

Avery Life

THE NEWS FROM AVERY HEIGHTS



WINTER 2009

Living at The Terraces offers new options

For Jean and Jim Brown, The Terraces — ten 1- and 2- bedroom apartments on the second floor of The Heights — is the right place to be. Heights residents since fall of 2006, the Browns moved last October into a Terraces apartment that, Jean says “is right above where we were living. We have the same wonderful view of the valley — just one floor higher.”

The Browns’ move upstairs to The Terraces was motivated by their desire for a more supportive environment. Described by Bill Englehart, director of independent living, as a “new neighborhood here at The Heights,” The Terraces offers the opportunity to stay in a Heights apartment, with access to all the services, programming and amenities offered to the community, plus the added security of personal services available around the clock.

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JEAN and JIM BROWN

For the Stewarts, Avery is part of the family

On almost any weekday you will see Paul or Linda Stewart — and often both — at Avery Heights. Paul jokes that, after his retirement from Industrial Risk Insurance in 1997, volunteering here gave him “something to do besides watching cartoons.” But, in reality, the involvement of the Stewarts with Avery Heights is long and deep; between Linda’s 36 years as a nurse and Paul’s 12 years as a volunteer, they have been connected to this community for nearly five decades.

The Newington couple, who have five children and four grandchildren, met in their hometown of Holden, Massachusetts. As Linda tells it: “Paul’s mother lived behind a house where I babysat. One day I was outside hanging clothes; Paul’s mom saw me and decided that I would be a good date for him for an upcoming dance. The rest, as they say, is history!”

Paul’s interest in volunteering at Avery Heights was sparked both by Linda and his own experience in caring for his father, and he has developed an extensive

We treat the people at Avery as our second family.

repertoire of social and recreational activities. An avid bowler, Paul supervises the set-up of a bowling lane every Monday morning in Noble (“plastic pins and a rubber ball,” he notes). On Tuesday mornings he conducts the men’s club, open to men from all over the campus for socializing, discussions of current issues, and video viewing; sometimes Paul brings friends from the community to join the Avery residents. Thursday is the day for “horse-racing” — a popular board game that provides another socializing opportunity.

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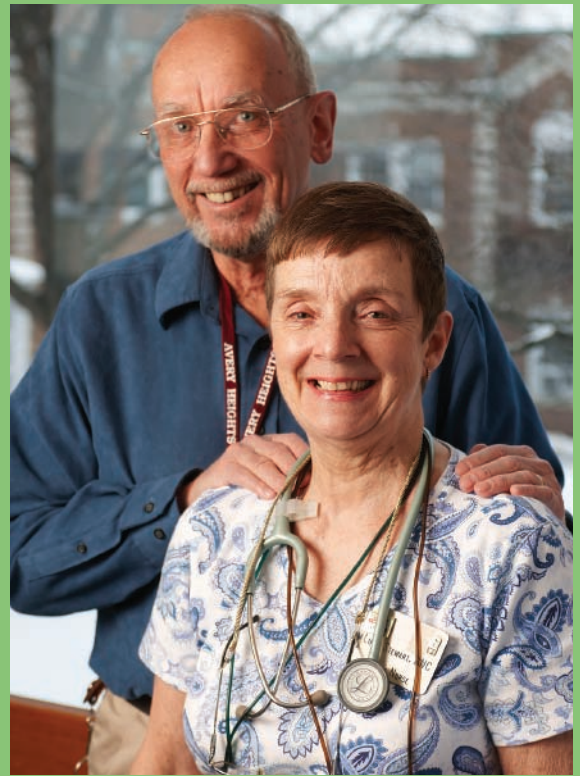
The Stewarts (continued)

Recently, Paul scheduled an outing to a local bowling alley, one equipped with assistive devices for those who needed them, says Jodi Levine, director of therapeutic recreation. Jodi went with the group. “We bowled and had pizza at the lanes afterwards,” she says. “One person commented, ‘This is wonderful! I thought I would never bowl again!’ And even though Linda was off that day, she came with us to help.”

The dedication is typical for Linda. “We treat the people at Avery as our second family,” she says. “I work many holidays so I can be here part of the time and then see my own family.”

In fact, involvement with Avery is a Stewart family affair. “When our kids were little, they made Christmas and Halloween cards for the residents,” Linda says. “Our four grandkids have all volunteered at Avery — including one granddaughter who helps Paul set up the Monday bowling sessions. Our two sons and a son-in-law play in the golf tournament. We feel blessed to be able to bring joy to people here, especially those who may not have much family.”

After 36 years, does Linda ever think about retiring? “Sometimes,” she admits, “but I really can’t imagine not working here.” She adds with a laugh, “I’ll be here as long as Paul is willing to keep driving me up that hill in bad weather!”



