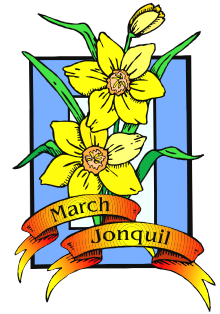


New Horizons

Monthly Update

March 2007



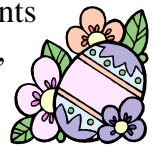
FOR YOUR DINING PLEASURE . . . Our spring/summer home-cooked menu cycle begins **Sunday, April 2.** This menu has many new and different items, which do not appear on the current fall/winter menu. Some items are definite palate pleasers, and a few are a little adventurous, but all will be delicious. Our food service team is always delighted to hear your many wonderful suggestions for our menus. We encourage all residents to provide a favorite recipe or new suggestion at any time. We are always happy to improve your dining experience!



UPCOMING WELLNESS EVENT:

- **Tuesday, March 27 at 10:00 AM** – Terrace Lounge – **Non-Pharmacologic Social Security Update.** Presented by Francine Kollias from the Social Security Administration. Receive answers and updates to all of your social security related questions, including Medicare.

EASTER DINNER: Our home-cooked Easter menu will include baked ham, roast leg of lamb, cheddar baked stuffed potato, butternut squash, and a special dessert. Guest dinners for this occasion are charged at the standard \$9 for adults and \$4.50 for children younger than eight. Residents who will be out on **Easter Sunday, April 8,** are requested to notify **Nancy Edwardsen,** dining room supervisor, at their earliest opportunity to help us more efficiently plan for guests. Residents wishing to invite guests for New Horizons' delicious Easter dinner should make reservations with dining room staff by **Tuesday, April 3.** To allow New Horizons' food service staff the opportunity to spend a portion of the Easter holiday with their families, the day's evening meal will consist of Gourmet-to-Go parcels.



INCOME TAX RENT DEDUCTIONS: Massachusetts allows a deduction on personal income taxes to individuals who pay rent. Although New Horizons does not calculate monthly service fees in terms of proportionate costs for rent and services, a recent study of comparable area rental apartments indicates that a studio might rent for \$800 per month, a one-bedroom for \$1,000 per month, and a two-bedroom for \$1,200 per month. These estimated figures are rent only, while New Horizons' monthly service fee includes three meals daily, housekeeping, linen service, activities and events, and multi-disciplinary team services. A maximum \$3,000 annual rent deduction is allowed (or \$1,500 if married, filing separately). Along these lines, it might be appropriate to consider that a typical New Horizons resident could deduct that full amount as attributable to yearly "rent."

Additionally, according to the Assisted Living Federation of America, residents, family members, and others who pay for an individual's care in an assisted living community can, in most cases, file the entire monthly cost of assisted living as a tax-deductible medical expense, if assisted living services are provided pursuant to a plan of care prescribed by a licensed health-care practitioner, and the personal care services are required by a person who is unable to perform at least two activities of daily living, or who has severe cognitive impairment and requires supervision to protect self and others from health and safety threats. New Horizons is unable to provide tax advice, and individuals interested in learning more about potential tax deductions should consult a personal tax advisor, tax preparer, or the IRS for information specific to their needs.

McKEOWN SCHOLARS UPDATE: Nearly 350 high school seniors in five greater Boston communities (Beverly, Stoneham, Wilmington, Winchester, and Woburn) recently participated in the required one-hour essay session as part of the annual McKeown Scholars Program competition. A total of 15 awards will be presented to the top scorers who write the best essays, and who emerge as the strongest leaders following review of their applications, personal interviews, and overall performance. A \$5,000 scholarship will be awarded to each winner, payable to the college/university of his or her choice. This marks the eleventh year of Cummings Foundation's scholarship programs, which have awarded more than \$1.5 million to more than 750 accomplished high school seniors. To date, more than \$400,000 has been awarded by Cummings Foundation to Woburn High School seniors, alone.

LABELING REFRIGERATOR/FREEZER FOOD: As part of New Horizons' communal environment, we provide common-area refrigerators exclusively for resident use. Refrigerators are located in the third-floor laundry room near the lobby and in the west-wing laundry room. There is also a refrigerator in the fourth-floor laundry room next to the front elevator. Any residents (both independent and Baldwin) are welcome to use any common refrigerator/freezer for personal food storage at any time, regardless of the location. Please ensure, however, that all food is properly contained and labeled with the resident's name and date of storage. Any unlabeled, expired or offensively pungent foods will be removed on a regular basis.



NATIONAL PARKINSON'S AWARENESS MONTH: April is *National Parkinson's Awareness Month*. Parkinson's Disease (PD) is defined as a movement disorder often characterized by muscle rigidity, tremor, a slowing of physical movement, and in extreme cases, a loss of physical movement. The approximate number of people living with PD is more than one million. Support and materials are available through the Parkinson's Disease Foundation at 800-457-6676, or www.pdf.org.

WALK THE HALLS: According to a recent Tufts University Health & Nutrition newsletter, as little as three hours *a week* of brisk walking will demonstrably increase brain volume in older adults. In one study, the brain areas responsible for memory and information-processing – areas that are especially prone to age-related deterioration – showed the greatest gains from aerobic exercise, such as brisk walking. The lead author of the study commented that “moderate levels of exercise, in particular walking, are relatively easy to do, and may result in increased cognitive flexibility and the ability to lead independent lives for longer periods of time.” A copy of the complete Tufts newsletter article is available at the Front Desk.



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