

New Horizons
MONTHLY UPDATE
March 2011



NEW RESIDENT: Marie Provenzano, Suite 249, the mother of three joins us from her home in nearby Burlington. Among her varied interests, Marie especially enjoys reading, music, and playing bingo. A warm welcome to Marie to her new home.

RESIDENT WELLNESS PRESENTATIONS: Wayne S. Saltsman, MD, PhD, vice president of geriatric services development at Winchester Hospital, will present "Understanding Memory Impairment" **Tuesday, March 22**, at **10 AM** in Terrace Lounge. Many people have questions, concerns, and misconceptions about memory loss and dementia. We extend an invitation to all caregivers, family members, or friends of someone experiencing memory loss, to join us for this very important discussion. Learn about the most common types of memory disorders in elders, various treatment options, and resources available today. Dr. Saltsman has been named a Top Doctor in Geriatric Medicine by *Boston Magazine*. The magazine recently listed the top doctors, in 55 specialties, as selected by their peers through a statewide survey process. Dr. Saltsman is one of only four geriatricians in Massachusetts to receive this honor.

Sandra Boris-Berkowitz, M.Ed, LRC, is a Laughter Yoga Leader certified by the Dr. Kataria School of Laughter Yoga. She is also a teacher and licensed rehabilitation counselor. Ms. Boris-Berkowitz will present "Laughter Matters" **Tuesday, April 12** at **10 AM** in Terrace Lounge. Have fun learning the many benefits of "inviting laughter into your life;" you will be surprised at how healthy it can be!

CASINO DAY: It's time again to get out your lucky charms for our annual Casino Day on **Thursday, March 24** at **1 PM**. The gaming tables will include a roulette table, a wheel game, and several Black Jack tables, all manned by volunteers and New Horizons' employees. All "funny money" will be provided to residents on that day, free of charge! The gambling will be followed by our New Horizons Auction where residents will be able to bid on some wonderful prizes with their "funny money" winnings. Be sure to mark your calendars for this event - it is one not to be missed!



LOCKING DOORS: A reminder to all residents that, while New Horizons is first and foremost a community of friends, all residents are advised to keep their apartment doors locked at all times, as many people come and go from our building each day, and closed/locked doors help deter any unwanted visitors. Just as you might have in your home prior to moving to New Horizons, please consider taking extra precautions to safeguard your suite and possessions here. New Horizons does not provide security services, so your extra diligence is most important and highly advised.

PASSOVER HOLIDAY: This year Passover begins at sundown on **Monday, April 18.** The celebration continues through sunset on Tuesday, April 26. Passover, or Pesach, commemorates the Israelites Exodus from Egypt when God "passed over" the houses of the Israelites during the tenth plague. It is traditional on Passover to only eat unleavened food. The Passover seder is for the most part held on the first and second night of Passover. During the seder participants recount the story of the Exodus while drinking four cups of wine. To celebrate the holiday, the dining rooms will feature a few traditional items during the holiday, such as our delicious matzo ball soup.



EASTER DINNER: Our very special home-cooked Easter dinner will be at the standard guest rate of \$15 for adults and \$7.50 for children younger than eight. The menu will include traditional Easter fare including: baked ham, roast leg of lamb, hot cross buns, side dishes and a special dessert. Residents, who will be out on **Easter Sunday, April 24,** are requested to notify the dining room, at their earliest opportunity to help us efficiently plan for guests in the dining room. Residents wishing to invite guests for New Horizons' delicious Easter dinner are requested to make reservations with dining room staff by **Monday, April 18.** To




allow food service staff the opportunity to spend a portion of the Easter holiday with their families, the day's evening meal will be served via Gourmet-to-Go parcels, containing extra-special goodies.

IN MEMORIAM: We are very saddened by the passing of resident **Eunice Marino.** Our thoughts are with her family and friends during this difficult time.



UPCOMING EVENTS -- SAVE THE DATE



- March 13** 2 AM Daylight Saving Time begins
- March 17**  Saint Patrick's Day
- March 20** Spring is here!
- March 22** 10 AM Understanding Memory Impairment presentation with Dr. Saltsman
- March 24** 1 PM Casino Day
- April 12** 10 AM Laughter Matters presentation with Sandra Boris-Berkowitz
- April 18** Passover begins at sundown
- April 24** Easter



Terrace Lounge

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