

New Horizons MONTHLY UPDATE May 2011

AMERICAN RED CROSS BLOOD DRIVE: New Horizons will host its annual Red Cross Blood Drive on **Monday, May 16**. Since set-up for the drive will begin at 11:30 AM, Terrace Lounge will only be available for morning activities that day.



RESIDENT PRESENTATION: **Tuesday, May 17, at 10 AM** in Terrace Lounge
Larry Guisepppe, Director of Veteran's Services for Woburn, will be speaking with our residents about the "Aid and Attendance Program" offered by the Veterans Administration. This program reimburses veterans, their spouses or widows/widowers for extensive medical bills, including charges for assisted living services. Mr. Guisepppe will be available to also answer your questions about veterans Health Care Benefits and Disability Compensation.



MEMORIAL DAY SERVICE: **On Thursday, May 19 at 10 AM**, New Horizons will hold its seventh annual Resident Memorial Service, recognizing all former residents who passed away during the prior year. This poignant event invites all residents, families, and friends of those who have died, to observe and honor the meaningful lives that touched our community. Reverend Mary Bettencourt will officiate the service and Sounds of Grace Choir will perform.



CONGRATULATIONS GRADUATES: The New Horizons community is very fortunate to have such responsible, bright, and talented students on our staff. Please join us in congratulating Woburn Memorial High School graduates **Jen Booker, Paige Curry, Ana Lebron, Kelley Pruyne** and **Jenna Messina** from Shawsheen Valley Technical High School. We wish them the very best in their future endeavors and thank them for continued great service to New Horizons.



CUMMINGS FAMILY TAKES THE 'GIVING PLEDGE': On April 28, 2011, Joyce and Bill Cummings committed to giving the majority of their wealth to philanthropy by taking the Giving Pledge. Launched by Warren Buffett and Bill and Melinda Gates last year, the Giving Pledge is a long-term charitable initiative that aims to inspire conversations about philanthropy and increase charitable giving in the United States. The Pledge is an effort to help address society's most pressing problems by inviting affluent American families and individuals to commit to giving more than half of their wealth to philanthropy. In their Giving Pledge letter, Joyce and Bill Cummings write "Having already pledged privately years ago to donate 90 percent of our wealth to charity, we now publicly take the Giving Pledge in the hope that, with every new member, the Association will gain momentum and provide encouragement to others who have the capacity to give in very meaningful ways." Please join us in extending congratulations to Bill and Joyce for their generous and outstanding commitment.





IN MEMORY OF HELEN DEYST: In recognition of the generous donations made in memory of Helen Deyst, a monthly “Enjoyment of the Arts” program featuring recorded musical concerts, plays, museum tours, etc. will begin May 30. The first program, *Arthur Rubinstein, Piano Concerto with the London Symphony Orchestra*, will be shown on the 82-inch flat screen TV purchased by the Helen Deyst Memorial Fund. The “Arts” were near and dear to Helen’s heart, and this new program honors her memory in all of our hearts.

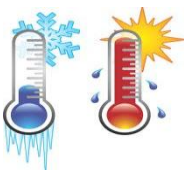
WELCOME NEW STAFF: Welcome **Tricia Umstead**, RN, of Woburn, as our new Wellness Coordinator. Tricia is excited to get to know all our residents. Stop by and say hello, her hours are Monday – Friday: 10 AM – 2 PM.

RESIDENT SATISFACTION SURVEY: New Horizons’ mission is always to provide a quality residential environment, with pleasant, effective service to all residents. In conjunction with our annual Resident Satisfaction Survey, held on **May 4**, this month we will be sending out a survey with statements to allow family members to provide us with their feedback, as well. Thank you for your input!



ALLERGY SEASON HAS ARRIVED ... How do you to tell an allergy from a cold?

Here are a few rules of thumb: Coughing is not usually associated with allergy symptoms, though coughing is associated with a cold. Your body will increase in temperature as a normal defense mechanism when fighting off cold viruses, but allergy symptoms never produce a fever. Sore throats are rarely a symptom of an allergic reaction to an airborne allergen, yet cold symptoms most often produce soreness of the throat after frequent coughing episodes. Allergic reactions will persist for a period of one week to a few months, or over the course of the allergy season. Common cold symptoms are gradual, begin as a head cold and progress to a full-blown chest cold, and usually last for 7-14 days. While colds can be passed from one person to another, allergic reactions are not transferred person to person. In both cases, however, hand washing, covering your sneeze with the inside of your elbow, and using disposable tissues will help prevent the spread of germs.



AIR CONDITIONING: Spring is here, and we are in the process of turning off building heating systems. Some resident apartments will switch over to air conditioning automatically, while other apartments will require a manual adjustment. *If the air conditioning in your apartment is not functioning, please let the front desk know at your earliest convenience.* Thank you!

IN MEMORIAM: We are very saddened by the passing of former residents **Joan Cervera** and **Bill Dunn**. We extend sincere condolences to their family and friends at this time.

***** UPCOMING EVENTS -- SAVE THE DATE *****

May 17	10 AM	Presentation with Larry Guiseppe	<i>Terrace Lounge</i>
May 19	10 AM	Memorial Day Service	<i>Terrace Lounge</i>
May 30		Memorial Day	
June 19		Father’s Day	

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