

# *New Horizons*

## **Monthly Update**

**October 2008**



**WELCOME: NEW RESIDENTS** - **Mary (Danezio) Smith, Suite 483**, is a lifelong Woburnite. The mother of three children, Mary worked in the Medford school system as assistant to the school principal. Mary is quite familiar with New Horizons, as her sister, Catherine Marashio, lived here for many years. **Agnes Prusis, Suite 390**, is the mother of four children. She joins us from her home in Vero Beach, Florida, and has relocated to be closer to her daughter, Donna Marder, of Winchester. A warm welcome to Agnes and Mary in their new home! **NEW STAFF** - Recently relocated from Arizona, **Aline Rodriguez** joins our dining room crew. Welcome Aline!



**ELECTION DAY:** Exercise your right to vote on **Tuesday, November 4**. New Horizons' "Voting Van" will make several trips throughout the day to the polls. VOTE on Election Day and let your opinion count! See **Christine Coakley** by **Friday, October 17**, if you would prefer to complete an absentee ballot. New Horizons has earned an enviable reputation for its Election Day participation.

**OCTOBER IS National Breast Cancer Awareness Month.** There is yet no proven way to prevent breast cancer, but early discovery can greatly increase chances of survival. The campaign encourages all women to commit to early detection by getting regular mammograms, clinical breast exams by a healthcare professional, and performing self-exams. Following these guidelines can improve chances of early detection and successful treatment. Visit the Wellness Office for additional information.



**FREE FLU SHOTS FOR RESIDENTS:** Offered on **Monday, October 20** at 10:00 AM. Please stop by the Wellness Office by **Thursday, October 16** with your Medicare/HMO insurance cards to sign a consent form. The Center for Disease Control notes on its website that "the best way to prevent the flu is by getting a flu **vaccination** each year." Older people are at high risk for serious flu complications. At New Horizons, staff members with flu symptoms are asked to refrain from work, and we ask residents with flu symptoms to minimize exposure to others, including eating at a "sick" table in the dining room. Flu symptoms may include fever, aches, chills, and fatigue. Be sure to continue with good hygiene, frequent hand-washing and use of waterless sanitizers, and dispose of used tissues into trash receptacles. Finally, remember to wear a short sleeve top on flu shot day.

**UPCOMING WELLNESS EVENT:** On **Tuesday, October 21, at 1:00 PM** in Terrace Lounge, **Dr. Joseph Audette** of Spaulding Rehabilitation Hospital presents "*An Overview of Integrative Medicine.*" Integrative medicine is dedicated to healing the whole person (body, mind, and spirit) across all aspects of life. Using both conventional and alternative avenues, it advocates for broader treatment options and for facilitating a bond between integrative and Western medicine. All residents are welcome to attend to learn more about this medical approach.

**GOLDEN SPOON RECIPE CONTEST:** We are looking for all-time favorites for: soup, entrée, side and dessert dishes for New Horizons' annual recipe competition. Each resident may submit up to one recipe *per category*. Entry boxes are located in the third floor living room and Baldwin living room. Final day for submission is **Thursday, October 30**. Winning recipes will be voted on by an executive panel and featured at dinner on **Thursday, November 7**.



**LOBBY DISPLAY:** Our display theme for November will highlight *Residents' Travel Memorabilia*. If you would like to display small mementos from your vacation/travel adventures, **Magdalena** will be collecting items until **Friday, October 31**.

**TEDDY BEAR BOO!** We will again welcome our small costumed visitors from on-site Teddy Bear University on Halloween Day (**October 31**) at **10:00 AM** in Rumford Dining Room. Candy goodies will be available for all, including spectators! In addition, on **Halloween night**, trick-or-treaters from the local area are welcome from **5:00 – 8:00 PM**, and residents are invited to meet in the Living Room to pass out treats to the visitors.



**DAYLIGHT SAVING TIME ENDS:** Remember to turn your clocks (and watches) *back* one hour. Adjust your clocks late in the evening on **Saturday, November 1**. Enjoy the extra hour in your day!

**FINE ART ON DISPLAY:** **Kathy (Forester) Coakley** is a self-taught artist! Kathy has participated in a few workshops, but has had no formal training or lessons. An associate member of both North Shore Art and Rockport Art Associations, her tranquil artistic style is typically displayed in oil, acrylic, and watercolor. New Horizons is presently exhibiting her work completed in oil medium. Kathy, a lifelong Woburn resident, is the wife of New Horizons trustee, **Dr. Peter Coakley**. The couple has three grown daughters and six grandchildren.



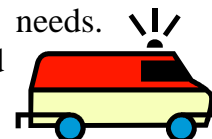
**NEW MENU:** The new fall/winter menu started **Wednesday, October 1**. The new menu features great seasonal items, including a return of the very popular *Indian Pudding*, as well as some new “trial” items. Your feedback is always appreciated at any time.

**SALUTE TO VETERANS!** Veterans Day is **Tuesday, November 11**. We proudly honor and give thanks to the men and women who have served our country and defended this great nation, including 23 of our own residents!



**PLAN AHEAD:** Please let us know your plans so we may adequately accommodate dining guests. The chefs are already planning our traditional, delicious Thanksgiving dinner (November 27). Please make any guest reservations at the Front Desk, no later than **Monday, November 24**, as we will be unable to accommodate requests after that date. The full holiday meal can be enjoyed by adult guests for an all-inclusive \$13, and for children eight and under, \$6.50.

**LIFELINE AMBULANCE SERVICE, LLC:** New Horizons announces [Lifeline Ambulance, LLC](#) of Woburn, MA, as its preferred provider for non-emergency ambulance needs. This company provides emergency and non-emergency Advanced Life Support and Basic Life Support, as well as chair car and limousine transportation. The corporate office and garage facility is located here in Woburn. To request non-emergency service, please call **781-935-2220**.



**“When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.”**

*Helen Keller*

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