

New Horizons MONTHLY UPDATE September 2011



NEW RESIDENTS: Rita Marsilia, Suite 220, mother of four, is a retired cashier and joins us from her home in Tewksbury. Among her varied interests, Rita especially enjoys bingo and arts and crafts. A warm welcome to Rita to her new home.

RESIDENT WELLNESS PRESENTATION: Wednesday, September 21 at 10:00 AM in Terrace Lounge, Dr. Paul Chervin, neurologist, will speak on stroke. In the United States, stroke is the third leading cause of death and the leading cause of serious, long-term disability. High blood pressure is the most important risk factor for stroke. Dr. Chervin's discussion will cover causes and treatments of the disease.



NEW AUTOMATIC DOOR OPENER: As many residents are likely aware, New Horizons recently installed an automatic door opener at its main entry. It operates by pressing a large wall button located on both entry and exit sides. When the button is pressed, the door slowly opens and then automatically closes. New Horizons is pleased with its positive reception, as many residents have passed along their favorable comments. The automatic opener provides easy access for those needing any kind of special assistance. Please see the Front Desk attendant with any questions about its operation.

OUT DURING LUNCH or DINNER? As a courtesy to New Horizons residents, our dining staff typically will call your apartment in the event that you do not arrive for your scheduled meal in the dining room. If you know you will be out during mealtime, it is very helpful if you notify the Front Desk, so that the dining room can be informed not to expect you. In the event a resident *frequently* misses a particular meal without notifying us, our director of community relations will typically speak with him or her to discuss discontinuation of our courtesy reminder calls. Thank you for your ongoing cooperation.

Be
Back
Later

WELCOME NEW STAFF: **Rose Kilmain** and **Meaghan O'Mahoney**, both students at Woburn High School, joined our Dining Room staff. **Sandy Niemszyk** of Woburn works as a front desk attendant. Please join us welcoming our new staff to the community.



A VERY SPECIAL BIRTHDAY! **Rose Ring**, a resident for the past six years, will celebrate her *103rd birthday* on Sunday, September 25! All of us at New Horizons extend warm wishes to Rose for a very happy birthday!




FALL/WINTER MENU RETURNS: Starting in October, New Horizons' meals will follow the new Fall/Winter six-week menu cycle. Residents will note many seasonal items such as New England Boiled Dinner and Chicken Parmesan, as well as Indian Pudding and Baked Stuffed Apples. Overall, there is a real attempt to offer seasonal items with the menu changes, to make dining at New Horizons more appealing for all.



A JOB WELL DONE: Congratulations to all New Horizons and Winchester Home Care employees for the wonderful recertification results by the Executive Office of Elder Affairs (EOEA). EOEA is the state agency that oversees assisted living facilities and is responsible for certifying such facilities every two years. Their review results indicated just how pleased they were with things here at New Horizons. EOEA complimented Winchester Home Care, our in-house home care agency, on its "excellent resident records" and also complimented us on our staff training.



UPCOMING EVENTS -- SAVE THE DATE

September 17	9:00 AM	Red Hat Yard Sale	
September 18	1:30 PM	Woburn Trolley Tour	
September 23		First Day of Fall	
September 25	1:30 PM	Birthday Celebration for Rose Ring	<i>Rumford DR</i>
September 28	10:00 AM	Wellness Presentation on Strokes	<i>Terrace Lounge</i>
October 6		Mad Hatter Day	
October 10		Columbus Day	
October 31		Halloween – Costume Contest at Lunches	

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