

Late Winter 2021

Outlook



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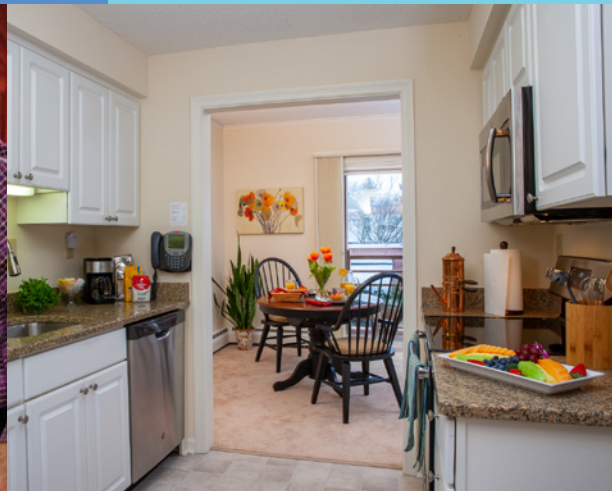
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 **Duncaster**
is where to *live*.



Live Longer. *Be Happier.*

THE MATHER INSTITUTE AGE WELL STUDY:

Choosing a Life Plan community can increase your lifespan, enhance your satisfaction and improve your wellness.

Where you live as you age contributes strongly to your overall happiness, health and wellbeing. For this reason, many older adults consider making a move to a Life Plan Community like Duncaster, which offers the convenience of a full continuum of aging services in one location.

Life Plan Communities, formerly known as Continuing Care Retirement Communities, offer maintenance-free living options for active, independent adults age 60+, along with supportive services, amenities and a full continuum of care designed to address the changing needs of residents as they age. Duncaster offers all of this on a conveniently located, beautifully landscaped campus with the added convenience of an on-site Hartford HealthCare specialty gerontology practice.

Life Plan Communities Have Been Proven to Enhance Active Aging

The Mather Institute Age Well Study was begun in 2018 to evaluate the impact that living in a Life Plan Community has on residents' physical, cognitive and psychosocial health as well as overall happiness. The following key findings highlight the benefits of living in a Life Plan Community.

Key Findings from Year One of the Age Well Study

- **Increased Satisfaction:** Life Plan Community residents demonstrate greater overall life satisfaction than older adults residing elsewhere.
- **Enhanced Resilience:** Life Plan Community residents tend to have the ability to more effectively bounce back from stressful events.
- **Positive Moods:** Residents at Life Plan Communities tend to experience more positive moods overall compared to seniors in the community at large.
- **Decreased Hopelessness:** Life Plan Community residents experience less hopelessness, suggesting they have higher expectations to achieve goals and find fulfillment.
- **More Optimism + Less Pessimism:** Life Plan Community residents have more positive outlooks on life and their futures.

Duncaster Promotes Health, Wellness & Self-Actualization.

Mather Institute research indicates that Life Plan Communities like Duncaster play a significant role in wellness and help residents age successfully. From industry leading amenities like those found in our Aquatic & Fitness Center, to engaging educational and social events, to comprehensive on-site health care services, Duncaster residents have an increased sense of fulfillment and more robust health than seniors who choose to age in their homes.

We got this



COVID-19 Vaccine Clinics Completed

Duncaster was excited to be among the first in the State to receive the COVID-19 vaccine. Through a series of clinics administered by a team from CVS, all staff and residents on our campus have been offered the vaccine. To date, over 550 of them have received it and our current resident vaccination rate is 99%.

In preparation for the clinics, Duncaster had the opportunity to direct questions about the vaccine directly to Keith Grant APRN, Senior Director of Infection Prevention at Hartford HealthCare. Keith gave an overview of the science behind vaccine development, spoke about vaccine hesitancy and reassured all of us by sharing safety and efficacy data.

