

# *New Horizons*

## **Monthly Update**

*April 2008*



**NEW RESIDENTS:** **Muriel Penna, Suite 223**, formerly of Winchester, is the mother of four children. A delightful addition to New Horizons, Muriel's varied interests include bridge, music, and reading. Muriel is also the latest member of our book club. **Ed Hatch, Suite 342**, has lived in Westwood for the past several years and is now returning to Woburn. Ed originally made his home on Woburn's west side, where he raised and educated his children. A retired U.S. Customs Officer, Ed also served in the Coast Guard for more than 20 years. He is an avid reader and enjoys crossword puzzles and the theater. A warm welcome to Muriel and Ed in their new home.



**PASSOVER HOLIDAY:** This year Passover begins at sundown on **Saturday, April 19** and concludes at sundown on **Sunday, April 27**. To continue our tradition, the dining rooms will feature some Passover fare during the holiday, including our delicious matzoh ball soup. We hope you enjoy these traditional favorites!

**EARTH DAY – APRIL 22:** Since 1970 Earth Day has served as a date that calls attention to environmental stewardship and the ecological challenges facing our planet. Each year many events around the world educate the public about environmental issues and ways to save the planet. Each one of us *can* make a difference, just by making small changes in the way we do things every day, such as carefully watching thermostats, shutting off unused lights, and buying energy-smart light bulbs. Skip the paper and plastic bags and bring a canvas, reusable shopping bag with you to the store! Earth Day (and every day) is a time to act to protect our planet!



**LOBBY DISPLAY:** In celebration of Mother's Day, we will be honoring our residents' mothers with items of special remembrance in the Front Lobby display cases. If you have photographs, letters, or memorabilia that you would like to loan to us for the display, please see **Magdalena** by **Friday, April 25**.

### **UPCOMING WELLNESS EVENT:**

- **Tuesday, May 6 at 10:00 AM** – Terrace Lounge – *Complementary and Alternative Approaches to Managing Arthritis*, presented by Suzanne Gauthier, OT, of the Arthritis Foundation.

**MOTHER'S DAY DINNER AND SOCIAL:** Please make reservations by **Tuesday, May 6** for any guests wishing to join us for a special Mother's Day mid-day dinner on **Sunday, May 11**. The all-inclusive price for guest meals is the same as on other Sundays (\$9.00 per person, half-price for children younger than eight), but reservations are required. For a more comfortable dining experience, up to two guests per resident may be accommodated. Please see the Front Desk for reservations, or to let us know if you plan to be *out* for dinner that day.



All children, grandchildren, great-grandchildren, etc. are cordially invited to join us for an informal Mother's Day *social*, also on May 11, from **9:30 AM to 11:00 AM** in the front living room. This social immediately follows the **9:00 AM** Catholic service, and will include light refreshments. All are welcome to attend.

**Wii DONATION:** New Horizons expresses its sincere appreciation for a recent donation by resident **Mary Avakian** towards the purchase of the new Wii games system. This very popular interactive electronic system is now installed on our large screen television in Terrace Lounge theater. In fact, Wii activity classes are now scheduled on our monthly calendar. Thanks for your generosity, Mary. “Wii” know the Wii will bring lots of smiles, laughter, and adventure to our residents!



**ADOPT A SERVICE MEMBER UPDATES:** Continuing our very popular program, New Horizons has recently sent care packages to deployed Army soldiers **David McNamee** and **Johann Gomez**. In addition, Navy Commander **Dan Daglio** (from Winchester) joins our program, as he begins a one-year assignment in Iraq. Care packages are sent every few weeks and include items such as snacks, small games, playing cards, baby wipes, eye drops, current magazines, letters/cards, shaving supplies, socks, etc. Residents, visitors, etc. are all welcome to drop an appropriate item into the box for forwarding. Photos of “adopted” service members are on display in the Front Lobby. Thank you for your ongoing support that means so much to those who are serving our country far away from home and family.



**FOOD SERVICE MEETING:** Thank you to the nearly 25 residents who joined our chefs and dining room supervisor for New Horizons’ quarterly food service meeting. Lots of good discussion ensued, and the minutes from that meeting are now posted in Baldwin Suites and in the third floor laundry near the Front Lobby. All residents are encouraged to attend these meetings to share comments, questions, concerns, and compliments about our food service program.

**INSURANCE:** All residents should consider the desirability of purchasing apartment dwellers’ (renter’s) insurance to help protect against any risk from fire, flood, sprinkler discharge, theft, etc., and from personal liability in the event that anyone should be injured while inside the resident’s apartment. Such insurance is available from an agency of the resident’s own choosing, and is typically modest in price. New Horizons strongly encourages renter’s insurance for all residents.



**COMPUTERS ARE FRIENDLY!** Have you ever wanted to email your children and grandchildren but have been too intimidated by the computer? What about trying a game of on-screen solitaire, or taking a peek at all that’s available through the Internet? Now is a great time to sign up for one of Andrew’s weekend “no-stress” computer classes. Even if you’ve never before touched a computer, Andrew can easily assist with emailing your friends and family, researching topics online, and general computer navigation. Check the sign-up books next to the Wellness Office for times and dates.

**COFFEE AND COURTESY:** Along with three daily meals, New Horizons also provides a complimentary mid-afternoon snack off the third floor lobby. As a courtesy to our food staff, we ask that all residents please *wait* until all food and beverages have been moved from the delivery cart to the serving table, before taking or requesting any items. This will enable the staff to properly set up the table without feeling “ambushed” while “delivering the goods!”



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