

New Horizons **MONTHLY UPDATE** February 2011



NEW RESIDENTS: **Grace Reynolds, Suite 445**, a life-long Woburnite, worked for many years at City Hall in the Building Department with resident John Brophy, who was the Building Commissioner at the time. Grace enjoys bingo, games, exercise and much more. **Arthur Marcilia, Suite 485**, a former owner of United Tool & Die, joins us from his home in Tewksbury, MA. Arthur, the father of four children, enjoys current events and show tunes among other pursuits. We extend a warm welcome to Grace and Arthur in their new home.



VALENTINE'S DAY . . . Celebrate this romantic holiday in style! Join your fellow Valentines for a delightful afternoon *High Tea*, with harpist Lauren Baker and tasty refreshments. We are again offering residents the option to bring, and enjoy using, their personal teacups and saucers at this wonderful event. All are encouraged to join the fun **Monday, February 14**, at **2:00 PM** in Rumford Dining Room.

DISPLAY CABINET: Our lobby display for March and April will celebrate Residents' Families. If you have photographs of your children, grandchildren or siblings that you would like to loan to us for the display, please see **Barbra** by **Thursday, February 24**.



MARCH FORWARD: On **Saturday night, March 12**, be sure to set your clocks one hour *forward* before retiring. (Eastern Daylight Savings Time begins at 2:00 AM on Sunday.) A sure sign that spring must be (somewhere!) around the corner, we can now begin dreaming of longer days, warmer weather, and beautiful colors!

UPCOMING WELLNESS EVENT: Save the date -- **Tuesday, March 22** -- Wayne S. Saltsman, MD, Ph.D, vice president of geriatric services development at Winchester Hospital will be the guest speaker. More details to follow in next month's newsletter.

A LABOR OF LOVE: It takes a village to keep New Horizons operating day in and day out. Last year New Horizons dedicated more than *1,000 service hours, per resident* for food, maintenance, health care, and administrative services. Our super-star staff works diligently to provide a comfortable and caring home to residents. Please let us know at anytime if we can be of assistance, we are here to help.



COMING EVENTS -- SAVE THE DATE

February 14	2:00 PM	Valentine's Day High Tea	<i>Rumford Dining Room</i>
February 21	10:00 AM	Presidents' Day	<i>Terrace Lounge</i>



GOIN' GREEN FOCUS – Battery Disposal: Americans discard an average of eight dry-cell batteries per year—that's 2.4 billion batteries each year in the United States alone! Since button-cell batteries contain toxic heavy metals such as cadmium and lithium, they are often classified as hazardous waste and should not be thrown out with the garbage. If you have old dry-cell batteries that you are ready to discard, please bring them to the Front Desk for recycling. New Horizons has a battery disposal program, and we will gladly see that these batteries do not contribute to environmental contamination. Since the 1980s, mercury levels in alkaline batteries have dropped by about 97 percent, but metals such as nickel, lithium, and cadmium are still used, so we need to remain vigilant in our recycling efforts.

TAX INFORMATION: Massachusetts allows a deduction on personal income taxes to individuals who pay rent. Although New Horizons does not calculate monthly service fees in terms of proportionate costs for rent and services, a recent study of comparable area rental apartments indicates that a studio might rent for \$900 per month, a one-bedroom for \$1,200 per month, and a two-bedroom for \$1,600 per month. These estimated figures are rent only, while New Horizons' monthly service fee includes all utilities, three meals daily, housekeeping, linen service, activities and events, and multi-disciplinary team services. A maximum \$3,000 annual rent deduction is allowed (or \$1,500 if married, filing separately). For additional information, please visit:



For Massachusetts tips: <http://www.mass.gov/Ador/docs/dor/TaxTips/seniors10.pdf>

For IRS Publication 502, Medical and Dental Expenses: www.irs.gov/pub/irs-pdf/p502.pdf

FEBRUARY IS American Heart Month -- and not because of Valentine's Day! Since its congressional approval in 1963, the President has issued a proclamation to raise public awareness of heart disease. Even though most people primarily associate heart disease with men, it's also the leading cause of death among *women*. The American Heart Association's *Go Red* campaign aims to help women take action against heart disease. *Some things you can do to help your heart:*

- Choose more whole grains, legumes, fresh produce, low fat dairy products, lean meat, and poultry.
- Limit intake of fat, and choose heart-healthy fats over saturated fats and trans-fats.
- Limit your intake of sugars, sodium/salt, and alcohol.
- Include more fish in your diet.
- Exercise portion control, and stop smoking.
- Become physically active for 30 to 60 minutes a day.



All residents are encouraged to stop by the Wellness Center for a complimentary blood pressure check this month or anytime during the year. New Horizons' blood pressure checks are, however, provided as a *courtesy* only and should never be construed as medical services or monitoring. Always consult your physician before beginning any type of diet or exercise program.

Call the SMARTLINE 781-932-1181 for daily menu and activities!