

# *Duncaster* *life*

FALL 2022

## STAYING YOUNG *at Heart & Mind*

### **Back-to-School**

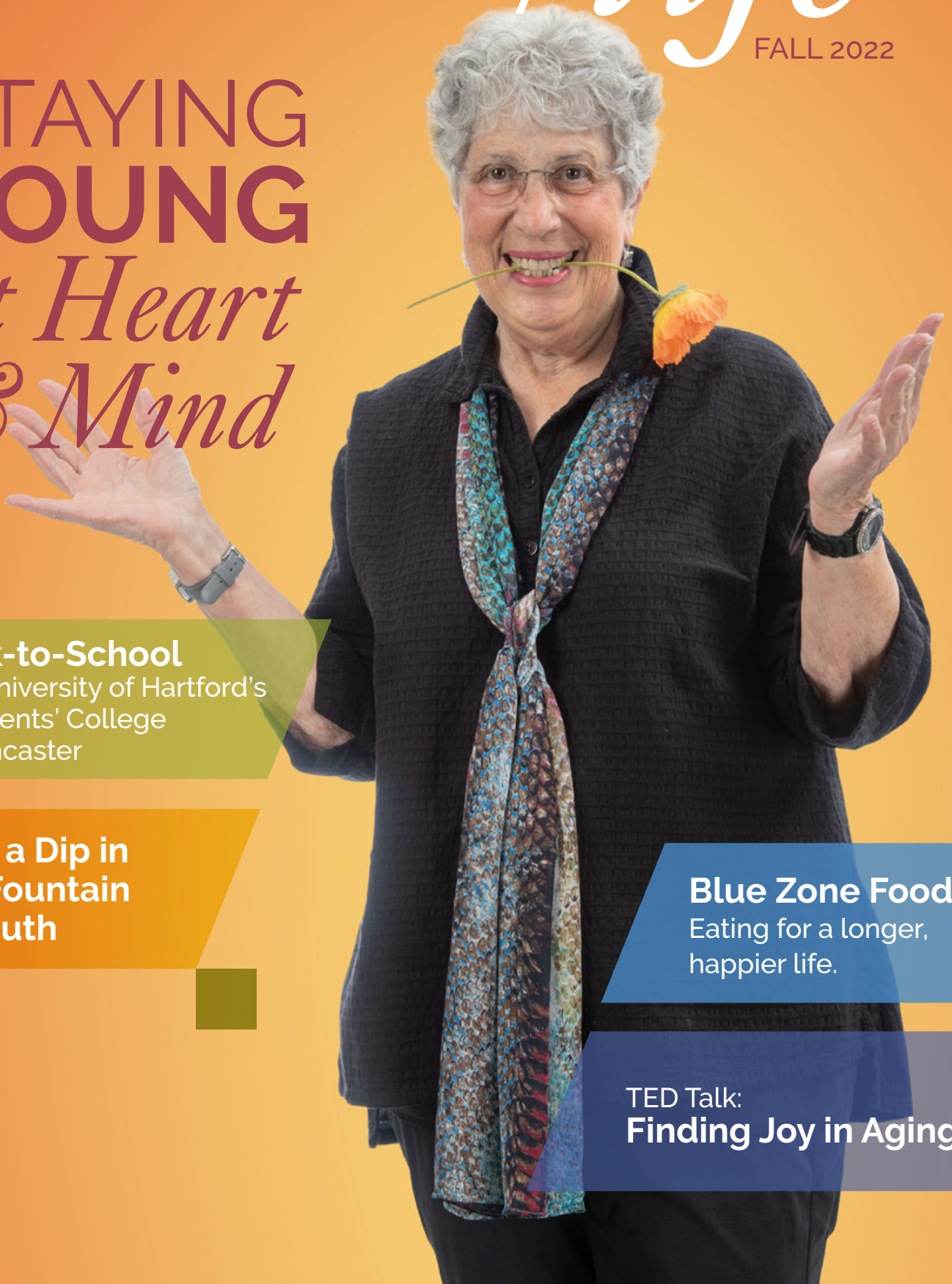
The University of Hartford's  
Presidents' College  
at Duncaster

### **Take a Dip in the Fountain of Youth**

### **Blue Zone Food:**

Eating for a longer,  
happier life.

TED Talk:  
**Finding Joy in Aging**





## WE WERE THE FIRST. AND NOW, WE'RE THE BEST.

Established in 1984 as the first not-for-profit Life Plan community in the Greater Hartford area, Duncaster's commitment to senior wellness continues to be second to none.

We're proud to have been named one of the "Best" Independent Senior Living Communities in the country. And, we're proud to be the **only** Life Plan community in Hartford County to receive this distinction.

