



Noble NEWS

We find ourselves in the midst of summer, 17 months since the advent of the Coronavirus crisis. Can anyone remember a time so surreal? At Noble, each day we review our protocols, provide in-service training to our team and navigate the re-opening process with a laser focus on safety in this unsettled environment. We understand the fickle nature of Covid and not only consult daily with the Department of Health, but consistently reassess our Covid protocols to keep our campus and residents Covid-free.

We are moving cautiously but are embracing opportunities to reintegrate with our community. We hosted several outdoor summer concerts and are making plans to re-open our outpatient rehabilitation program services for community members.

As part of our 'welcome back' campaign, we hosted our first-ever open house which was a great success despite the monsoon rains. We look forward to hosting additional open houses throughout the year to ensure that many more can experience Noble Living.

I would like to offer sincere gratitude to those who have made a gift to Noble Horizons this past year. You have helped us meet enormous challenges over the last 18 months providing Noble with the resources needed to remain Covid-free while offering residents the exceptional 5-star care they count on and deserve.

We have persevered in large part because of your generosity and I hope to be able to thank you in person in the near future.

Bill Pond
Administrator and COO

Noble LIVING

Still Making House Calls!



Gordon Johnson retired DVM and Noble cottage resident didn't think twice when a Noble staff member called him on Memorial Day weekend, alarmed by the deteriorating condition of her aging golden retriever, Oakely.

Within 15-minutes, Gordon was on his knees, assessing Oakley, and offering treatment options.

Showered with gratitude, he smiled, "This is certainly easier than the Falls Village client whose dog had a predilection for porcupine entanglements at 4 am...and always called me for help."

Similar tales animate his conversation, each a testament to his life as a small-town country vet!

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Noble SPOTLIGHT: Your Joint Replacement Rehab Resort



Recovering from joint replacement surgery isn't easy but when you can heal with a positive and encouraging rehab team and the comfort of exceptional amenities amidst the beauty of our 110-acre campus your rehab experience becomes a resort experience!

Noble's holistic approach to care focuses on an inclusive mind/body connection that treats the whole person, not just the injury. Our highly trained physical, occupational and speech therapists work closely with the entire medical team to ensure a seamless continuum of care and the best results possible. Following short-term rehabilitation you can enhance your recovery in our out-patient rehab center by working with the same therapists who guided your in-patient experience.

*When it's time to get that hip, knee or shoulder surgery - don't hesitate to give us a call.
Why not rehab at the Rehab Resort!*

5-Star Physical Therapy...Meet LEN PRATT

Outpatient Rehabilitation

As the face of Noble's outpatient rehabilitation center, Leonard "Len" Pratt has been helping tri-state residents achieve optimal rehabilitation results for 15 years. Len offers a flexible schedule (evening hours!) to accommodate people from the community seeking outpatient therapy, and is a favorite among short-term inpatient rehabilitation guests as well as residents living at Noble Horizons.

His specialty is his continuity of care; Len often helps people build their strength before surgery and then guides them through recovery as well as out-patient therapy once they have returned home should they still need therapy to reach their optimum level of function and independence. He develops individualized plans that his patients can do independently to maximize their results.

Len particularly enjoys working with total knee replacements because of the transformative impact therapy can have, noting that pain-free, fully restored function is achievable. He is particularly proud that so many of his patients have gratefully returned to the ski slopes, hiking trails, and other favorite pursuits.



The Rehab A-TEAM

Physical, occupational and speech therapists work together to ensure residents recover quickly from their joint replacement surgery.



L to R: Angelia Green, Hope Gallagher, Melissa Morgan, and Kaitlin Johnson

Meet our Rehab A-Team

As a life-long Salisbury resident, **Angelia Green** is well-known to the community as Noble's Director of Rehab. Angelia facilitates the plan of care with all departments and as well as residents, their families, and the therapists. For joint replacements, she integrates the latest treatment protocols which used to mandate bed rest for a few days but now require that rehab - whether physical, occupational or speech therapy - begins just a few hours after surgery. Angelia especially loves helping old friends from the community get back to enjoying life!