PAUL and LINDA STEWART

Living at The Terraces (continued)

Former residents of Wethersfield and Hartford, Jean, a retired Universalist minister and Jim, a retired advertising executive, have been involved in church activities and in neighborhood redevelopment programs. Currently, Jean is enjoying painting classes and “loves swimming in the new pool.” She notes that living at The Terraces offers invaluable peace of mind. “The staff is here to check on Jim at any time, if I’m out or even when we’re asleep.”

The 24/7 supervision and comfort checking by trained staff is just one of the services offered to Heights residents at The Terraces. Other services include monthly wellness visits by registered nurses; assistance with personal care; assistance with light household tasks, including laundry; and support and companionship as appropriate.

“We’ve heard the suggestions of our residents,” says Englehart, “and the opening of The Terraces enhances the seamlessness of Avery’s continuum of care.” Jean Brown adds: “The apartment is beautiful, and everybody is cooperative and congenial. Jim and I are very happy here.”

For more information, call Cyndee Goodwin, director of marketing, (860) 527-9126 ext. 403.



Boardroom dedication

In late November, the newly-refurbished Avery Heights boardroom, located on the second floor of The Heights, was renamed the Maynard C. Bartram Boardroom. At the dedication, presided over by current board chair Peter Carey, Bartram, a founding member of Church Homes, Inc., was honored for his over 50 years of service to CHI, and was presented with an historical scrapbook created by Marjorie Tessman, executive assistant to the President and corporate secretary to the Board of Directors.

Robinsons enjoy life at Avery

“I was 19 and he was 21 when we got married,” says Mary Robinson. Over six decades later, the Robinsons — parents of two, grandparents of six, and great-grandparents of six — are still very much together.

John, a retired physician and Mary, a homemaker, moved to The Heights in 2006 from their home in Glastonbury. “Avery was part of our family,” says Mary, “since both my mom and dad lived here.”

A graduate of Andover, Yale, and the University of Vermont College of Medicine, John served in the Army during WW II, spending time stateside and in the Philippines. After the war he worked in a tuberculosis sanitarium in Vermont where, he laughs, “I was paid in potatoes and venison,” before joining a private practice as a general practitioner.

The couple came to the Hartford area when John accepted an offer from Travelers, where he worked initially as a claims evaluator. He was with Travelers for 33 years, retiring in 1986 from his post as chief medical director.

Although retired, John still belongs to the American Medical Association and the Connecticut Medical Association, and regularly reads medical journals. “In fact, he says, “I’m still taking post-graduate courses on tape and taking the tests to keep up my medical license.”

Both John and Mary are involved in community life at Avery Heights. John is president of the AHILA (Avery Heights Independent Living Association) and Mary is a floor representative whose role, she notes, is



MARY and JOHN ROBINSON

to “greet new people and help them to feel comfortable.” One area that John is currently focused on is helping Avery Heights to “go green” — saving energy and resources. In addition to looking at resource use affecting the campus as a whole, he says, “We’re in the process of soliciting suggestions from individual residents and will be disseminating those suggestions through *The Voice*.”

When not involved in community activities, Mary and John enjoy watching DVDs of, as Mary puts it, “the older shows and movies” (their favorites include *I Love Lucy*, *Little House on the Prairie* and the comedy shows of Jack Benny and of George Burns and Gracie Allen). She adds, “We are thoroughly enjoying our lives here and know that, whatever happens, we are in the best place.”

The Marjorie B. Doty Aquatic Center



The Marjorie B. Doty Aquatic Center is full of life. Local elementary school children, participating in a community-sponsored after-school program, are learning to conquer their fear of water and develop good exercise habits. Residents of Avery Heights are improving their health through arthritis, aquacise, and water-walking classes, as well as taking advantage of open swim times. Members of the outside community will be able to take classes beginning in March, and anyone attending an open house at Avery Heights is “welcome to bring their bathing suits and sample this beautiful pool,” says exercise physiologist Mark Modifica.



Warmth for Winter
Holiday Tea



Co-chaired by Katherine McCormack and Renée Picard-Walsh, a Warmth for Winter committee of Avery Heights volunteers, pictured above, organized the successful and memorable event to benefit residents of the health care facility.



Above: Leslie Watson, manager of The Villager; Katherine McCormack, and resident William Brenner

Above right: Bette Wolfe, Renée Picard-Walsh, Carol Plona and Dolores DiFazio

Right: Heights residents and volunteer registrars, Judy Gilbert and Nancy Springer



Maynard and Jay Bartram



Aetna grant and holiday tea provide winter warmth

On a Thursday afternoon and evening in early December, friends of Avery Heights attended a gala holiday event that provided winter cheer for the participants and winter warmth for a host of Avery Health Care residents.

