him around the world, working on projects in the arts, education, sports, and environmental concerns as well commercial assignments. About the project, Jonathan says: "...the focus was to feature the lush campus. Ultimately, this is a tribute to the beauty of the Noble Horizon community and a welcoming appeal for future residents."

To view the video, go to the Noble Horizons home page and click the graphic to launch a pop-up player.



BILL POND
WELCOMES
GUESTS TO THE
VETERANS DAY
DINNER.

from the Administrator *continued from page 1*

assessing opportunities to assure and sustain continued success for many years to come. The industry, as it exists in Connecticut, is highly competitive and highly regulated. It is my goal to build on our well-established foundation and look for new opportunities and avenues for growth, both financially and clinically. All of this is necessary to keep Noble ahead of the rest. It is essential that we continue to be leaders in the industry and never settle for second best. We cannot allow success to lead to complacency.

It is our goal to establish a preeminent memory care level of living. We have engaged in extensive research over the past year and look forward to implementing what we have learned. We are confident that what we're doing will prove of benefit to a rapidly growing population in need of such clinical support.

We are also in process of reaching out beyond the greater Salisbury area in an effort to bring our message to those who aren't yet familiar with Noble Horizons. It's important to expand our scope of opportunity and create new relationships with a growing range of stakeholders.

We are looking toward the development of a cardio-pulmonary program and intend to create a shared services philosophy with partnering agencies.

All of these initiatives will be implemented with the understanding that Noble will continue to operate with the highest quality standards of care.

Change can be uncomfortable, yet can also be very exciting. I'm looking forward to our new year together and as always I am available to discuss any issues or concerns you may have. I can be reached most conveniently at bpond@churchhomes.com or at Noble at 860-435-4537 ext 120.

Best Regards,



Once a month for the past 23 years, a little band of people, perhaps one or two carrying a guitar, gather in Noble's St. Luke's Chapel, where residents are waiting. And then they all make music together.

The visitors are the Sheffield Singers, a group formed by Barbara Schoenly with some friends from her church more than two decades ago. They're self-described amateurs, but what they may lack in professional polish they make up in enthusiasm and good spirits.

The songs that they sing are all familiar to those of a certain age and everyone knows not only the tune but the lyrics as well. Usually Barbara offers a message about the importance of faith. "I've always had a special place in my heart for older people," she said. "And we enjoy what we do."

SNOEZELN ROOM GETS A FACELIFT

The Snoezelen Room, an innovative multi-sensory environmental therapy space located in the memory care level in Noble's Whitridge Wing, is designed for comfort and relaxation. Snoezelen (SNOOZ-a-lin,) a concept developed by Dutch therapists in the 1970s and now widely accepted, enhances a sense of well-being, reduces anxiety, increases enjoyment and sensory experience and improves sleep habits.

Noble's Snoezelen Room has recently undergone a minimalist makeover, shedding the variety of visual stimulations in favor of just two sleek continuous random-pattern bubble machines that regularly change colors, making the room a very simple and private space.

The Auxiliary's Special Season

Three related major events, one right after another, keep Noble Auxiliary's indefatigable members busy for a great portion of the year.

Their efforts finally unfold in mid-November with the Holiday Fair (top two photos), a day-long sale of local handmade knits, decorations, jams and preserves, baked goods, costume jewelry and collectible holiday gifts, including made-to-order Christmas tree ornaments.

Just hours later the Festival of Trees opens to the public.

The Festival is a local must-see for daycare and young school children from throughout the area (row 2 and 3). For scores of little ones, their visit, a story and sing-along with Mrs. Claus and favorite elf, sets the tone for their own family celebrations.

Visiting adults may place a bid in the silent auction in hopes of bringing the decoration of their fancy home or enter a raffle for prizes from area businesses or donate to The Loving Tree (row 3) to provide special services for Noble residents.

All the care and effort culminate with the Gala (bottom 2 rows), a sparkling party with drinks, hors d'oeuvres and final silent bidding for trees and decorations as well as live bidding on specially selected gifts.

The Noble Horizons Auxiliary always welcomes new members as well as new contributors to the Festival of Trees. Make 2019 the year you choose to join the fun and bring your talents forward for all to see.





Laminated serving tray with
artwork by Avery Tillman, \$67.
Set of four matching coasters, \$11.



The affordable local shopping experience!
Always a Sale! Winter hours M-F 10-3:30

The Country Store at Noble Horizons

CALENDAR OF COMING EVENTS

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

selected dates in January, 10am-11:30am

a four-part series on the American West present by Professor
of History Hamish Lutris, **FREE**

January 8 Mountain Men and the Opening of the West

January 15 Gone to Texas: The Civil War and the West

January 22 Hell on Wheels: The Wild West

January 29 Sodbusters and Colleges: The Winning
of the West

through February 17, weekends 11am-4pm

Housatonic Camera Club The annual show and sale of new
work. **FREE**

Did You Know...

Seventy percent of people with painful knee OA have
weak quadriceps. Exercises that improve strength
and flexibility in quadriceps will help with knee joint
stability and decrease stiffness without causing further
damage to your joints.

Angelia Greene, PTA, LMT
Director of Rehabilitation Services

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