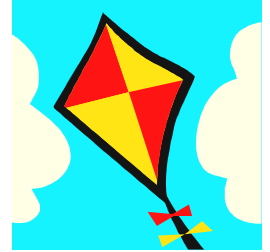


New Horizons and The Meadows

Community Connection

March 2008



WELCOME: Your new neighbors this month are **Audrey Henrion** (420/259) from Sudbury; **Shirley Hoey** (400/233) from Taunton; **Nat and Irma Swart** (400/280) from Natick; and **Irene James** (400/246) from Woburn. Please join us in welcoming these new residents to our community.

EASTER BUFFET REMINDER: The Food Service team has planned a grand buffet for **Easter Sunday, March 23**, for New Horizons residents. Residents expecting to be out on Easter Sunday are requested to notify Jenna or Barbara at their earliest opportunity, so we may plan more efficiently for guests in the Concord Dining Room. **The Meadows:** Broadmeadow Dining Room will be closed on Easter. Please notify Barbara if you would like to join us for the Easter Buffet. Due to space limitations, reservations will be resident only for Broadmeadow diners. We wish you a very joyous Easter holiday!



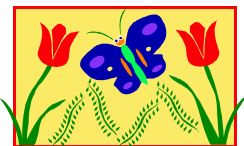
PASSOVER: Beginning at sundown on, **Saturday, April 19** and throughout the eight days of Passover, the Concord Dining Room will offer a special Passover entrée at lunch and dinner. On **Monday, April 21 at 5:30 PM**, a Seder service for *Meadows* and New Horizons residents and their guests will be held in Assembly Hall, followed by a traditional Passover meal. If you would like to attend, please sign up in Town Center by Friday, April 18. We wish you a happy Passover holiday!



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. To help better serve residents of New Horizons with PD, a support group meets on the third Wednesday of each month. Support and materials are presently available through the Parkinson's Disease Foundation at www.pdf.org or 800-457-6676.

APRIL IS NATIONAL GARDENING MONTH . . . and we have big plans to celebrate!

Many New Horizons residents have been getting their hands dirty in the greenhouse over the winter months in preparation for spring. A big 'thank you' to **Helen Horn** for continuing to keep the greenhouse looking beautiful. Now is the time to prepare the outside gardens for the seedlings and cuttings that we've been nurturing over the winter. Interested in growing flowers, herbs, or vegetables of your own this summer? We encourage all New Horizons residents and Hemenway Health Club members who would like to cultivate their green thumbs to call Ginger Ryan or Lynn Marie Lange. With gardens of all sizes and for all abilities, everyone is welcome and encouraged to participate. We have available spaces in the courtyard ground-level gardens and in the raised garden beds. We also have container gardens for individual patios or other public areas.



OPENING MAY 19 . . . We are pleased to announce that **Sundance Rehabilitation** has signed a lease to operate the **Physical Therapy Center** at New Horizons. Headquartered in Pittsburgh, Pennsylvania, Sundance Rehabilitation was founded in 1991 and has grown to become one of the nation's largest providers of rehabilitative services. The Sundance team will be on-site Monday through Friday to provide physical, occupational and speech therapy services, and will also promote an integrated wellness program with an emphasis on fall prevention, gait training, and aquatic recreation. The Physical Therapy Center is conveniently located near Suite 150, adjacent to the indoor, heated swimming pool.



WATER THERAPY AND OSTEOARTHRITIS: There is new evidence that people – particularly seniors – who suffer from osteoarthritis receive real benefits from water therapy. Exercising in water, often referred to as hydrotherapy or pool therapy, can offer pain relief, improved function and possibly delay the need for surgery for years in individuals suffering from osteoarthritis of leg or hip joints, according to new research published in *The Cochrane Library*. Seniors should stretch or perform aerobic exercises more often in water, Danish researchers said. New Horizons offers watercise classes Monday, Wednesday and Friday at 9:00 AM and water walking Wednesdays at 11:00 AM for members of the Hemenway Health Club.



QUOTABLE QUOTES: Check out the www.countrycommunities.com website. ‘Testimonials,’ featuring resident and family comments about their New Horizons experience, and ‘Media,’ featuring recent publications in local newspapers, have been added. Please let us know what you think. All residents are welcome to ‘surf the web’ at the Albert Frechette Intel® Computer Learning Center located in the 420 Hemenway building.

IMMEDIATE AVAILABILITY! Do you know someone who would enjoy the easy lifestyle, new friendships and busy social calendar that your community provides? New Horizons will reward you with a \$2,500 referral bonus when your family member or friend moves in. All residents and their family members are eligible. Congratulations to **Nick Seymour**, the latest recipient of this bonus! Please speak to **Beatrice** or **Fred** for more information.

WELCOME SPRING! After a cold and snowy winter, we are all looking forward to a warm spring and the hot summer days ahead. The chillers will be up and ready for use by all residents in the third week of April. For the majority of residents on campus, air conditioning is included in your monthly service fee. For *Meadows* pioneer residents, the fee will be assessed beginning with statements dated March 15. The estimated amount will be spread over 12 months, rather than six, and is based on the size of each apartment and the actual cost for the 2007 cooling season.



NEIGHBORHOOD WATCH:

Lock it . . . While visitors abound, please note that New Horizons does not monitor who comes in or out of the buildings. We therefore strongly recommend that you keep your apartment door locked at all times. If your apartment number is listed on your keychain, you should consider removing it in case you misplace your keys.



Report it . . . Unmonitored surveillance systems are installed at random locations in several campus buildings. Although we do not monitor all of the many entrances to New Horizons and *The Meadows*, the surveillance systems may provide a record of an unauthorized entry. Residents are encouraged to call the Front Desk at #0 to report any suspicious person or activity.

12 MPH . . . Residents of 380, 382, and 384 Hemenway routinely report speeding cars on 370 drive. Your neighbors have asked us to remind you and your guests that their grandchildren are often crossing from the parking spaces to the sidewalk. Help avoid a tragedy . . . **PLEASE RESPECT THE 12 MPH SPEED LIMIT!**