

*New Horizons*  
**Community Connection**  
*February 2010*



**CHEF'S TABLE DEBUTS IN BROADMEADOW:** Residents **Anne Mayer** and **Jacqueline Miller** recently enjoyed VIP attention and a behind-the-scenes peek in the Broadmeadow Galley. They observed the high energy and expertise of executive chef **Brock Rafferty**, while they leisurely dined at the special Chef's Table. This will be a monthly novel dining feature allowing residents to experience the pace of preparation, service and quality management first-hand. Speaking of dining, the **Food Committees** will gather on February 17 to review the reception of the Fall/Winter menu as it ends and to preview the expected Spring/Summer menu before it commences, typically in early April. As always, please be sure to drop us a note in the suggestion box regarding your preferred menu options!



**TECHNOLOGY UPDATES:** Are you smarter than a fifth grader? Do you like to golf or bowl? Challenge yourself by joining the fun in Assembly Hall where you will learn how to play these and other exciting Wii novelties on our new large projection screen! The New Horizons community gratefully acknowledges the kindness and generosity of the family of former resident **Jim Golden** for their donation of the projection screen. Check your activity calendar, or your Hemenway Health Club calendar, for these additional games: Family Feud, Deal or No Deal, Boxing, Tennis, Pool and Ping-Pong. If you would like a one-on-one tutorial, just contact your community services associate. We are also pleased to announce that the Town Center is also now Wi-Fi accessible!



**PLEASE MARK YOUR CALENDAR:**

<b>February 17:</b>	Care Solutions' Blood Pressure and Balance Clinic in 370	10:30 AM
<b>February 19:</b>	Marlborough Hospital's Stroke Awareness In-Service in the 420 Theatre	2:00 PM
<b>February 23:</b>	Marlborough Hospital's Stroke Awareness In-Service in Assembly Hall	2:00 PM
<b>March 2:</b>	Care Solutions' Wine and Cheese Social in 370	4:00 to 6:00 PM
<b>March 3:</b>	Care Solutions' Blood Pressure and Balance Clinic in 420	1:30 PM
<b>March 5:</b>	Care Solutions' Breakfast Social in 420	8:00 to 10:00 AM
<b>March 13:</b>	Set your clock <i>ahead</i> one hour before bedtime! Daylight Savings Time begins.	

**WHILE YOU WERE SLEEPING:** We are so pleased to recognize the efforts of **Nnenna Chinakwe** and **Constance Geas**, two Care Solutions nurses, who diligently keep the overnight watch for most shifts. The peace of mind and sound sleep residents and families enjoy is largely a result of the dedication of these two caring women who are ready to respond to emergencies and give support to the personal care assistants of the assisted living program.

**BLACK HISTORY MONTH:** Throughout the month of February, we remember the significant contributions of Americans of black heritage to the fabric of past and present-day society. This year, New Horizons salutes the actions by **Rosa Parks** and lesser-known women **Irene Morgan, Sarah Louise Keys** and **Claudette Colvin** who all refused to comply with Jim Crow laws regarding “separate but equal” seating on public transportation. Their courageous stances led to pivotal changes in laws for all Americans and increased public awareness of the Civil Rights movement.

**2010 WINTER OLYMPICS:** This year the XXI Olympic Winter Games will be held February 12–28, in Vancouver, British Columbia, Canada. The 2010 Winter Olympics will be the third Olympics hosted by Canada. Previously, Canada was home to the 1988 Winter Olympics in Calgary, Alberta and the 1976 Summer Olympics in Montreal, Quebec. The number of nations that will enter teams in the 2010 Winter Olympics is projected to be more than 80. Nations making their Olympic debut at the XXI Winter games are: Cayman Islands, Colombia, Ghana, Montenegro, Pakistan, Peru and Serbia. There are 15 winter sports events that make up the 2010 Winter Olympics. The categories are: *ice sports* (bobsled, luge, skeleton (similar to luge), ice hockey, figure skating, speed skating, short track speed skating and curling); *alpine skiing and snowboarding* (alpine, freestyle and snowboarding); and *Nordic* (biathlon, cross-country skiing, ski jumping and Nordic combined).



**FEBRUARY IS American Heart Month** -- and not because of Valentine’s Day! Since its congressional approval in 1963, the President has issued a proclamation to raise public awareness of heart disease. Even though most people primarily associate heart disease with men, it’s also the leading cause of death among *women*. The American Heart Association’s *Go Red* campaign aims to help women take action against heart disease. *Some things you can do to help your heart:*



- Choose more whole grains, legumes, fresh produce, low fat dairy products, lean meat, and poultry.
- Limit intake of fat, and choose heart-healthy fats over saturated fats and trans-fats.
- Limit your intake of sugars, sodium/salt, and alcohol.
- Include more fish in your diet.
- Exercise portion control, and stop smoking.
- Become physically active for 30 to 60 minutes a day.

