

Duncaster / *life*

SPRING 2023



LIVING **LONGER** & DOING IT **BETTER**

Levity for Longevity
Lighten up—it's good for you!

Dementia in America
How we might push back
on this growing problem.

**Does Being Older
Mean Being Lonely?**



Mushrooms as Medicine
Are they a cure-all?

LESS CLEANING.



MORE MEANING.

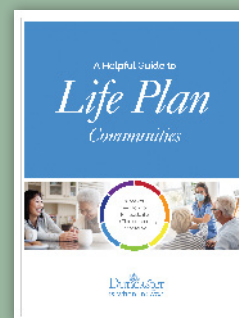
Let go of the burden of home-maintenance and start setting and achieving new goals at Duncaster! Less time doing chores means more time doing what you love most—being with friends and family, exploring a new hobby or volunteering to make a difference in the greater community.

That's why you should *make your move* to Duncaster.

Maintenance-free living and LifeCare security—just two of the ways Duncaster makes aging easier and more fulfilling.

To learn more, or to schedule a personal tour, call (860) 345-5924 or visit Duncaster.org/LifeSpring23

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



Keep informed of your options:
go to Duncaster.org/LifeSpring23
to receive your FREE Duncaster
Life Plan Guide!

Duncaster / *life*

40 Loeffler Rd. | Bloomfield, CT 06002 | (860) 345-5924 | Duncaster.org



Levity for *longevity.*

How can you add more years to your life? Don't take it so seriously!

Studies have shown laughter can provide a myriad of physical and mental benefits like strengthening your heart and reducing pain. It may also help you live longer! Laughing more about life and making it lighter for those around you is important for your health.

If you're already funny, good for you! If your sense of humor needs a boost, not to worry. We've put together some tips that may help. For example, spend more time with people who make you laugh!

Find more tips on how to lighten up your life by going to Duncaster.org/Levity



Did you know?

Laughing even burns calories!

10-15 minutes of laughter can burn as many as 40 calories.



MUSHROOMS AS MEDICINE: Are they a “*magic bullet*”?



Cordyceps: anti-inflammatory, antioxidant and anti-tumor

Mushrooms have long been used in traditional Chinese medicine, and now, they are gaining popularity in Western cultures because of their possible health benefits. In addition to increasing immunity and boosting energy, it's possible that functional mushrooms can also enhance cognitive function and help prevent cancer.

Which mushrooms provide the most benefits? Are all commercial supplements created equal? Are they safe to take if you have underlying health issues?

THE MOST COMMON FUNCTIONAL MUSHROOMS:

Reishi (*Ganoderma lucidum*)
Cordyceps (*Cordyceps militaris*)
Chaga (*Inonotus obliquus*)
Lion's Mane (*Hericium erinaceus*)
Shiitake (*Lentinula edodes*)
Turkey Tail (*Trametes versicolor*)



Shiitake: Anti-cancer, anti-viral and anti-bacterial, boosts immunity and heart health

Find out and read more about the potential benefits of functional mushrooms at Duncaster.org/Mushrooms



Chaga: anti-cancer, anti-inflammatory, blood sugar & cholesterol control



Meet *Katherine Curry*

Duncaster's New Sales Manager

Katherine has recently joined the Duncaster Sales & Marketing Team as our Sales Manager. She brings to this role many years of experience as a CT real estate agent, helping people make important choices about their next place to call home. Prior to being a realtor, Katherine was the VP of Sales & Customer Support at Moore Medical Corp., as well as General Manager at a privately held Italian Import/Export firm. Katherine has a degree in International Business from UCONN-Storrs and resides with her family in Glastonbury, CT.



Meet *Rob Leake*

Duncaster's New CFO

Rob joined Duncaster as CFO in 2022. He brings over 30 years of healthcare finance experience serving Connecticut's senior community in various settings—from hospitals to multi-entity corporations. Most recently, Rob served as CFO at Hebrew Senior Care in West Hartford. Prior to being there, he was the Director of Finance and Executive Director of Hospital Services at Masonicare. Rob received his Bachelors in Accounting and Masters in Public Administration from the University of New Haven. He currently lives in Madison, and enjoys cooking, golf and aviation in his free time.

Duncaster *Voices*



“ We moved to Duncaster five months ago. The food is good. The residents and staff are great. There are interesting activities and fun events. The security system is excellent. We feel safe. We absolutely love living at Duncaster! We haven't had a second of regret about selling our house and moving here. A weight has been lifted off of our shoulders. ”

– Nancy & Steve Fox, Residents since 2022

“ Moving to Duncaster was one of the best choices of my life. Not only can I continue living my full life as I always have, but I've expanded my friendships and activities. Don't wait too long to make the decision to come; you won't regret it!” ”

– Amy Silverman, Resident since 2021



Meet Our New Resident: Arlene Parmelee

“ Having worked here for 15 years, I was well aware of the benefits of living in a LifeCare community, and especially one as highly regarded as Duncaster. But it wasn't until I became a residing member here that I fully appreciated how good it is. ”

– Arlene Parmelee,
Resident since 2022



Hear and read
more of what
our residents
have to say at
Duncaster.org

What does the state of *dementia* look like?



