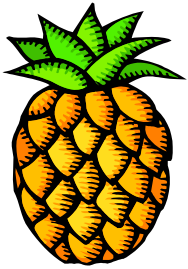




Independent and Assisted Living in Woburn, MA

Monthly Update

January 2018



**NEW RESIDENT: Helen Gilmore, Suite 473** joins us from Wiley Street in Woburn, where she lived for many years. A former hairstylist, Helen traded her scissors for a stroller when the first of her three sons was born. She thoroughly enjoyed raising her children as a stay-at-home mom. Today, as a New Horizons resident, Helen equally enjoys someone else taking on the cooking and cleaning. We extend a warm welcome to Helen as she settles into her new home.

**NEW STAFF:** Please welcome **Janet Sutton** of Woburn to our dining room crew.

**HAPPY HOLIDAYS AT NEW HORIZONS:** Our annual Holiday Open House was enjoyed by residents, family members, staff, and friends. The event included photos with Santa, face painting, crafts, and a make-your-own sundae bar. The smiling faces with Santa are (*below, left*) Executive Chef **Rick Greene** with seven of his eight grandchildren and (*below, right*) resident **Charlotte O'Neil** with her daughter and great-grandchildren.



**HANUKKAH CELEBRATION:** Many residents gathered in the living room for the lighting of the menorah. *Pictured at left:* **Lois Lineal, Eleanor Boormeester, Margaret Rowe, and Bob Peary.**

**STAFF WINTER PARTY:** New Horizons' annual staff winter party is **Friday, January 19**. To allow food service staff to participate, we will serve the regular dinner menu for lunch, and the evening meal will be a packaged Gourmet-to-Go meal containing extra-special goodies. Thank you for your flexibility so that staff can enjoy an evening in recognition of their dedication and hard work.



**IN MEMORIAM:** We are very saddened by the loss of resident **Dawn Rooney**. Our thoughts are with her family and friends.

**SPIRIT OF THE HOLIDAYS:** Residents (*left to right*) Regina Michalak, Carolyn Sullivan, and Margaret Franklin enjoyed a visit with students from Mount Hope Christian School.



**THANK YOU:** The generosity and goodwill shown through the *Staff Appreciation Fund* brought cheer to the holidays. We wish residents and their families much happiness now and in the new year.



**NEW YEAR, NEW INFORMATION:** The start of a new year is an appropriate time to review and update your emergency instructions and legal documents on file at New Horizons. We encourage you to confirm that they contain the most current information. If you require any assistance, please visit the Front Desk.

**Resident Information Sheet:** This form is used by responding emergency personnel when a resident is transported to the emergency room. It includes emergency contact information, doctor's name, hospital of choice, and more. Although these sheets are maintained strictly as a courtesy, we encourage residents to notify New Horizons of any changes as they occur. To protect residents' privacy, the Resident Information Sheet does not contain any identifying medical insurance or Medicare membership information.

**Health Care Proxy:** Is your agent still actively involved in your wellness? Is your alternate health care proxy still an appropriate backup? Does New Horizons have the name, email, and phone number of your agent so that he or she may be reached in an emergency?

**Power of Attorney:** Is your choice still able to serve as power of attorney?



**MARTIN LUTHER KING JR. DAY:** The third Monday of January commemorates the birthday of Martin Luther King Jr., who led the fight for civil rights through nonviolent activism, protesting racial discrimination in federal and state law. King was awarded the Nobel Peace Prize in 1964 at the age of 35, making him the youngest person to receive the honor at that time. The national holiday became law in 1983 and is observed in all 50 states, often in conjunction with a statewide Civil Rights Day.

### ❁ UPCOMING EVENTS – SAVE THE DATE ❁

<b>Dec 12–Dec 20</b>	Hanukkah/Lighting of Menorah	4:30 PM, 3 <sup>rd</sup> Floor Living Room
<b>December 25</b>	Christmas Day Dinner	Rumford Dining Room
<b>December 31</b>	New Year's Eve Champagne Toast	6:30 PM, 3 <sup>rd</sup> Floor Living Room
<b>January 1</b>	Happy New Year!	
<b>January 15</b>	Martin Luther King Jr. Day	