By providing the highest quality service and resort-style amenities, we strive to make aging easier and more fulfilling for our residents every day.

Experience the "Best" in senior living! Call **(860) 775-7517** or visit **[Duncaster.org/LifeFall22](https://Duncaster.org/LifeFall22)** to schedule your personal tour.

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



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Have we found  
the fountain of

*youth?*



## Growing research shows swimming may provide a unique boost to brain health.

Regular swimming improves memory, cognitive function, immune response and mood. It also helps repair damage from stress and creates new neural connections in the brain. If more adults recognized the cognitive and mental health benefits of swimming, they would jump in the pool alongside their kids. But what is it about swimming that's so special?

Find out at [Duncaster.org/Swimming](https://Duncaster.org/Swimming)

## Did you know?

***You don't have to be a resident to be a member of Duncaster's Aquatic & Fitness Center.***

Our Aquatic & Fitness Center is open to individuals 55 and older—you don't have to be a Duncaster resident to join! Membership includes access to our indoor, full-length heated lap pool and spa, our fully equipped gym, a fitness trainer and a full calendar of classes.



### AQUATIC CENTER CLASSES AT DUNCASTER INCLUDE:

- Cardio H2O • Aqua Yoga
- Water Walking • AquaFit
- Family Swim

To learn more about becoming a member of the Aquatic & Fitness Center, call (860) 775-7517.



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# AGING *Joyfully!*

Excerpts from the TED Talk, *Aging is inevitable, so why not do it joyfully?*  
by Ingrid Fetell Lee



Find inspiring sculpture along  
Duncaster's walking trails.

What if instead of seeing aging as something to defeat and conquer, we were to embrace what gets better with age, and work to amplify these joys while mitigating the losses of youth? I am not suggesting we minimize challenges that come with aging. Rather, we should view them without judgment and look for joyful ways to navigate them.

Here are  
**3 JOYFUL WAYS**  
to feel well as we grow older.

## 1 TAKE AN "AWE WALK"

Focus on inspiring things in the environment to increase joy and positive feelings, like generosity and kindness.

### Stimulate Your Senses

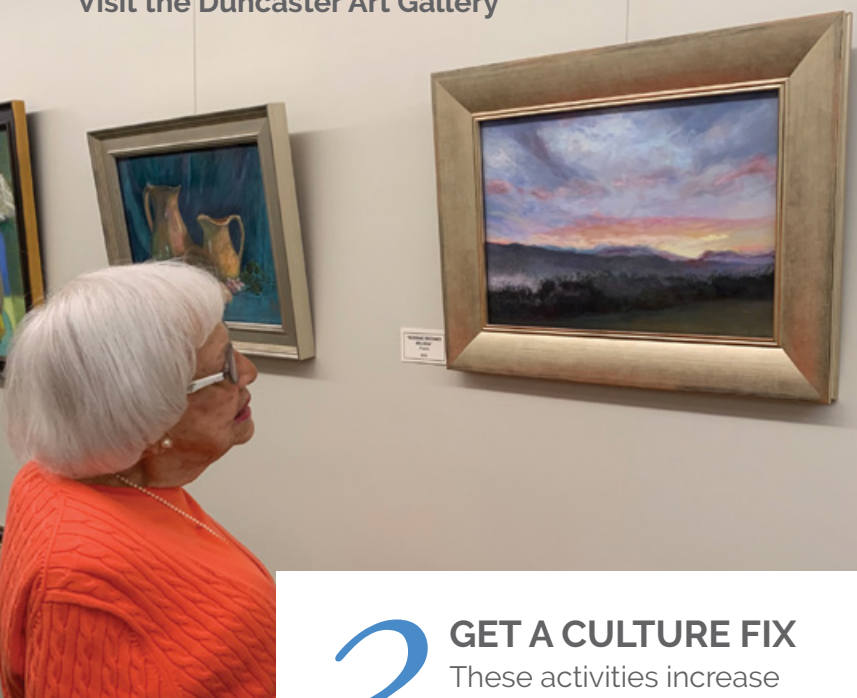
Under-stimulated senses can lead to diminished cognitive abilities. Enrich your home with color, art, plants and music to keep them perky.

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Duncaster's bright, open floor plans  
offer wonderful spaces to  
display all your  
favorite items.





# 3 GET A CULTURE FIX

These activities increase social connection, deepen relationships, and reinforce feelings of belonging.

Our goal shouldn't be to cling to youth; rather we should keep joy alive by tending our inner child while also nurturing our connection to the changing world. In doing so, we balance wisdom with wonder, confidence with curiosity and depth with delight.

