

# *New Horizons*

## *Monthly Update*

*May 2007*



**WELCOME NEW RESIDENTS:** **Jim Micarelli, Suite 426**, a retired meat cutter and shopkeeper, was also a Vaudeville performer in his younger years. Jim's very attentive family recently hung some of his lovely artwork, most notably a painting Jim created of old Scollay Square. A very social and pleasant man, Jim enjoys all the activities offered here, especially poker and music. **Priscilla Marshall, Suite 226**, joins long-time friend and resident **Mary Avakian** here at New Horizons. Priscilla made her career as an assistant sales manager at John Hancock Life Insurance. A lovely addition to New Horizons, Priscilla enjoys reading, trips out, movies, crocheting, and more. We welcome both Jim and Priscilla to your new home.

**WELCOME NEW STAFF:** **Alex Alexander** started two weeks ago as a New Horizons executive chef. **Jim Geysen** is a new part-time member of our maintenance crew and, incidentally, the father of fellow maintenance staff member **Chris Geysen**. Additionally, **Joan Moore** is our newest bus driver, who will be escorting residents to and from local events and activities. Please join us in welcoming **Alex, Jim, and Joan** to our community!

**LOBBY DISPLAY:** Our lobby display for *July* will feature "*Proms and Graduations.*" If you have photos, diplomas or other memorabilia from graduations and proms, and would like to loan them to us for the display, please see **Magdalena** or **Kathy Ferrone** before **Thursday, June 14**.



**CURIO DISPLAY:** Be sure to see resident **Jim Pavao's** sensational collection of handmade woodcarvings in the curio case next to Christine's desk off the lobby. Jim has surely proven himself as a master whittler!

**"OBJETS D'ART":** We hope you are enjoying resident **Warren Oldaker's** beautiful drawings in the dining rooms. We have been very fortunate to have displayed several selections of Warren's work over the past few years throughout the house. We are pleased now to present his impressive work in a unified exhibit.

**BOWLING TOP SCORE!** Resident **Alice Callahan** recently set two New Horizons tabletop bowling records by achieving *five* consecutive spares and a total score of **130!** All residents are enthusiastically invited to take part in weekly bowling every Friday at 10:00 AM. Congratulations, Alice.



### **UPCOMING WELLNESS EVENTS:**

- **Tuesday, May 15 at 10:00 AM** – Terrace Lounge – *How Hearing Affects Your Life*, presented by **Loleata Wigall, M.S. CCC-A**, of Atlantic Audiology, Inc.
- **Thursday, May 17 at 3:00 PM** – Baldwin Dining Room – *Benefits of Tai Chi, Fall Prevention*, presented by **Rosemary McCormack, PT**, of Winchester Home Care.

**MEMORIAL DAY REMEMBRANCE:** **On Thursday, May 24 at 10 AM**, New Horizons will hold its fourth annual Resident Memorial Service, led by **Reverend Deryk Richenburg**, recognizing all former residents who passed away during the prior year. This poignant event invites all residents, staff, and families/friends of those who have left us, to observe and honor the meaningful lives that touched our community.

**AFTER-HOURS DINING:** New Horizons provides three delicious, nutritious meals each day for our residents, featuring a homestyle New England menu. Any food served, however, is always intended to be consumed *in the dining room only*. Longstanding policy prohibits residents from taking any food out of the dining area, with the sole exception of a single piece of fresh fruit after a meal. Recently, some residents have been observed either removing other food from the table, or requesting additional food items (including extra baked goods, beverages, sandwiches, vegetables, etc.) to be consumed in their apartments.



Though each such individual request may seem “minor,” it creates a very awkward situation for dining room personnel and also works against New Horizons’ goal to control costs in the interest of our important not-for-profit operation. Residents are always welcome to order as much or as little as they wish to eat *in the dining room*. As a longtime courtesy, complimentary coffee and tea, as well as muffins or doughnuts, are typically provided each afternoon near the third floor lobby. Any additional “snacks” however, may always be obtained by residents from a local grocery or convenience store or other outside source. We request your ongoing assistance in observing this most important policy.

On a related subject, residents are reminded that only New Horizons *staff* are authorized to deliver meal trays to residents in their apartments during minor short-term illnesses. The nominal charge to prepare, deliver, and retrieve a tray is \$5.00 per meal, or a maximum of \$10.00 per day. With sufficient advance notice, however, residents may request a *Gourmet to Go* (only) meal, typically consisting of a sandwich, beverage, and piece of fruit, that may be picked up from the dining room by the resident or neighbor, for no additional charge.

**DRIVER SAFETY:** AARP will be conducting a two-day Driver Safety Course at New Horizons on **Wednesday, June 27** and **Thursday, June 28** in Terrace Lounge from **9:00 AM to 1:30 PM** each day. Lunch is included. The course covers many facets of driving, such as traffic interaction, vehicle safety, adverse driving conditions and the rules of the road. The course focuses on how the aging process affects hearing, eyesight, and driver’s response time, as well as how to recognize and compensate for these conditions.



The course fee is **\$10** per student, including workbook and video, and is payable by check to AARP, in advance, when registering. Note: There are **NO TESTS**. (Please register at the Front Desk.)

Attendees must complete *both* classes to receive a Certificate of Completion. **New Horizons will then reimburse the \$10 fee to each resident who presents a course completion certificate.** For questions, please see Mary or Inez in the Wellness Office.

**CARPET CLEANING:** Common area carpet cleaning will continue on the following dates:

**Tuesday, May 15** – 2<sup>ND</sup> & 4<sup>TH</sup> FLOOR DINING ROOMS

**Tuesday, May 22** – 1<sup>ST</sup> FLOOR HALLWAYS and TERRACE LOUNGE

**Tuesday, May 29** – 3<sup>RD</sup> FLOOR HALLWAYS, WEST WING LIBRARY, and MAIN LOBBY

We have scheduled all cleaning to begin **after 7:00 PM** and continue into late evening. While you may detect brief noises from the machines, we have specifically scheduled the work after normal business hours to allow overnight drying time and maximum resident use of the hallways during the day. If you walk through the hallways and other common areas during the carpet cleaning, be sure to use extra caution to avoid hoses and other equipment. Thank you for your cooperation as we continue our spring cleaning to make your home beautiful!

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