

New Horizons
Monthly Update
September 2005



WELCOME NEW RESIDENTS: **Dick and Mary Holland, Suite 244**, have resided at New Horizons in Marlborough for the past year, and now join our community to be closer to family members. Before their arrival in Marlborough, Dick and Mary owned and managed a hardware store in Rowley for nine years, following Dick's early retirement from Beatrice Foods. **Elaine McGuire, Suite 247**, is a retired telephone operator with many interests, including music, bingo, and sports. We welcome you all to your new home!

OCTOBER DISPLAYS: • Our *curio* display will be housekeeping supervisor **Elizabeth Vago's** European porcelain collection. Please stop by during the month to view this unique and exquisite display of fine artistry. • Our *lobby* display will feature "Our Residents' Collections." If you have any collectibles (stamps, coins, spoons, figurines, postcards, etc.) that you would like to loan for the display, please see **Magdalena** before **Friday, September 30**.

WELLNESS EVENT FOR SEPTEMBER: *2006 Medicare Changes*, presented by Cindy Phillips, director of SHINE, Minuteman Senior Services, will be held in Terrace Lounge at **10:30 AM on Tuesday, September 20**. Learn what's happening next with the Medicare prescription drug coverage plan. Did you know that every person on Medicare will have to choose whether to take a plan or face a future penalty? Don't miss out! Prepare yourself for these important changes to your government health insurance.

ANNIVERSARY PARTY SUCCESS: New Horizons' 15th anniversary party was a resounding success! Anyone who would like to view/print out digital photos from the party is encouraged to email New Horizons at nhc@cummings.com for a link to the photo site.

FALL IS COMING: Our dining staff will introduce the new fall-winter menu cycle on October 1. Residents will note lots of new and different items, including onion rings, chili, and stuffed cabbage, which were among many suggested by residents. Others, such as lamb chops, sauerbraten, steak and eggs, and Philly cheese steak, for instance, are items that traditionally replace so-called "summer items." Overall, there is a real attempt to have a meaningful difference between the seasons, which we hope makes dining more interesting for all. The spring-summer menu will return April 1.



BREAST CANCER AWARENESS: October is *National Breast Cancer Awareness Month*. This campaign increases understanding of breast cancer issues and promotes early detection. There is yet 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 breast self-exams. Following these guidelines can improve chances that breast cancer will be found early and treated successfully.



CONSTRUCTION UPDATE: Work continues on the new entrance to Choate Medical Center! Once complete, carpeting in the medical center will be replaced, as well as some basic upgrades to common area bathrooms. It has been several years since the facility received a "facelift," so we look forward to a fresh new look in the next few weeks.

"LOVEBIRD" WINNERS: **Fred and Ginger** are the new names for our new feathered friends.

THANK YOU:

► New Horizons extends a warm and sincere thank you to trustee *emeritus* **Dr. Peter Rotolo** and his firm, Burlington OB/GYN, for the recent donation of two Pentium III computers for residents' use. These replace the former computers, which were determined to be not worth repairing. We are very grateful for Dr. Rotolo's thoughtfulness and generosity.

► Thank you also to Cummings Properties for its recent donation of a \$1,300 merchandise credit with Oriental Arts of Woburn. New Horizons acquired three beautiful new pieces purchased with this credit: a handsome carved wood and marble side table in Terrace Lounge, the beautiful Asian chest near the third-floor elevator, and the very decorative, colorful planter in the main lobby.

HIGH HOLIDAYS: *Rosh Hashanah* (Jewish New Year) begins at sundown, **October 3**, and the following 10 days are a solemn period known as the *Ten Days of Repentance*. Jewish belief refers to the *Book of Life*, in which every person's act, word, and thought are recorded during the 12 months of the year. During Rosh Hashanah, this book is "opened," and all deeds are examined. Each individual's fate for the coming year is then determined based upon their deeds. The holiest day of the year, *Yom Kippur*, follows Rosh Hashanah. It begins at sundown, **October 12**, and is known as the Day of Atonement or "Sabbath of Sabbaths." This holiday is devoted to prayer, fasting, and requests for forgiveness of wrongdoing. Jewish tradition tells that judgment of every man, woman, and child is inscribed in the *Book of Life* and sealed on Yom Kippur. The day closes with hope of forgiveness, and prayers for health and happiness for the coming year.



