

# New Horizons Community Connection February 2011



**BLACK HISTORY MONTH:** Throughout the month of February, we remember the significant contributions of Americans of black heritage to the fabric of past and present-day society. This year, the theme of Black History Month is “African-Americans and the Civil War.” One of the best-known Massachusetts units was the 54<sup>th</sup> Massachusetts volunteer infantry, the first regiment of African American soldiers and the basis for the film *Glory*. Locally, the Frye Company manufactured boots worn by both Union and Confederate soldiers right here in Marlborough! New Horizons salutes the courageous actions of both slave and free individuals that defined a new path for the nation.



**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:*

- Limit your intake of sugars, sodium, and alcohol; only one glass of wine at dinner!
- Include more fish in your diet.
- Exercise portion control, and stop smoking.
- Become physically active for 30 to 60 minutes a day~ easy to do as part of the Hemenway Health Club or in the Physical Therapy Center! Walking The Hex or the grounds also facilitates this daily commitment.



**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!

**CARE SOLUTIONS CORNER:** **What You May Not Know** is that **Care Solutions, Inc.** is the preferred provider of nursing and home health services of New Horizons. The nursing team can create a personalized service plan that may include assistance with dressing, bathing, medication administration, hourly night checks, personal laundry as well as escorts to meals and activities. **What You May Not Know** is that **Care Solutions, Inc.** is also a Medicare and Private Pay home health care provider. For example, should you return from a hospital visit, they provide skilled nursing, physical, occupational and speech therapy, a social worker as well as a certified home health aide under your Medicare benefit. Should you require an out-to-hospital visit, one of our Care Solutions’ liaisons, **Patti or Roz**, will facilitate the ease of your return to home and help in setting up your services. *Simply put, where you live is where they will be.* Care Solutions will host a fun event to celebrate **National Nutrition Month on Thursday, March 10<sup>th</sup> at 2 PM in the French Village.** MARCH Into Spring with a healthy dessert by making your own “Dirt Cake”! Come see what it’s all about and get all “the dirt”!

**EDUCATIONAL PRESENTATION:** Sharon Johnson of **Hearthstone Alzheimer Care** is the scheduled presenter of “Montessori-based Activity Programming (MAP)<sup>TM</sup> for Persons Living with Dementia” on **Wednesday, March 16 from 8:00 AM to 9:30 AM at 420 Hemenway Street**. This presentation will focus on **Hearthstone’s I’m Still Here<sup>TM</sup>** program, an innovative method of working with persons living with cognitive impairments based on the educational philosophies of famed childhood educator, Maria Montessori. This methodology has been researched for more than 15 years by Dr. Cameron Camp, and has been shown to significantly increase levels of engagement, participation, satisfaction, success and quality of life for persons living with dementia. This event will begin with a light breakfast for the first half-hour, and one lucky attendee will win a gift basket, compliments of **Care Solutions**. Reservations are requested, since seating is limited. Please contact **Melissa McCarthy** at **617-335-3949** or [Mccarthy@thehearth.org](mailto:Mccarthy@thehearth.org).



**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.

**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:** [www.mass.gov/Ador/docs/dor/TaxTips/seniors10.pdf](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](http://www.irs.gov/pub/irs-pdf/p502.pdf)

It is likely that many residents will qualify for a rent deduction in Massachusetts and for medical deductions when receiving assisted living services. New Horizons recommends that residents discuss all tax matters with their accountant or lawyer to determine appropriate deductions.

**PLEASE MARK YOUR CALENDAR:**

<b>February 16</b>	Alzheimer’s & Dementia Presentation	7PM	Assembly Hall
<b>February 24</b>	New Resident Reception with John Grundstom	2:30PM	Assembly Hall
<b>March 1 &amp; 2</b>	Fire Safety Workshops for residents of <i>The Meadows</i>		See postings
<b>March 2</b>	<i>An Afternoon with Dr. Seuss</i> Family Reading Event	3PM	Assembly Hall
<b>March 4</b>	Interfaith Prayer Service	3PM	Assembly Hall
<b>March 10</b>	Dirt Cakes with Care Solutions	2PM	French Village
<b>March 12</b>	Set your clock <i>ahead</i> one hour before bedtime! Daylight Savings Time begins.		
<b>March 16</b>	Educational Presentation by <b>Hearthstone</b>	8AM	420 Hemenway