As an occupational therapist, **Melissa Morgan** is able to indulge in her passion for helping people. Melissa enjoys guiding people through the healing process by giving them tools, strategies, and techniques to overcome challenges and return to meaningful activity in their daily lives. Her mantra: Focus on the whole person, not just the physical impairment as this will lead to a higher level of rehabilitation and happiness!

When **Hope Gallagher's** son was born three months premature, he needed the services of physical and occupational therapists. Their dramatic results provided the impetus for her training as an occupational therapist. Hope is well-known to many in the community as the instructor of Noble's free weekly balance class; after a career in the military, she finds it especially rewarding to work one-on-one with people while providing the techniques and strategies to enjoy life as fully as possible.

Physical therapist **Kaitlin Johnson**, also a longtime balance class instructor, is well-trained in pain management therapies. She has a bachelor's degree in sports medicine and a doctorate in physical therapy from Sacred Heart University. Her passion is helping her clients achieve their full potential after major joint repair and replacement surgeries; her goal is to decrease recovery time, improve their independence, and maximize their quality of life.



*Kaitlin Johnson
working her magic!*

Don Russell - a Noble Rehab STORY



Meet **Don Russell**, who is a graduate of Noble Horizons short-term rehabilitation program and is also the resident who gave us the delightful designation of "Rehab Resort"!

When asked about his time at Noble, Don explains,

"I have zero complaints. The work here is very holistic - they care about your total experience, not just the medical care."

Don found the team at Noble to be very pleasant and attentive, and the caliber of the care and amenities similar to a resort which is why he calls Noble the "rehab resort". He appreciated how often the staff exceeded expectations, especially during COVID, to ensure all members of the Noble community were safe.

"You can always tell when people enjoy their work and the team at Noble does - it's obvious."

Don spent 5 weeks at Noble while he rehabbed a broken hip and underwent physical therapy.

"The PT was great. My wife was here before she passed and got excellent care, which is why I choose Noble Horizons for my rehab. My wife especially enjoyed all the amenities like the gardens, the grounds, and the hair salon."

"Only at Noble could short-term rehab be a resort experience!"

Don Russell - Noble Rehab Resident

Gordon's Story (continued)

Gordon and his wife Jeri arrived in Lime Rock in 1970 to raise their family of four children in the country. They created a vet clinic by renovating a garage attached to a large barn next to their home and opened for business. Although every surrounding town had a vet, none had a small animal clinic, so Gordon opened one. For 30 years he cared for dogs, cats, deer, snakes, and countless other animals along with their grateful owners.

Raising a large family while responding to frequent emergencies was a challenge but Gordon made it work. "Family dinners were very important and I made sure that my work did not interfere. I ended appointments by 6 or 7 to protect family time. I did, however, open on Saturday mornings to accommodate people working Monday thru Friday and tried my best to space appointments far enough apart to avoid long wait times for the animals...and the owners.

Gordon reflects on those years with gratitude. "The community gave so much to our family and I felt strongly that I needed to give back. They helped me send all four of my children through

"I got to make my first house call in over 15 years!"

Gordon Johnson, DVM and Noble Cottager

college!" Give back he did; his civic contributions began with the Planning and Zoning Board which he served for 20 years. He was then asked by a Salisbury selectman to consider serving on the Board of Education; Gordon was incredulous, "I'm a veterinarian!" He quickly agreed, however, and for over a decade, volunteered his time on behalf of children and schools

and later served as the Salisbury Rep to the Region One School Board. "I loved it," Gordon acknowledged. His contributions to the region's youth were recognized in 1996 with his selection as the Housatonic Youth Service Bureau's first Donald T. Warner Award winner. The esteemed award celebrates a community member's dedication, service, and commitment to children and families.