ANTIQUÉ CAR SHOW: On **Saturday, October 15**, from **1:00 PM to 4:00 PM**, New Horizons will host its *Second Annual Vintage Auto Show*. Do you remember, "See the USA in Your Chevrolet"? How about your very first family car? Vintage cars ranging from the 1920s to the 1970s will grace our parking lot for residents and guests who wish to get a close-up look at some of the auto industry's classic specimens. We are looking forward to an outstanding "drive" down Memory Lane, and hope you will join us. We'll even have a disc jockey on hand to provide some nostalgic tunes from days gone by!



RESIDENT TALENT EXHIBIT: On **Saturday, October 29**, from **10:00 AM to 4:00 PM**, our residents' talent will be on display in Terrace Lounge. Residents, family members and friends may view the wide variety of beautiful art and handiwork of residents, including rug hooking, embroidery, sewing, painting, sketching, pottery, crafts, etc. If you have items that you have created and wish to display in this exhibit, please see **Jeanmarie** by **Friday, October 21**.

NEW ARTIST: New Horizons has received a variety of comments regarding the unique, colorful new art exhibit in the dining rooms. Artist **Gay P. Cox** is a well-known abstract painter. Originally from London, England, she has exhibited across the United States, Canada, and Europe. Gay created the five largest canvas paintings specifically for New Horizons. Her work will be on display through the end of November, and the activities department is presently arranging a "Meet the Artist" event with Gay for late October.

DINING ROOM SERVICE: Our dining rooms and waitstaff do their best to function efficiently and provide the most enjoyable dining experience for residents and guests. As such, we must request your personal assistance in ensuring you arrive at your appointed seating on time. Failure to do so impacts our service to other residents. Residents arriving 15 minutes after their scheduled seating may not be served in the dining room, but may request a "Gourmet to Go" parcel to take back to their suite. We appreciate your ongoing cooperation.



SUPPORTING OUR TROOPS: As we continue to show support for our country, New Horizons proudly announces its “*Adopt a Servicemember*” program. We would like to introduce you to our first adoptee, Army Specialist **Daniel Balestrieri**. Daniel is a 1997 graduate of Woburn High School and is presently stationed in Afghanistan. While home on a very short leave last month, he dropped by New Horizons and met a few of our residents. Approximately once a month, New Horizons residents are planning to collect items, package and send them overseas, and correspond with our adopted servicemembers to let them know that we are grateful for their service and that they are in our thoughts. We have placed a special “mailbox” near the coffee station on the third floor. Simply write the name of the soldier on your envelope, and we will address and post your card or letter for you.



LAUNDRY MATTERS . . . New Horizons’ laundry service mirrors the procedure of many hotels, where items are typically cleaned together. Dry cleaning establishments, as well, adhere to this general laundry practice. New Horizons uses professional products for laundry, which sanitize items during the wash cycle. In the interest of energy conservation, also, this *dramatically* reduces our water and electricity costs and frees up laundry machines for residents’ personal use. If any resident desires his or her linens laundered *separately*, this will be considered “personal laundry,” and will therefore be a chargeable item, as outlined in the Resident Handbook.



WALGREENS DELIVERIES: A few weeks ago, many residents were disturbed to hear that Walgreens decided not to make sundry deliveries for three weeks, until after Labor Day. While residents always are free to choose their own source for such items, a number of people switched to Smith Drug, as a result of Walgreens’ decision. New Horizons has no connection to Smith Drug, whatsoever, but notes that residents using that facility have remarked about Smith’s professional, efficient, and friendly service. If you have not yet given Smith Drug a try, you may want to consider that pharmacy for a future prescription and/or sundry order. Call **781-245-0380**.

SIGN-UP SHEET ETIQUETTE: Please use extra care if and when you choose to cross out your name on an activity sign-up sheet, to ensure you do not inadvertently strike another resident’s name from the sheet. We recently had a resident’s name erroneously stricken twice from an activity roster, so we appreciate your careful attention.