TO SEE INGRID FETELL LEE'S FULL LIST OF JOYFUL SUGGESTIONS, GO TO [DUNCASTER.ORG/JOY](https://duncaster.org/joy)



## Back to School:

### The University of Hartford's Presidents' College at Duncaster.

We should never stop learning, and at Duncaster we make it easy for residents to continue exploring the world in ways that are meaningful to them. Our affiliation with the University of Hartford brings college-level lectures and mini courses right to our campus. By offering a wide array of intriguing topics, taught by University professors, the Presidents' College keeps our minds engaged and connected to the world around us.

View our current schedule and topics at [Duncaster.org/PresidentsCollege](https://Duncaster.org/PresidentsCollege)

## UNIVERSITY OF HARTFORD

Presidents' College

# Duncaster *Voices*

“ I am a proud new resident at Duncaster and enjoying every day! There is definitely a unique culture here that makes me feel like I made the right decision at the right time. ”

– Ron Schwartz,  
Resident since 2022



“ Having lived in a number of states, in Europe and in Asia, we know that Connecticut is home and Duncaster is a winner for us! ”

– Pam & Tom Matthews,  
Residents since 2022

**Go to [Duncaster.org/Matthews](https://Duncaster.org/Matthews) to read more of their story.**



## Meet Our New Residents: Susan Williams & Kanani Bell

“We chose Duncaster because it gives us the security we desire—for the rest of our lives.”

– Susan Williams & Kanani Bell,  
Residents since 2022

West Hartford residents Susan Williams and Kanani Bell wanted a plan in place for any possible future needs, but weren't quite ready to leave the home they loved. LifeCare on the Go™ was the ideal choice for them in 2017. It gave them “early acceptance” into Duncaster, and the ability to enjoy the campus and amenities while allowing them to stay in their current home until they were ready to make the move. Earlier this year, they officially became Duncaster residents and have been loving their new home ever since.

**Read more of Susan and Kanani's story at  
[Duncaster.org/BellWilliams](https://Duncaster.org/BellWilliams)**



*Susan Williams & Kanani Bell toast  
their new Duncaster home.*

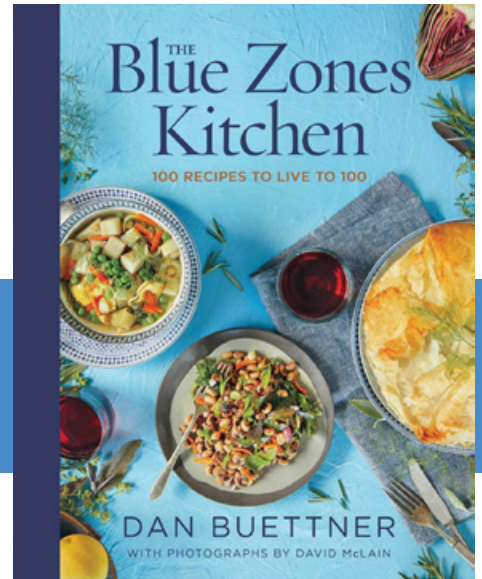


Hear and read  
more of what  
our residents  
have to say at  
**[Duncaster.org](https://Duncaster.org)**

# The *Blue Zones* Diet

## HEALTHY EATING FOR LONGER LIVING

Blue Zones are regions of the world where people have a statistically better than average chance of living to be 100.



In his book, *The Blue Zones Kitchen*, Dan Buettner uncovers the food secrets of the world's longest-lived people and explains why certain foods have enabled these populations to avoid chronic disease. While not all who follow this eating plan will live to be 100, Buettner's guidelines will empower everyone, everywhere, to eat well for healthier living.

*Duncaster's Culinary Team  
incorporates Blue Zone ideas into  
their fabulous dining every day.*

Learn more about  
Blue Zones and get  
great recipes from  
our Culinary Team at  
[Duncaster.org/BlueZone](https://Duncaster.org/BlueZone)





# Growing

from  
Season to Season



*Duncaster's Community Garden*

As the growing season comes to a close, the gardeners at Duncaster are already making plans for next year. It must be the microbes in the soil that has them crazy for gardening!

From building friendships and strengthening your balance, to enhancing your memory, the health benefits of gardening may be far more than you realize.

**Learn more about the surprising benefits of gardening and how you can dig into a happy and healthy lifestyle at Duncaster when you visit [Duncaster.org/Growing](https://Duncaster.org/Growing)**



*Resident Carol Forte  
in the Greenhouse*

The Duncaster Greenhouse Committee cares for a variety of interesting plants including a night blooming cereus and orchid cactus.



THE TIME IS  
*now!*



## MAKE THE MOST OF YOUR HOME SALE!

Although the real estate market has begun to slow as interest rates have started to rise, Connecticut remains a strong sellers' market. *What's better? Duncaster's rates have not yet increased to keep pace with inflation.* NOW is the time to capitalize on market demand, sell your home at a premium, and take advantage of the incredible value found at Duncaster.

