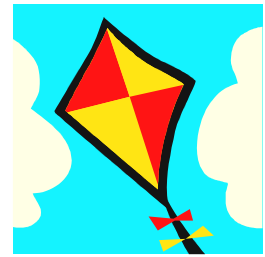


New Horizons

Monthly Update

March 2008



NEW RESIDENT: **Helen Wood, Suite 388**, made her career as a beauty stylist instructor and comes to our community from Burlington. An active lady, Helen enjoys square dancing, reading, cards, and crocheting. We extend a warm welcome to Helen in her new home.

CURIO DISPLAY: Be sure to take a peek at Activities Director **Frances Gedzium's** sensational collection of dolls in the curio case next to Christine's desk off the lobby. It has been described as a doll collector's dream! Also, take a look at our own staff families' photos on display across from Jed's desk. We hope you enjoy this opportunity to get to know our team members a little bit more.



EASTER DINNER: Our delicious Easter menu will include baked ham, roast leg of lamb, baked cheddar stuffed potato, butternut squash, asparagus, hot cross buns, and a special dessert. This special-occasion, home-cooked dinner will be at the standard guest rate of \$9 for adults and \$4.50 for children younger than eight. Residents who plan to be out on **Easter Sunday, March 23**, are requested to notify Nancy Edwardsen, dining room supervisor, at their earliest opportunity to help us more efficiently plan for guests in the dining room. Residents wishing to invite guests for New Horizons' delicious Easter dinner are requested to make reservations with dining room staff by **Monday, March 17**. 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, containing extra-special goodies for the occasion.



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 this spring 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 12th year of Cummings Foundation's scholarship programs, which have awarded more than \$1.5 million to more than 800 accomplished high school seniors. To date, more than \$420,000 has been awarded by Cummings Foundation to Woburn High School seniors alone.



UPCOMING WELLNESS EVENT:

- **Wednesday, March 19 at 10:00 AM** – Terrace Lounge – **“Gotta Go!!! Urinary Patterns As We Age.”** Presented by Kim Farina, PA.

QUOTABLE QUOTES: Check out the www.cummingsfoundation.org website. Click on ‘New Horizons Retirement Communities,’ ‘Testimonials.’ Read unsolicited comments from residents and family about their New Horizons experience. Please let us know what you think!

RECYCLING NEWS: As new energy-saving fluorescent light bulbs become standard, it is important to be aware that these fluorescent bulbs contain a very small amount of mercury. Residents are encouraged to recycle any old compact fluorescent lightbulbs (the ones with the “squiggly” shape) through New Horizons by simply bringing them to the Front Desk when they no longer function. If one breaks, do not vacuum or pick up the debris immediately. That can release mercury dust into the air. Ideally, leave the room for 15 minutes. Then, while wearing gloves, place fragments into a plastic bag or glass jar with lid. (Note: Tiny pieces and powder may be picked up by using a sticky tape, such as duct tape.) Finally, bring the jar or sealed bag to the Front Desk for recycling. For further information regarding safe disposal, visit www.energystar.gov, and click on ‘Lighting.’



ON-SITE BANKING: This month marks Danversbank’s third anniversary of on-site banking services at New Horizons. More than 60 residents and staff are now participating in this highly convenient amenity, and we encourage any who have not signed up to see **Christine** for details. Danversbank visits New Horizons in the Dining Alcove every **Tuesday morning, from 9:00 AM to 10:30 AM**, and offers a variety of services including check cashing, accepting deposits, issuing money orders, etc. Banking in the comfort of your own home – now that’s easy!

FIRE LANE RESTRICTION: Woburn Fire Department has again requested that no New Horizons residents, guests, or staff leave any vehicle unattended in our front driveway. This area is designated as an official fire lane for police, fire vehicles, and ambulances only and *may not be used for parking at any time*. A resident expecting a visitor should request that the visitor park in the main parking area, meet the resident at his or her apartment, return to the lobby area, and then retrieve the car to pick up the resident at the front door. Similarly, visitors dropping off residents should pause at the entrance, allow the resident(s) to exit the vehicle, and then park in the main parking area before coming into the building. Under no circumstances should cars be left unattended in the fire lane, no matter how short the duration. *Violators are subject to having their vehicles towed at the owners’ sole expense*. Thank you for your careful consideration at all times.



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 www.pdf.org or 800-457-6676.

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