From 1:00 to 7:00 p.m. on December 4, over three hundred people enjoyed a traditional English tea or an elegant cocktail hour and were able to shop at The Villager, whose new boutique style has been a big hit with Avery Heights residents and friends.

Admission to the event was either an item of winter clothing or a cash donation to supplement a \$2500 grant from the Aetna Foundation, a grant that funds the purchase of winter clothing for residents of the Avery Health Care Center. By the end of the day, the space under the Christmas tree overflowed with new coats, scarves, lap robes, sweaters, pajamas and other winter wear.

Distributed at a party on Christmas eve day by Avery Heights recreation staff and a secret Santa (who was actually Calvin Harlow), the clothing provides more than protection from a Connecticut winter. "This is the third year that a gift from the Aetna Foundation has brightened Christmas for many of our residents," says Miriam Parker, Avery Heights administrator. "We are all grateful for their generosity."

The Aetna Foundation is the independent charitable and philanthropic arm of Aetna Inc. Founded in 1972, the Foundation helps build healthy communities by promoting volunteerism, forming partnerships and funding initiatives that improve the quality of life where our employees and customers live and work.



Dorothy Tuthill with Santa, who distributed Warmth for Winter gifts to residents



Above: Arlene DeRagon and Nancy Goodwin

Center right: Caroline Keaveny, Lorraine Landrigan, and Jackie Zawodinick

Bottom right: Joan Grinold and Elaine Gibbons



New web site coming soon

Want to keep in touch with people, events and activities here at Avery Heights? Beginning in February, our friends will be able to turn to our newly redesigned web site (www.averyheights.org) for information, resources, and event registrations. In addition, the site will feature a blog (short for “web log”), access to *Avery Life* (the Avery Heights newsletter) and more. If you have ideas for or comments about the web site, please submit them to mmclintock@churchhomes.org.



For peace of mind when more help is needed
INTERMEDIATE CARE
 at Avery Heights' Noble Residence



Noble Residence offers the comforts of home, **plus** the security of ongoing health monitoring and round-the-clock supervised nursing care.

- ◆ 24/7 nursing care
- ◆ Health-monitoring and medication assistance
- ◆ Private and semi-private rooms
- ◆ Recreational activities and social events
- ◆ Access to pool and wellness center
- ◆ Physical, occupational and speech therapy services

**CONTACT MARY MILLER
 FOR A PERSONALIZED TOUR
 OF NOBLE RESIDENCE
 OR TO LEARN MORE ABOUT
 INTERMEDIATE CARE.**



Noble Residence
 Intermediate Care Facility

Mary Miller, RN, Admissions Director
 860-527-9126 ext 462



The Villager: something for everyone

The Villager is hosting a variety of vendor shows, with items for purchase and order. All events will run from 9:30 a.m. to 3:30 p.m. at The Villager. Stop by and have a look!

- Thursday, March 5:** Scentsy with Diane, featuring aromatic items.
- Thursday, March 12:** Alfred Dunner giant sample sale and show
- Thursday, March 26:** Pursenably Yours handbags
- Friday, April 3rd:** D & D Jewelry, specializing in gold jewelry
- Thursday, April 9th:** Bijoux Beads by Carol Plona, featuring hematite, pearls, crystal necklaces, and bracelets
- Sunday, May 3rd:** Spring Fashion Show, featuring the latest spring fashions, with radio personality Scot Haney as commentator
- Thursday, May 21st:** Pursenably Yours handbags
- Thursday, December 3rd:** Holiday Tea





Have van, will travel

Thanks to the generosity of our friends and donors, our new 2009 Ford passenger van is here. With seating capacity for twelve, the van is fully handicapped-accessible and is being rotated into our fleet to perform all the existing functions of our Transportation Center. Logging 5,500 to 6,000 miles per month, our five vans transport clients to the Larus Adult Day Center and our residents to essential services such as medical appointments, shopping and cultural events.



JUDY GILBERT, MARY SCHERER and EDWARD MILNER

Volunteering at Avery

Volunteers are highly valued and appreciated at Avery Heights. Whether you are interested in being an Avery Heights Auxiliary member, a Villager store volunteer, a recreation volunteer or a student intern, your participation greatly enhances the lives of our residents.

Ways to give

Your gifts in any of these forms can greatly improve the quality of life for Avery Heights residents.

- charitable gift annuities
- charitable lead trust
- charitable remainder trusts
- estate gifts & bequests
- outright donations of cash
- securities, equities & real estate

Donors may receive lifetime income and tax incentives through certain gifts. Bequest donors receive automatic membership in the Heritage Society which affords certain estate planning benefits and recognitions. If you have included Avery Heights in your estate planning, please notify us so that you can receive your Heritage Society membership benefits package.