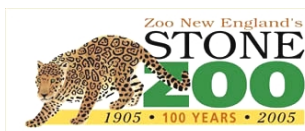
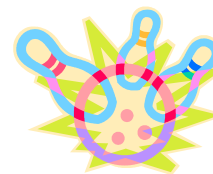


SPECIAL ACTIVITIES





Wednesday September 21	10:15 AM	Mark Tavenner - Baldwin Suites Enjoy Mark’s easy-listenin’ tunes on piano.
	11:45 AM	Red Hat Society Luncheon - Methuen, MA Grab your hat and gather for lunch at Jackson’s Restaurant.
Thursday September 22	10:00 AM	Explore Our World - Terrace Lounge Be an armchair tourist! Travel to far-off lands with Evelyn, as she presents her weekly world exploration video.
	11:00 AM	Internet and Cards - Terrace Lounge Keep in touch with friends and relatives via email . . . or learn how to create your own cards, electronically!
	1:30 PM	Mall Bus Enjoy a shopping trip to Woburn Mall or Burlington Mall.



Friday September 23	9:15 AM	Yoga - Terrace Lounge Add balance to your life . . . in both mind and body. Join us for a relaxing morning Yoga class.
	11:00 AM	Bowling - Terrace Lounge Come down to our “lanes” and join the fun!
	3:00 PM	Computer Tutor with Jeanmarie - Terrace Lounge Want to learn about the Internet? How about creating your own free email account? Start training in <i>Computer Tutor</i> class.
Saturday September 24	10:00 AM	Chair Exercise Video - Terrace Lounge Practice some beneficial breathing and stretching on Saturday mornings . . . right from your chair!
	1:30 PM	Out for a Ride Enjoy the fall foliage. Climb aboard for our first leaf-peeping ride.
	5:00 PM	A Wild Affair at Stone Zoo It’s Stone Zoo’s 100 th birthday, with a wildly festive evening of live entertainment. Be sure to sign up early. Complimentary tickets, donated to us by Cummings Foundation, are limited.
Sunday September 25	9:00 AM	TV Mass - Baldwin Suites An opportunity to share in this Sunday morning broadcast liturgy.
	1:00 PM	Out for a Ride Enjoy an afternoon outing to nearby scenic Horn Pond.
	2:15 PM	Concord Bookshop Event featuring Rev. Polly Jenkins A reading and discussion by Reverend Jenkins on “ <i>DaVinci Code - Truth or Fiction?</i> ”
Monday September 26	10:00 AM	Manicures - Terrace Lounge Enjoy the luxury of a personal manicure.
	1:00 PM	The Price is Right - Terrace Lounge “Come on down, you’re the next contestant on The Price is Right.”
	2:00 PM	Movie: Boston’s Greatest Sports Stories - Terrace Lounge Get the inside scoop behind Boston’s amazing sports history. Relive thrilling moments once again, with behind-the-scenes extras.
	6:00 PM	Threadheads Quilting Club - Terrace Lounge Beginners and experienced quilting fans are welcome to join, or just stop in to see what it’s all about!
Tuesday September 27	10:00 AM	UNO - Terrace Lounge Be the first player (or team) to score 500 points in America’s favorite card game. It’s easy and fun!
	10:00 AM	Exercise with Pat - Baldwin Suites Be ready for the day’s activities. Stretch and flex those muscles.
	3:00 PM	Play Reading with Carolyn - Terrace Lounge Would you like to be someone else today? Join us as we gather to read aloud a one-act play. No acting talent necessary.
	6:30 PM	Exercise with Marlene - Terrace Lounge Have fun, get fit, exercise with Marlene!