30-years after opening his practice, Gordon felt ready to retire from business ownership but not animal care. He sold his practice to local vet, Dr. Kent Key, but continued as his colleague. "I could still take care of the animals but I didn't have to run the business, too. I continued to performed small animal surgeries in my Lime Rock clinic."

When his wife fell ill, they relocated to Georgia to live with their daughter, Janice. "I joined the Noble Horizons cottage waitlist over 20 years ago and whenever Noble called to ask if I was ready, I declined. Finally, last winter, the time was right and I moved in." Gordon's son and his family live in Cornwall Bridge, and old friends enthusiastically welcomed him back to town.

He has discovered that several of his old clients live at Noble and he now enjoys seeing them as new neighbors. When asked about taking care of that old golden retriever on Memorial Day, he simply laughed, "I got to make my first house call in over 15 years!"

Noble PETS

Finnegan



This adorable and friendly cat wandered onto campus about 10 years ago and was so warmly embraced by members of the Noble community that he eventually took up full-time residence and moved in! Our Recreation Department took primary responsibility for him until its Director noted a particular cottager's fondness for the cat.

Before long, the cottager adopted this campus cat and named him Finnegan! Five happy years later, his cottage parent moved into the Wagner residence and Finnegan followed, officially joining several other Noble pets! Finnegan is now giving and receiving lots of love and affection, especially on Whitridge, our residence for memory care.

Fred & Ethel

To some, Fred and Ethel may hearken memories of the hilarious "I Love Lucy" couple, but at Noble they are our favorite parakeet couple!

As social birds, parakeets love people and of course love other parakeets. When our large yellow and green bird sadly lost the love of his life- a pretty blue parakeet- we knew he could not remain alone. We waited about a month and then introduced him to a new mate - a much younger and smaller parakeet with pretty blue highlights. It was love at first sight when they met; he was the happiest bird we'd ever seen!

The residents were particularly enthralled by the new couple and decided the birds needed names so we hosted a contest and the residents voted Fred and Ethel the new names! Fred and Ethel sing together and talk to each other all day long and are beloved by residents, staff and all who visit Noble.



Noble HAPPENINGS

AUGUST 17th

Dr. Scott Small

“Forgetting: The Benefits of Not Remembering”

Back by popular demand, Director of The Alzheimer’s Disease Research Center at Columbia University and memory expert, Dr. Scott A. Small, will discuss the ongoing efforts to find a cure for Alzheimer’s research as well as examine the fascinating new research on memory included in his new book *“Forgetting: The Benefits of Not Remembering”*.

Who wouldn’t want a better memory?

“While old dogs can’t learn new tricks, it’s a good thing we can forget old ones, since it turns out that I, along with many other memory investigators and memory doctors, was wrong about forgetting. Recent research in neurobiology, psychology, medicine and computer science has contributed to a clear shift in our understanding. We now know that

forgetting is not just normal but beneficial to our cognitive and creative abilities, to our emotional well-being, and even to societal health.” Dr. Scott Small

Scott A. Small is a physician specializing in aging and dementia and a professor of neurology and psychiatry at Columbia University, where he is the director of the Alzheimer’s Disease Research Center.

He has run a National Institute of Health funded laboratory for over twenty years and has published more than 140 studies on memory function and malfunction, research that has been covered by The New York Times, The New Yorker, and Time. His insight into Alzheimer’s disease recently led to the formation of Retromer Therapeutics, a new biotechnology company which he co-founded. He was raised in Israel and splits his time between his homes in New York City and Millerton, NY.



The event will take place via Zoom on Tuesday, August 17th at Noon.

To register for this FREE event please visit : noblehorizons.org/events or call 860-435-9851.



17 Cobble Road
Salisbury, CT 06068
Return Service Requested

www.noblehorizons.org



Noble COMMUNITY



Dining at Noble is always a special occasion - be it one of our regular BBQ cookouts, a birthday celebration or a regal meal.

Recently some residents enjoyed a special luncheon of fresh mussels and garden greens in the formal dining room. A grand time was had by all enjoying the delicious meal and wonderful company.