



# Monthly Update



New Horizons at Choate, LLC

Monthly Newsletter

November 2012



**NEW RESIDENT:** Eleanor McCall Zachary, Suite 479, joins us from her home in Glen, NH. Eleanor was born and raised in Woburn, and her family is thrilled she has returned to her hometown. A retired Woburn High School teacher, Eleanor enjoys reading and current events.

**MAYOR'S LUNCHEON:** New Horizons residents are invited to the *Annual Mayor's Appreciation Day for Seniors* at Woburn Memorial High School on **Sunday, November 4**. 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. The sign-up sheet is located outside the Wellness office.

**SALUTE TO VETERANS:** Sunday, November 11 is Veterans' Day. New Horizons salutes **28** of its own residents on this special day! We proudly honor and thank all who served our country and defended this great nation. 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](http://www.loc.gov/vets/about.html).

As a special tribute to New Horizons' veterans, Mayor Galvin will join us on **Thursday, 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.

**VOTE 2012:** This year's very exciting political season culminates on **Election Day, Tuesday, November 6th**. If you have not already voted by absentee ballot, transportation will be provided throughout the day to the polling station. Make sure your opinion is counted and



and **VOTE!**

**Holiday Guest Reservations:** All residents planning to join us for New Horizons' delicious Thanksgiving feast are reminded that guest reservations (if any) must be made with the dining room or Front Desk by **Friday, November 16**. This festive mid-day meal is priced at the holiday meal rate of \$20 per guest and \$10 for children eight and younger. Similarly, for planning purposes, please let us know if you will be out for Thanksgiving dinner. 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*



*Happy Thanksgiving! Thursday, November 22*

parcels, containing some extra-special goodies.

**REMINDER!**  
DAYLIGHT  
SAVING  
TIME ENDS  
NOVEMBER 4. BE  
SURE TO SET  
YOUR CLOCK  
BACK ONE HOUR  
BEFORE YOU GO  
TO BED ON  
SATURDAY,  
NOVEMBER 3!



**NO RENT INCREASE — 17<sup>th</sup> Consecutive Year!** New Horizons is pleased to announce that the board of trustees, at its recent October meeting, voted to waive any 2013 cost of living adjustment to the basic monthly service fee for current residents. Our community is truly unprecedented in this regard, as retirement communities typically increase monthly service fees annually. As a not-for-profit facility, New Horizons is pleased to maintain its rates with the ongoing support of Cummings Foundation.



**STAFF APPRECIATION FUND...** Many residents wonder why New Horizons maintains a “no tipping” policy when most service industries seem to expect gratuities. Indeed, when dining at a restaurant, a tip of 18-20 percent for excellent service is the norm, and a tip for the housekeeping crew who tidies up your hotel room is not unusual. If you would like to recognize **73 full and part-time staff** for their service excellence during the past year, you may contribute to the Staff Appreciation Fund.

This holiday fund is an acknowledgement of the unsung services rendered throughout the year by those working closest to residents and often behind the scenes — front desk attendants, activity assistants, waitstaff, food service, housekeeping, maintenance, and office support staffs (with the *exception* of any directors and executive chef). You will find a contribution form enclosed in this month’s mailing. Alternatively, *sealed envelopes* may simply be left at the Front Desk or with any director on duty. **All donations are confidential, but will be acknowledged in writing.**

**LOBBY DISPLAY:** Our current display is *Hand-made Hungarian Crafts* on loan from **Elizabeth Vago**, who was the inspiration and chef for the delicious Hungarian dinner in September. Thank you, Elizabeth!

**FLOWER ARRANGING:** Several residents enjoyed a special Flower Arranging Class on October 15, presented by Meaghan and Sandra of Whole Foods Market in Woburn. Their creative works were displayed in the dining room as table centerpieces. Meaghan and Sandra will return on **Monday, December 3**, at 10 AM for another floral arrangement class *and* a tea and cookie tasting.

**ANNUAL TREE LIGHTING:** The holidays are fast approaching. We traditionally start the season with our very festive tree lighting. Please join us in the Front Lobby on **Friday, November 30, at 6:30 PM.** This holiday favorite will feature musical entertainment by pianist Mark Tavenner.

**RESIDENT HOLIDAY OPEN HOUSE:** Join us on **Sunday, December 2, at 2:00 PM** for our Ho-Ho-Holiday Open House. Family members and friends of all ages are invited join Santa’s elves for an afternoon of merry-making, including our famous *Make Your Own Ice Cream Sundae Bar!* Santa will make a special visit, and pose for photos with residents and families. Come share the holiday spirit with friends and family.

**Alzheimer’s Awareness Month:** Worldwide, an estimated 16 million people live with Alzheimer’s disease, five million of them Americans. For every person with Alzheimer’s, there is often at least one other person who directly cares for him or her, as well as a host of healthcare workers, advocates, volunteers, and support workers. There is presently no cure for Alzheimer’s disease, though ongoing research has dramatically improved care and is showing reason for hope.



**UPCOMING EVENTS — SAVE THE DATE**

November 4	Sunday	Daylight Saving Time Ends	
		Mayor’s Senior Luncheon	
November 6	Tuesday	Election Day	
November 11	Sunday	Veterans Day	
November 22	Thursday	Thanksgiving Day	
November 30	Friday	Annual Holiday Tree Lighting	3rd Floor Living Room
December 2	Sunday	Holiday Open House	