Wednesday September 28	9:30 AM	Shopping at Wal-Mart Sign up for a trip to the local Wal-Mart.	
	10:00 AM	Manicures - Baldwin Suites This time we'll be on the fourth floor. Pick out a color and indulge!	
	2:00 PM	Music Social with Nancy Helinski - Terrace Lounge Join us for a fun sing-along with pianist and singer Nancy Helinski.	
Thursday September 29	10:00 AM	Explore Our World - Terrace Lounge Join Evelyn and travel the world without ever leaving home.	
	10:00 AM	Crossword Connection - Baldwin Suites Test your word skills working on a community crossword puzzle.	
	11:15 AM	YMCA Catch the bus for a swim in the brand new pool at Woburn Y.	
Friday September 30	10:00 AM	Bowling (and laughter) - Terrace Lounge Join us for one of our favorite activities . . . bowling. We promise to leave you smiling.	
	11:00 AM	Here Comes the Judge - Terrace Lounge Guilty or not guilty? That's the question you'll need to answer when you join us to read and comment on live courtroom drama.	
	1:00 PM	B-I-N-G-O with Peggy - Baldwin Suites Everyone loves to play Bingo. Maybe it will be your lucky day!	
	3:00 PM	Computer Tutor - Terrace Lounge Sign up to learn how to send emails, search the Internet, and more!	
Saturday October 1	10:00 AM	Chair Exercise Video - Terrace Lounge Stop in for a little refreshing indoor morning exercise.	
	3:00 PM	Yankee Cloggers - Terrace Lounge Enjoy an afternoon of dance, as the Yankee Cloggers entertain us.	
Sunday October 2	2:15 PM	Concord Bookshop Author Event featuring Michael Tougias Listen to a reading and discussion of " <i>Ten Hours Until Dawn: The True Story of Heroism and Tragedy Aboard the Can Do,</i> " a true story adventure during the Blizzard of 1978.	
Wednesday October 5	10:30 AM	Tai Chi Tai Chi, a comprehensive series of gentle physical movements and breathing techniques that is calming and rejuvenating.	
	2:00 PM	American Modern Art Slide Show - Terrace Lounge Gerry Weisenberg presents " <i>American Moderns: Alfred Stieglitz and Georgia O'Keeffe.</i> " Before Stieglitz and O'Keeffe married in 1924, they had already forged one of the great artistic partnerships in American history. Come learn more about their fascinating legacy.	
Thursday October 6	9:10 AM	Exercise with Marlene - Terrace Lounge Touch the ground . . . touch the sky. Start the day with zest.	
	11:00 AM	Internet/Cards - Terrace Lounge Create greeting cards for special occasions, or just to keep in touch. Evelyn will help you design personalized cards and help you check your email, too!	

Thursday October 6	1:15 PM	B-I-N-G-O - Terrace Lounge Stop in . . . you may walk out a lucky jackpot winner!	
Friday October 7	10:00 AM	Tabletop Bowling - Terrace Lounge Compete with your neighbors in this easy, fun activity.	
	6:30 PM	Movie Night - Terrace Lounge Join us in our theatre for one of the latest movie selections.	
Monday October 10	10:00 AM	HAPPY COLUMBUS DAY! Cooking Demo - Baldwin Suites Come prepared to taste one of our chef's latest culinary creations!	
	 2:00 PM	October Birthday Party - Terrace Lounge Music by Mark Tavenner complements cake and ice cream! Wish a special "Happy Birthday" to Rita Leahy, Lisette Lee, Josephine Meagher, Rose Ring, Arthur Roberto, and Victor Tello.	
Wednesday October 12	10:00 AM	Visit by Kari and Sassy - Baldwin Suites Our friend Kari visits today with her sweet cat, Sassy.	
	11:15 AM	YMCA Bus Have you seen the brand new pool at the Woburn Y? Join us for some invigorating water exercise.	
	1:15 PM	B-I-N-G-O - Terrace Lounge Try your luck at our spirited afternoon game.	
Saturday October 15	1:00 PM	Second Annual Vintage Auto Show - Main Parking Lot Vote for the "Residents' Choice" award winner. Musical entertainment provided, too!	
Sunday October 16	1:30 PM	Out for a Ride Enjoy fall's glorious hues as you travel the local roads and byways.	
Monday October 17	10:00 AM	Downtown Bus Shop on Woburn's newly revitalized Main Street.	
	3:00 PM	Qi Gong Video - Terrace Lounge Exercise both mind and body by participating in this healthy activity.	
Tuesday October 18	9:00 AM	On-Site Banking . . . Danversbank - Dining Room Alcove Satisfy all your banking needs without ever leaving home.	
	1:30 PM	Explore Our World - Baldwin Suites Learn about new cultures and customs across the continents.	
Wednesday October 19	12:00 PM	Octoberfest! - Terrace Lounge Let's celebrate October with a little fun, music, and refreshment!	

Special events only are shown above. Please see resident bulletin boards for a schedule of all regular weekly activities and events.

CALL THE SMARTLINE FOR DAILY MENU AND ACTIVITIES!

781-932-1181