A COLUMBIA UNIVERSITY IRVING MEDICAL CENTER STUDY OPENS
OUR EYES TO THE PREVALENCE OF DEMENTIA IN AMERICA.

10% of people aged 65 or older currently have dementia.

By 2050, 115 million people will be affected by it.

Forgetting things once in a while is normal. But, when memory problems make it difficult for you to do everyday activities like driving or using the phone, or it interferes with your quality of life, that's when it's cause for concern. The good news is, we can focus on our cognitive fitness. So do things, like:

• **Attend lectures** (*see article to the right*) • **Visit museums** • **Read**

Keeping your brain active is key to keeping your brain healthier, longer.

*Learn more about
the study, and find
out what you can do
to keep your brain at
its best by going to
Duncaster.org/Dementia*



Spring 2023

UNIVERSITY
OF HARTFORD
Presidents' College

From Masters of Suspense to Masters of Music, the schedule is interesting and insightful.



*Just When You Thought You
Knew Hitchcock...*



The Psychology of Speed Puzzling

Duncaster makes it easy for residents to expand their intellectual horizons and share their enthusiasm for lifelong learning. 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 minds active and engaged.

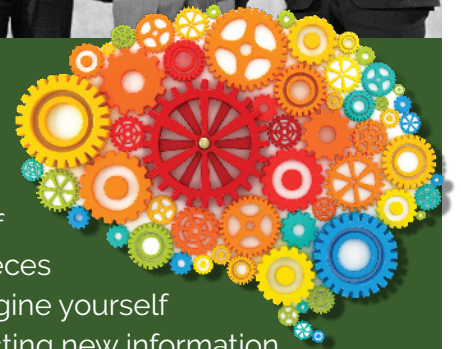
Learn more about the courses being offered this spring and find out how you can attend by going to Duncaster.org/SpringCourses



*Melody Lingers On: A Short History of Tunes,
From Beethoven to the Beatles*

Better Your Memory: Method of Loci

Use this mnemonic technique to boost your memory. Imagine yourself walking through a familiar space, like your living room, placing new pieces of information in different locations. When you want to remember, imagine yourself going back through the space and picking up those pieces. By connecting new information to information you already know, you'll be more likely to remember it later.



DOES BEING *older* MEAN BEING *lonely?*



Circumstances in our lives change as we get older. Physical challenges, hearing loss, or the death of loved ones can lead to us becoming isolated socially, which can negatively impact our health and wellbeing.

Although loneliness can have the same negative effects on our health as social isolation, it's a bit different. Even people who are constantly surrounded by friends and family can suffer from loneliness. How can this be? Research by Kings College London and Duke University found it's a matter of *respect and purpose*.

Go to Duncaster.org/Lonely to learn more about the study and what older adults need to feel less lonely.

With over 40 different voluntary groups and clubs to engage your interests, you'll find purpose, respect, friendship and fun at Duncaster!



The "retirement
living options"
dilemma.

LifeCare.

LifeCare from Duncaster:

A breakthrough in financial and health care security for older adults.

- Guaranteed access to healthcare—assisted living, memory care and long-term care
- Financial predictability—when needs increase, your costs do not
- Estate and asset protection
- Tax advantages
- An active, engaged community and staff lets you live life with renewed energy, friendship and purpose

LifeCare & You

with Lisa Greene, Duncaster's VP of Sales & Marketing

Thursday, May 11 or Thursday, June 15 at 3:30 p.m.



Learn why LifeCare at Duncaster is the smart alternative for older adults looking to face a future with exactly what they desire—continued independence, fiscal certainty and the empowerment to take control of any unexpected health event.

Seating is limited. RSVP by calling (860) 345-5924 or by visiting Duncaster.org/LifeSpring23



BEST
INDEPENDENT LIVING

U.S. News
2022-23

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

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.

Experience the "Best" in senior living! Schedule a tour today by calling **(860) 345-5924** or visiting **Duncaster.org/LifeSpring23**



Keep informed of your options: receive your FREE Life Plan Guide at **Duncaster.org/LifeSpring23**



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is where to *live*.

To learn more about Duncaster or to schedule a tour, contact Lisa Greene, Vice President of Sales and Marketing, at **(860) 345-5924**.



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