Our newest project: the media center

Our Annual Fund appeal for 2009 is focused on the building of a state-of-the-art media center. To be located next to the fitness center and pool, the media center is another component of our Reaching New Heights initiative, and will further enhance the lives of our residents. It will include computers; a Wii station for interactive video entertainment such as the enormously popular Wii bowling game; a large screen television; games that both entertain and enhance brain function; devices to assist the vision-impaired; and much more.

To date, we have raised over \$10,000 to support the media center. May we count on you to help in realizing this innovative project? Enclosed is an annual fund envelope for your contribution. Thank you, as always, for your generosity.

Contact:

Mary McClintock,
Director of Development
860-527-9126 ext. 346, or at
mmclintock@churchhomes.org



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Hartford, CT 06106



www.averyheights.org

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Heights of Fashion

SUNDAY, MAY 3

2 pm to 5 pm

Spring Fashion Show Fundraiser

The Heights at Avery Heights
Hors d'oeuvres, wine/champagne tasting,
Villager boutique shopping & silent auction

Emceed by Scot Haney of WFSB Channel 3

Fundraiser to support the Avery Heights Media Center.
Limited seating available. \$40 per person.

Call 860-527-9126 ext. 346

Produced by The Villager at Avery Heights;
Bangle & Clutch, Avon/South Windsor;
and Stackpole Moore Tryon Tuesday's, Hartford

Calendar of Events

Friday, February 20. Connecticut Flower and Garden Show. Over 200 booths with flowers, plants, herbs, bulbs, seeds and gardening books. Van leaves at 10:00 am.

Saturday, February 21. Richard Clark and his acting partner **Dianne Giammarco** perform *Educating Rita*, the tale of a Cockney girl who seeks culture through a college education and finds herself along the way. 2:30 pm in the Adams Room.

Sunday, February 22. Dead Man's Cell Phone by Sarah Ruhl. A woman in a café finds that the nearby man with the ringing cell phone is *out of minutes*. When she answers, she opens a Pandora's box of fantastic and comic twists and turns. Van leaves at 1:30 pm for the 2:30 TheaterWorks show. Ticket info: 860-527-7838.

Thursday, February 26. The Economic Stimulus Plan. Peter Gunther, senior research fellow, CT Center for Economic Analysis. 7:30 pm in the Adams Room.

Friday, February 27. Shopping at Crate & Barrel at Blue Back Square, lunch at the Cheesecake Factory. Van leaves at 10:00 am.

Monday, March 2. Premiere Concert Series. Daniel Corr performs Baroque and Romantic guitar music. 7:30 pm in The Chapel. To purchase a subscription to the series, contact Carol Patton. \$35.00 for five classical concerts, \$10.00 each concert.

Thursday, March 5. Stewart O'Nan, author of *The Circus Fire*. Many of you will remember the 1944 circus fire in Hartford. O'Nan will also talk about his latest book, *Songs for the Missing*. Adams Room at 2:30 pm.

Thursday, March 19. Mark Gordon's Big Band Bash. Gordon, who teaches the history of Big Bands, will discuss the history of the music. 2:30 pm in the Adams Room.

Sunday, March 22. Musical Club of Hartford's Piano Ensemble Day, the annual festival of piano music for four hands and two pianos. Van leaves at 2:00 pm for this free performance at Hartt School.

Friday, April 3. Hartford Chorale performs *Verdi Requiem* with the HSO at the Bushnell. Pre-concert talk at 7:00 pm; concert begins at 8:00. Van leaves at 6:30 pm. Purchase tickets on your own. 860-244-2999.

Saturday, April 4. TriCordes. Violin, cello and guitar trio performing classical music. 2:30 pm in the Adams Room.

Friday, April 17. HSO at the Bushnell. Pre-concert talk at 7:00 pm; concert begins at 8:00. Van leaves at 6:30 pm. Purchase tickets on your own. 860-244-2999.

Sunday, April 19. Connecticut Valley Chamber Orchestra performs works by Kleinsinger, Mussorgsky, and Prokofiev. Van leaves at 2:00 for this concert at Trinity Episcopal Church. We have a limited number of free tickets.

Sunday, April 26: Speech & Debate. This TheaterWorks comedy hit by Stephen Karam asks "What do a high school debate team, predators in cyberspace and a musical version of *The Crucible* have in common?" Van leaves at 1:30 pm for the 2:30 show. Ticket information: 860-527-7838.

For more information on Avery Heights programs, please call: 860-953-1201.