Distinguished resident Dr. Lawrence Rothfield, Professor Emeritus of Molecular Biology and Biophysics of the UCONN Health Center, has provided additional valuable medical guidance to our community throughout the pandemic. Said Dr. Rothfield, “I am very optimistic about the future. If 95-100% of residents are vaccinated, this will prevent the possibility of an outbreak at Duncaster. We can expect this protection to begin to take effect in late February or early March, perhaps even sooner.”

*The COVID vaccine gets a “thumbs up”
from Dr. Rothfield (left).*



Said resident Ruthan W. (left),

“My friends who live elsewhere are struggling to locate vaccine clinics or even understand when they may be eligible to receive one. Then, the paperwork is so confusing. At Duncaster, I was helped in advance to complete paperwork and the clinic came here – making access easy. I moved in just as the pandemic was hitting and I can’t imagine how I’d have navigated everything alone in my home. Moving to Duncaster has made all the difference.”

Safe Living at Duncaster

In uncertain times, Duncaster's promise to provide a safe, enriching environment for active adults gives added confidence to residents and welcome reassurance to families.

Take it from resident Al D. who says, "To me, the service we have received during COVID-19 is truly amazing. Just about anything I used to do is made available to me [at home] – picking up the mail, having a good meal, taking a book from the library, exercising, watching a movie, taking a class, etc... Could we have made a better choice? **To all the Duncaster staff – Thanks, grazie, merci, gracias, danke, koszonom.**"

As we approach the one-year anniversary of the pandemic, Al feels his luck has held in a number of important ways. "You've seen headlines stating senior living communities have been hit especially hard by COVID-19, that the number of deaths has been especially high... That has not been the case at Duncaster... Staff and residents are tested as often as weekly. If I were to test positive, I would quarantine in my home where I would be carefully watched. I might even receive an antibody treatment to help me fight off the virus. Then, on December 27, 2020, Duncaster became one of the first senior living communities in Connecticut to receive the first dose of vaccine. **Truly, I could not have made a better choice than Duncaster.**"



Experience the Duncaster difference for yourself.

**Schedule a safe, personal tour,
by calling (860) 544-8083.**

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Mike's Column

Duncaster congratulates the staff of the Caleb Hitchcock Health Center (Caleb) for their exceptional effort in maintaining our US NEWS and World Report Best Retirement Community designations for both Long-Term Care and Short-Term Rehabilitation during an international health crisis.

In addition, for the eleventh consecutive year, Caleb was awarded a 5-Star rating from the Centers for Medicare and Medicaid Services (CMS). "Caleb earned its first 5-Star rating in 2009. Not only have we maintained 5-Stars for over a decade, we continued to do so during an active pandemic," says Ami Desai, Vice President of Health Services/Administrator. "Our team takes exceptional pride in this accomplishment, which demonstrates the highest level of care and clinical competency by our staff."

Beginning in January 2021, CMS resumed calculating health inspection ratings and began to use results from surveys that occurred after March 3, 2020. Caleb's ranking is the result of it earning an average of 5-Stars in the categories: health inspections, staffing and overall quality of care. Prior to the pandemic, only 7% of all nursing homes nationwide earned this elite 5-Star designation.

CMS began star ratings in 2009 with the goal of helping consumers more readily navigate nursing home choices. Their comprehensive, data-driven nationwide system is recognized as the gold standard, offering straightforward metrics that empower consumers to investigate the quality of care at skilled nursing centers. For more information visit [medicare.gov](https://www.medicare.gov).

