

New Horizons MONTHLY UPDATE January 2012



NEW RESIDENT: We extend a warm welcome to **Kate Edmonds, Suite 421**. A mother of six, Kate is a retired nurse who served our country during World War II in the U. S. Army. Kate loves exercise and can often be seen walking the halls and stairwells for her daily exercise. Welcome Kate!

DRESS FOR DINNER: Plan on a most festive, elegant dinner event on **Wednesday, January 25**. This year's theme is **Winter Wonderland!** Festivities will begin with hors



d'oeuvres served 45 minutes prior to each seating in the third floor and Baldwin living rooms. Accordingly, festivities will begin with the first group of residents (first seating) in the living rooms at 4 PM. All residents will then be served dinner in Rumford Dining Room on the second floor. Invitations have been delivered to each resident and there will be a reminder posting. Residents are encouraged to don dressier apparel for this special evening, however, doing so is completely optional.

RESIDENT WELLNESS PRESENTATIONS:

- **Tuesday, January 17, 10 AM** in Terrace Lounge, **Christopher Hartling**, will speak about the Massachusetts Equipment Distribution Program (MassEDP). MassEDP provides adaptive telephone equipment to those with permanent disabilities at no charge or at reduced cost, depending on income. If you or a friend have a visual or hearing disability, this presentation could prove very helpful and informative.
- **Tuesday, February 7, 10 AM** in Terrace Lounge, **Helen Long**, registered dietician and certified diabetes educator will talk about general nutrition, nutritional supplements, and the ongoing debate concerning the benefits of nutritional supplements. If you or a loved one is interested in nutrition, don't miss this informative wellness presentation.

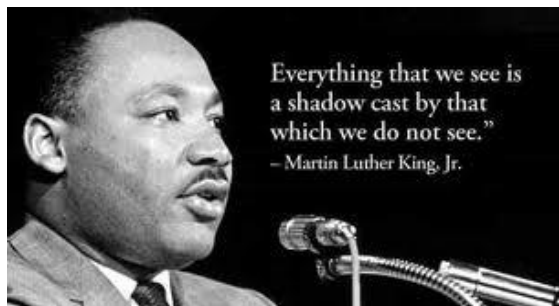
WITH APPRECIATION: The entire staff of New Horizons extends a sincere thank you to residents and families for their kind and generous contributions to the 2011 Staff



Holiday Fund. As you know, staff members are not allowed to accept gifts or gratuities from residents at any time. This holiday fund is the only means by which residents and families may give financial recognition to staff. We also extend a special thank you to all residents who joined us at the annual breakfast to distribute checks to staff.



WELCOME NEW STAFF: **Kathy Kilgour** and **Jayne Lee**, both of Woburn, joined our Dining Room staff. **Bonnie Babin** also of Woburn, will begin working as a Front Desk attendant. Please join us in welcoming Kathy, Jayne, and Bonnie to our community!



MLK DAY: This national holiday celebrated the third Monday of January recognizes the birthday (January 15) of the civil rights leader Martin Luther King, Jr. The campaign for a federal holiday in King's honor began soon after his assassination in 1968. Ronald Reagan signed the holiday into law in 1983, and it was first observed in 1986. It was officially observed in all 50 states for the first time in 2000.

STAFF WINTER PARTY: New Horizons annual staff winter party is scheduled for Friday, January 20. To allow chefs and dining room staff the opportunity to participate in this event, we will serve the regular “dinner” menu for lunch that day, and the day’s evening meal will be served as a Gourmet-to-Go packaged meal, with extra-special goodies. Thank you for your consideration and flexibility for this event as we recognize the dedication and hard work of New Horizons’ staff.



VALENTINE’S DAY . . . Join your fellow Valentines for a fun party with entertainer Tom Smith, who is back at New Horizons by popular demand. All are encouraged to join the fun **Tuesday, February 14**, at **2 PM** in Terrace Lounge.

NEW YEAR...NEW INFO: The start of a new year is an appropriate time to reflect on changes that may require updates to your emergency contact information and instructions, and/or legal documents. Such documents may include a health care proxy, power of attorney, etc., and may also require file updates at New Horizons. If you have or need to update any such information, please visit the Front Desk.



SEASONAL SAFETY: Please exercise caution when driving, walking, and in general when you are out and about in wintry conditions. In particular, make sure your car is completely clear of ice and snow before driving off (including headlights and taillights). Wear non-skid footwear with good traction, walk slowly, and be alert to conditions around you.

***** UPCOMING EVENTS -- SAVE THE DATE *****

January 16		Martin Luther King Day	
January 17	10 AM	Wellness Presentation: MassEDP	<i>Terrace Lounge</i>
January 25		Dress For Dinner “Winter Wonderland”	<i>RDR</i>
February 7	10 AM	Wellness Presentation: Helen Long, RD	<i>Terrace Lounge</i>
February 14	2 PM	Valentine’s Day Party	<i>Terrace Lounge</i>