Life with *LifeCare*  
at Duncaster starts  
at just **\$141,000!**

From incentives and pitfalls to searching out specialized assistance, go to **Duncaster.org/Sold** for tips on getting the most from your home sale.

## About LifeCare

Should your needs ever change, LifeCare gives you guaranteed access to health care right on campus. **Assisted living, memory care, long-term care and rehabilitation** are available—all at predictable costs, ensuring financial security. If your health ever changes, you'll never pay the high cost of long-term care.

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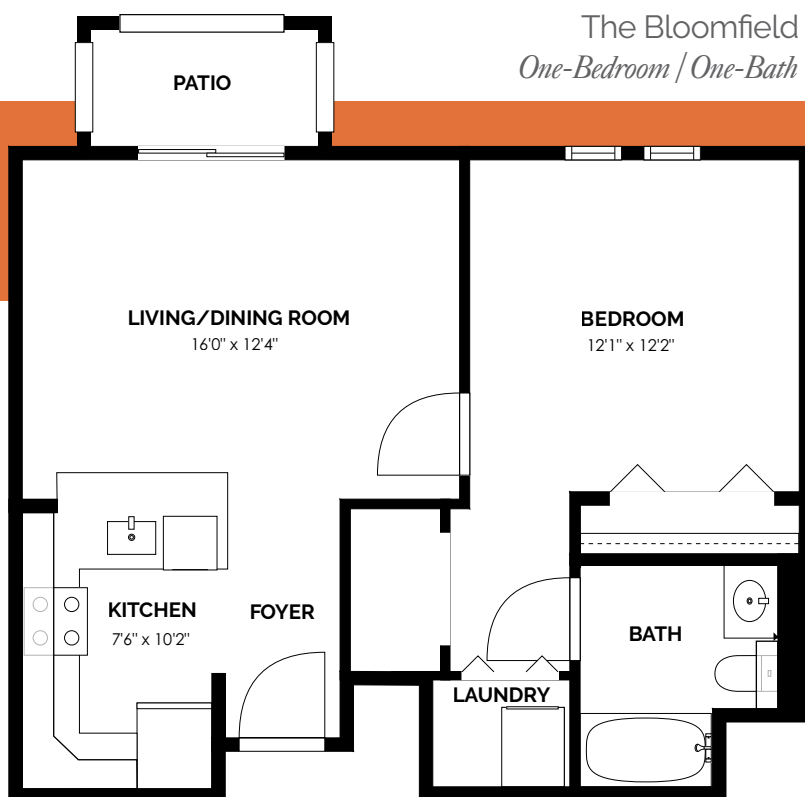


# It's **more** than just another *pretty space.*

Beautifully designed for the way today's older adults want to live. And with the added luxury of LifeCare—security against the potential high cost of long-term care—the beauty is more than skin deep.

Maintenance-free living lets you spend every day pursuing the things that give you meaning, purpose, and above all, joy. A select number of stylish one-bedroom and one-bedroom with den apartments are now available—and customizable to match your personal tastes. Our amenity-rich lifestyle includes:

- A lush, beautifully landscaped 94-acre campus
- State-of-the-art Aquatic & Fitness Center
- Delicious chef-prepared dining
- Greenhouse & Community Garden
- Fully equipped Wood Shop
- Library • Art Gallery • Salon • Game Room



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Make  
*more room*  
in your life for  
*what you love.*

Let go of the burdens of homeownership and embrace more of the lifestyle you love at Duncaster.

*More time to pursue your life's passions.*



*Take on new experiences with new friends.*



*And your best friend will feel right at home.*



# LESS RETIRED.



Jackie recently participated in the West Hartford Bear Fair to benefit the not-for-profit organization For All Ages.

# MORE INSPIRED.

"Some of my friends are perfectly happy to just sit on the sidelines and watch life go by. But not me. I had to find a place where I could stay active and engaged. A place that offered more than just the proverbial rocking chair. Why? Because there's so much more of life to explore and I still have more to offer the greater community. At Duncaster, I get to prove it every single day."

**"Duncaster is where I *create*."**

— Jackie Brown, Duncaster Resident since 2011

Innovative programming and LifeCare security—just two of the ways Duncaster makes aging easier and more fulfilling.

Call **(860) 775-7517** or visit **Duncaster.org/LifeFall22** to learn more or to schedule a personal tour,

Keep informed of your options: receive your FREE Life Plan Guide at **Duncaster.org/LifeFall22**



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To learn more about Duncaster or to schedule a tour, contact Lisa Greene, Vice President of Sales and Marketing, at **(860) 775-7517**.



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