

New Horizons **MONTHLY UPDATE** October 2011



NEW RESIDENTS: We extend a warm welcome to **Phyllis D'Alelio, Suite 352**, who joins us from nearby Melrose. Phyllis has four daughters and is a retired nurse. She enjoys reading, crossword puzzles, and especially monthly luncheons with her fellow nurses. We also welcome **Irene Moore, Suite 473**, who moved to New Horizons from Winchester. Irene's interests include religious events, crafts, and knitting. We welcome Phyllis and Irene and wish them the very best in their new home.



OKTOBERFEST: This annual festival held in September and October in Munich, Bavaria, Germany, is one of the most famous events in Germany and is also the world's largest fair, with more than five million people attending every year. Oktoberfest began with the marriage of the Crown Prince of Bavaria in 1810. The first beer stand wasn't added until 1818 and has since grown in popularity and been adopted by many other cities around the world. On **Wednesday, October 19 at noon** in Rumford Dining Room, Oktoberfest is coming to New Horizons! Join your friends for *gemuetlichkeit* (translation: friendly and cozy social gathering), great food and entertainment to celebrate the fall harvest.

TRUSTEE MEETING: Trustees will meet in the Living Room for the annual "Trustee Mixer" on **Wednesday, October 19 at 6:30 PM**. New Horizons will bid farewell to two outgoing trustees: Dr. Michele Crage and Kathy Lucero. Residents are invited to share refreshments and conversation with the community's trustees.

FREE FLU SHOTS FOR RESIDENTS: **Tuesday, October 25, at 1:30 PM**. The Center for Disease Control notes on its website that "the best way to prevent the flu is by getting a flu **vaccination** each year." If you are planning to receive the flu vaccine at New Horizons this year, please stop by the Wellness Office by Wednesday, October 19, with your Medicare/ HMO Insurance cards and sign a consent form.



Residents with flu symptoms should minimize exposure to others, including eating at a segregated table in the dining room or ordering tray service during the illness. Flu symptoms include fever, aches, chills, and tiredness, and tend to come on suddenly. Also, remember to wear a short sleeve top on flu shot day.

RESIDENT WELLNESS PRESENTATIONS: On **Thursday, October 27 at 10:00 AM**, S.H.I.N.E. / Minuteman Senior Services presents *2012 Medicare Check-up Time*. Ensure your Part D coverage meets your needs, find out if your premiums and co-pays are increasing, and/or if your plan is changing or terminating. On **Wednesday, November 2, at 10:00 AM** in Terrace Lounge **Dr. Robert O. Kwon** of Burlington Eye Associates will talk about eye health.

DAYLIGHT SAVING TIME ENDS: It's that time again! Turn your clocks (and watches) *back* one-hour. Adjust your clocks just before bed on **Saturday evening, November 5**. Enjoy the extra hour in your day!

MAYOR'S LUNCHEON: On **Sunday, November 6**, New Horizons residents are invited to the *Annual Mayor's Appreciation Day for Seniors*. This is a great opportunity for residents to reconnect with old friends. Residents will enjoy a sit-down meal, followed by an entertaining variety show in the auditorium. The New Horizons bus will make multiple trips, beginning at **10:20 AM**, and will return at approximately **3:00 PM**. This event is free of charge, but prior sign-up is required.

SALUTE TO VETERANS: Veterans' Day is **Friday, November 11**. We proudly honor and give thanks to the men and women who served our country and defended this great nation. New Horizons salutes **23** of its own residents on this special day! To ensure that the history of veterans is preserved, Congress created the Veterans History Project in 2000. According to the project's website, its goal is to collect, preserve, and make accessible the personal accounts of American war veterans for the benefit of future generations. To learn more or to participate in this project, visit www.loc.gov/vets/about.html.



As a special tribute to New Horizons' veterans, Director of Veterans Services **Larry Guiseppe** will join us on **Tuesday, November 15 at 10:00 AM** in Terrace Lounge, to present New Horizons veterans with a token of appreciation for their service to our country. All residents are encouraged to attend.

THANKSGIVING – PLANNING AHEAD: All residents planning to join us for New Horizons' traditional Thanksgiving feast are reminded that **there is a maximum of four guests per resident, and reservations must be made with the dining room or front desk by Friday, November 18**. This delicious mid-day meal is priced at the standard \$15 per adult guest, and \$7.50 for children eight and younger. Similarly, please let us know if you will be out for Thanksgiving dinner for our meal planning purposes. To allow food service staff the opportunity to spend a portion of the holiday with their families, the day's evening supper will consist of *Gourmet-to-Go* parcels, containing some extra-special goodies.



BREAST CANCER AWARENESS: October is *National Breast Cancer Awareness Month*. This campaign strives to increase public understanding of breast cancer issues and promotes early detection. There is no proven way to prevent breast cancer, but early discovery can greatly increase chances of survival. This program encourages all women to commit to early detection by getting regular mammograms, clinical breast exams by a healthcare professional, and performing self-exams. Following these guidelines can improve chances that breast cancer will be found early and treated successfully.



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

October 19	12:00 noon	Oktoberfest	<i>Rumford Dining Room</i>
October 25	1:30 PM	Flu Clinic	<i>Baldwin</i>
October 27	10:00 AM	Wellness Presentation	<i>Terrace Lounge</i>
October 31		Halloween – Costume Contest at Lunches	
November 2	10:00 AM	Wellness Presentation	<i>Terrace Lounge</i>
November 5		Daylight Saving Time Ends	
November 11		Veterans' Day	
November 15	10:00 AM	Veterans Tribute	<i>Terrace Lounge</i>
November 24		Thanksgiving Day	

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