**IT WORKED FOR ME:** In 2004 Bob Cross was living in Lexington with family and making a daily 73-mile roundtrip drive to visit his wife, Lillian, a resident of Hearthstone in Hopkinton. He learned that there was a Hearthstone program much closer to him in Woburn at our sister facility New Horizons at Choate. The horrendous ice storm of 2008 upended his new commuting routine however, when Bob slipped and fell breaking three toes on one foot. He fell again, only days later, breaking toes on his other foot! The 93-year old agreed with his son, finally, that spending the day alone while his son and daughter-in-law were at work was a risky arrangement, and so they began to research communities where “people would be around.”



Bob chose New Horizons in Marlborough primarily because, as he succinctly puts it, “I could get more space for less money.” To his great relief, his wife was able to transfer to Hearthstone at Marlborough, and all long drives to visit her were replaced with a short walk through a couple of hallways.

In addition to Lillian’s proximity, another benefit for Bob was to enjoy service in a dining room where he could socialize with men for all three meals. The long-time ham radio operator discovered that his tablemates had uniquely appeared in the pages of his life’s earlier chapters. One tablemate was employed for many years at a paper mill just two miles down the road from where Bob worked at Loring AFB, far north in Limestone, Maine. Another was stationed in 1943 at the same military base where Bob was engrossed in radio operations while his tablemate was learning radar! When he truly does want to be alone, however, Bob just squirrels away with his HDTV to catch a ballgame or he tunes in to his favorite Worcester radio station to relax listening to jazz.

Sadly, last month, his loving wife for 67 years, Lillian passed away. While the convenience of visiting her is no longer a factor in Bob’s decision to stay, New Horizons has become his home and his tablemates are companions in this chapter of life where losses often do feel routine. “It’s a holding place,” he chuckles, now at 95, but he has friends with whom to share that laugh.

**CARE SOLUTIONS CORNER: Home Health Office opens in *The Meadows*:** Please



welcome **Ann Harris, RN**, to the Care Solutions’ team. Ann is located in the new Care Solutions’ Home Health Office across from the Breakfast Club in 370. She will maintain a schedule of skilled nursing visits throughout New Horizons and The Meadows, and will be available to discuss skilled nursing and home health needs. Please be sure to drop by and say hello when her door is open, or call her at 508-573-1142. Stay tuned for office hours in the 420 Building as well. There will also be a locked, confidential message box outside the office. Please feel free to leave Ann a message or question and she will get back to you as soon as possible.

**TAX INFORMATION:** 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 \$900 per month, a one-bedroom for \$1,200 per month, and a two-bedroom for \$1,600 per month. These estimated figures are rent only, while New Horizons' monthly service fee includes all utilities, 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). For additional information, please visit:



For Massachusetts tips: [www.mass.gov/Ador/docs/dor/TaxTips/seniors09.pdf](http://www.mass.gov/Ador/docs/dor/TaxTips/seniors09.pdf)

For IRS Publication 502, Medical and Dental Expenses: [www.irs.gov/pub/irs-pdf/p502.pdf](http://www.irs.gov/pub/irs-pdf/p502.pdf)

It is likely that many residents will qualify for a rent deduction in Massachusetts and for medical deductions when receiving assisted living services. New Horizons recommends that residents discuss all tax matters with their accountant or lawyer to determine appropriate deductions.

**RESIDENT INFORMATION UPDATES:** When an ambulance arrives for a New Horizons resident, the Front Desk attendant typically gives emergency personnel a Resident Information Sheet (available online at [www.countrycommunities.com](http://www.countrycommunities.com), click on forms). This form includes pertinent information such as emergency contact data, doctor's name, hospital of choice, etc. Although these sheets are maintained strictly as a *courtesy* to residents, we encourage all residents and their family members to please notify New Horizons of any changes as they occur. For updating purposes, a copy of your Resident Information form may be obtained from your community services associate. All New Horizons and Meadows residents are strongly urged to maintain a File of Life card ([www.folife.org](http://www.folife.org)) and to place it on the refrigerator in the magnetic holder supplied in the 'Living at' reference book. Medication specifics, which may change frequently, are of particular importance to correctly record on this card and to update as often as they do change.

**LOCKING DOORS:** A reminder to all residents that, while New Horizons is first and foremost a community of friends, all residents are advised to keep their apartment doors locked at all times, as many people come and go from our building each day, and closed/locked doors help deter any unwanted visitors. Just as you might have in your home prior to moving to New Horizons, please consider taking extra precautions to safeguard your suite and possessions here. New Horizons does not provide security services, so your extra diligence is most important and highly advised. In addition, many residents carry renter's insurance to help protect their belongings in the event of any unforeseen occurrence. Please consider doing so, if you do not already have this important and recommended coverage.



**WELCOME:** Please welcome our newest residents to the New Horizons community: **Rosetta Lentricchia** (400/184) of Cranston, RI, **Marilyn McKew** (400/112) of Marlborough, and **Mary Miller** (420/350) of Concord. We are delighted to have you join us!