Michael A. O'Brien
Duncaster President & CEO



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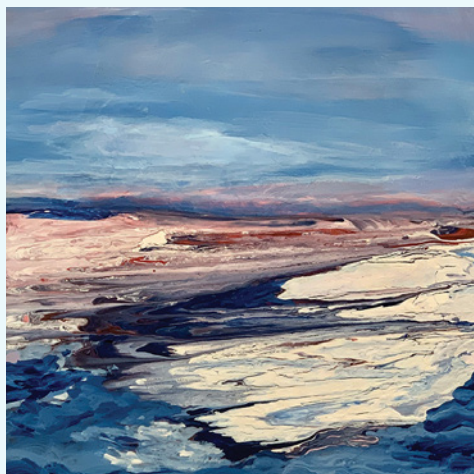
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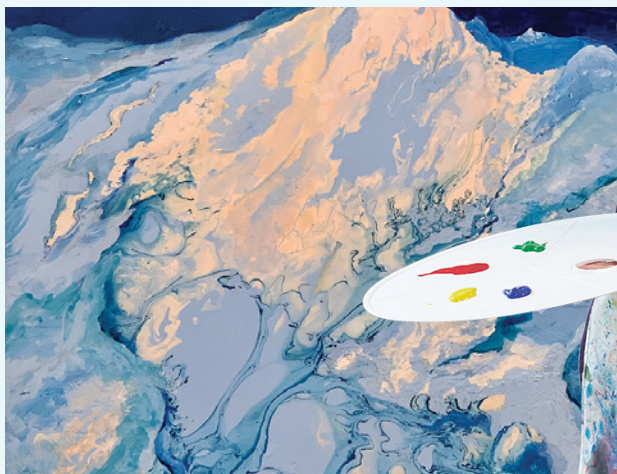
View more residences
at [Duncaster.org](https://www.Duncaster.org)



The Duncaster Art Gallery: For the Love of Art



Fire and Ice



Mountain Glow



As a group, Duncaster residents actively enjoy and appreciate the arts. Many are avid art collectors and patrons, while others are prolific art makers.

Typically, the Duncaster Art Gallery exhibits work from members of the greater community. Shows are rotated regularly and are booked more than a year in advance. 2020's monthly schedule was full, but COVID-19 made it impossible to open the Gallery as usual. Wanting to fill the space with art, the Gallery Committee appealed to their artist friends and neighbors and in short order, hung 42 beautiful works of art, in a variety of mediums, from 24 resident artists. This first show was so successful that a second show was mounted.

Artist Lee Goode, Duncaster resident since 2018, enjoyed participating in both shows. As her retirement began, Lee

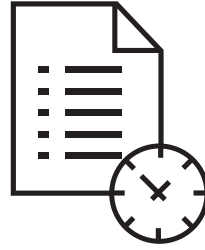
signed up for a course at the Farmington Valley Arts Center called, 'Art is for Healing.' Enjoying her new found creativity, she continued with classes and has since exhibited in juried shows at the West Hartford Art League and has displayed at Town & County Club in Hartford. "I am fascinated by what happens when paint flows, whether naturally, by encouragement or by using various tools. Paint moves, images appear, colors merge, and beautiful things can happen."

Fire and Ice and *Mountain Glow* are excellent examples of Lee's paint flow technique. Both are presently on display along with 35 other works by 18 resident artists. The Duncaster Gallery Committee works hard to be inclusive of all art forms. Pieces in the current show include collage and assemblage, painting and photography, drawing and fiber art.

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Wondering About the Wait List?



"If I'm not yet ready to make a move, does joining the wait list still make sense?" In a word, "Yes!" Getting on the wait list now lets you move when you're ready.

Join the wait list with a \$2,000 partially refundable deposit and enjoy:

- Priority access to your preferred apartment home
- Ability to pass on available apartments without penalty
- One-year free membership to our Aquatic & Fitness Center
- Complimentary lunch or dinner twice a year for four people
- Special invitations to exclusive events and programs
- Access to the Commons Market, Windsor Federal Bank, Salon, Library, and University of Hartford's Presidents' College courses hosted by Duncaster
- Priority access to Duncaster's Caleb Hitchcock Health Center should you have a planned surgery, need a respite stay, or require inpatient rehabilitation services.

By taking advantage of these perks, you will grow more comfortable with Duncaster and make new friends along the way! And, adding your name to the Duncaster priority wait list gives you and your loved ones a level of confidence and security, knowing that you will be well cared for.



To request more information or to join the priority wait list contact Lisa Greene, Vice President of Sales and Marketing at (860) 544-8083.

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