

New Horizons and The Meadows

Community Connection

April 2008



WELCOME: Your new neighbors this month are **Frances Denzel** (400/150B) from Marlborough; **Myer Erlich** (400/105) from Newton; **Frances Fahey** (420/457) from Charleston, SC; **Laura Green** (400/111) from New York City, NY; and **James Leighton** (400/119) from Marlborough. Please join us in welcoming these new residents to our community.

PASSOVER: Beginning at sundown on **Saturday, April 19**, and throughout the eight days of Passover, the Concord and Broadmeadow Dining Rooms will offer a special Passover entrée at lunch and dinner. At **5:30 PM on Monday, April 21**, a Seder service for *Meadows* and New Horizons residents and their guests will be held in Assembly Hall, followed by a traditional Passover meal. If you would like to attend, please sign up with **Jenna, Jenn** or **Barbara**, dining room managers, by **Friday, April 18**. We wish you a most happy Passover holiday!

RESPECTING THE SPIRIT WITHIN - ALZHEIMER'S AND SPIRITUALITY: John Zeisel, Ph.D., president and co-founder of the Hearthstone Alzheimer's Foundation and Hearthstone Alzheimer Care, Ltd., is the featured speaker on **Wednesday, May 7**, from **8:30 AM – 10:00 AM** in the theater at 420 Hemenway. Dr. Zeisel's presentation is intended for professionals and personal care partners caring for individuals with Alzheimer's disease. Attendees will learn how daily spiritual practices can offer hope, meaning, and sense of self. In addition, participants will learn how these practices aid in reviving memories and developing new skills among people living with Alzheimer's. Admission is free, but seating is limited. Please RSVP to Melissa McCarthy at **617-335-3949** or McCarthy@thehearth.org.

MOTHER'S DAY BUFFET: The Food Service team is planning another grand buffet for **Mother's Day, May 11**, for New Horizons residents. If New Horizons residents wish to invite guests to this buffet, please make reservations by **May 2** with the dining room managers. Residents expecting to be out on Mother's Day are requested to notify us at their earliest opportunity, so we may plan for guests in the Concord Dining Room. The Broadmeadow Dining Room will be closed on Mother's Day. *Meadows* residents are asked to inform **Barbara** if they wish to attend the buffet at New Horizons.

Mother's Day

SPRING RENEWAL APPRECIATION: During this season of new life, fragrant blooms, and robins singing, we would like to recognize and sincerely thank those individuals actively working on a regular basis to support the spiritual renewal of the New Horizons community:

Arlene Lemieux ~ Sabbath Service leader

Elizabeth Miller ~ Greeter and seating assistant during Sunday Mass

Max Miller ~ Organist for Sunday Mass

Jane Peters ~ Bible Study facilitator

Sisters of the Good Shepherd ~ Chapel services and Mass scheduling

Sons of Mary ~ Daily Mass celebrants

Pastor Linda Stetter ~ Protestant Worship Service leader

Sonja Tuller-Urwand ~ Sabbath Service leader



New Horizons is certainly blessed and uplifted by your efforts and generosity of spirit.

NEW HORIZON ARTISTS: New Horizons enthusiastically features a resident *Artist of the Month*, and proudly showcases their artwork on Main Street near French Village for residents and guests to enjoy. All residents desiring to share artwork are encouraged to speak to **Peggy McCarthy** by calling #0. Please note that sculptures, paintings, needlework, and other media are welcome. Stop by the Chapel vestibule to admire **Owen Roessler's** artwork, and visit the Breakfast Nook at 370 Hemenway to enjoy **Beverly Rinck's** display.



CARE SOLUTIONS CORNER: Care Solutions, our on-site, Medicare-approved home health agency, is hosting a Town Event on **Thursday, May 1**. Care Solutions' Kathy Sullivan will discuss the importance of Occupational Therapy in your home, and the benefits in promoting an individual's independence with the varied activities of daily living. We hope you will attend.

APPEARANCES SALON: New Horizons and Appearances want to make scheduling hair appointments easier for all residents. As part of this overall goal, New Horizons will no longer schedule hair appointments at the Front Desk. You are welcome, however, to call the Front Desk as you have in the past, and the attendant will transfer you directly to the salon. If a stylist is available, they will take your call and book your appointment. Should the salon be closed or a stylist not available, please leave your name and suite number on the answering machine, and someone will return your call to book your appointment. Additionally, there is a scheduling book for residents' use outside of the hair salon.



HOME COOKING: The Food Service Team is seeking "family favorites" to use for chef's choice selections. If you would like to share a special family recipe . . . and even a little story behind the favorite dish . . . drop off your recipe to the Food Service office located near the Concord Galley. Please be sure to include your name!

ROCK THE VOTE . . . and that's just what New Horizons residents did for the Massachusetts primary in February. As a community, the results were fantastic, and that sends a very positive message to local and state politicians. Our voter turnout was 96% of the Cottages, 93% of Building 370, 87% of New Horizons, and 80% of Building 420. Special thanks to **Ginger Ryan** for a superb effort in her commitment to the residents and the city. Together, we can make a difference and really "Rock the Vote."

NEIGHBORHOOD WATCH - SECURITY TIPS: As a reminder, New Horizons is a community that welcomes family, friends and visitors. It is a large community that often hosts several hundred visitors and vendors throughout the day in the many common areas. We do not monitor who comes in and out of the building and recommend that you keep your door locked at all times. Please do not give the *Meadows* entry code to family, friends or your housekeeper. Do not leave wallets or handbags unattended. It is important to remember to always keep up your guard to ensure the safekeeping of valuables. Please be mindful of your belongings at all times!



THE BENEFITS OF EXERCISE! New Horizons offers a variety of classes for all levels of participation, and we can find the right one for you! Please call **Elyse** at #0 if you would like more information about the Hemenway Health Club, or pick up an enrollment form at the Front Desk. Class schedules are posted in your mailroom. Some of the positive effects of exercise include:

- ◆ Increased strength and endurance
- ◆ Increased energy with less fatigue
- ◆ Improved flexibility
- ◆ Increased lean muscle mass
- ◆ Aid in burning fat more efficiently
- ◆ Decreased body fat
- ◆ Help in preventing osteoporosis
- ◆ Increased bone density
- ◆ Improved self-esteem

STAY COOL: As the weather gets warmer, many residents will be taking advantage of central air conditioning in their suites. We recommend that thermostats be set on automatic, low fan speed, at your desired temperature comfort level. The air conditioning system will be operable in late April, when the chillers will be turned on.