



**New Horizons**  
**AT CHOATE**

Independent and Assisted Living in Woburn, MA

Monthly Update

January 2019



**NEW RESIDENT: Marianne Minghella, Suite 480**, previously resided at New Horizons for six years, and after a temporary stay at another location, she has returned home, much to the delight of residents and staff alike. Now reunited with her New Horizons family, Marianne once again enjoys playing bingo and quiddler. As a retired librarian, she is also an avid reader. We are excited to say, “Welcome home, Marianne,” and we look forward to visits from her dedicated family.

**Peggy O’Neill, Suite 441**, was born and raised in Medford, and joins us from her home in Arlington, where she raised her four children. After the children were grown, Peggy worked as a secretary and was employed by Rexall Drug and Northhampton State Hospital. Among her extensive travel destinations, she especially enjoyed Bermuda, Italy, and Ireland. In retirement, Peggy has many interests, including crocheting, walking, reading, and playing word games. Please join us in welcoming her to her new home.

**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, a make-your-own sundae bar, face painting, and crafts. The smiling faces with Santa are (*left*) front desk attendant **Trudy Umstead** with her husband and son and (*right*) resident **Terry Smith** with her children, grandchildren, and great-grandchildren.

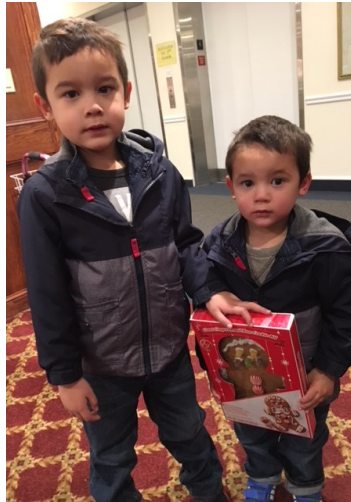


**A GOOD DEED, INDEED:** Front desk attendant and activities assistant **Linda Champa** organized a group of 11 residents to participate in the joyful task of knitting scarves and hats for those in need. This industrious group, along with volunteers from First Congregational Church in Woburn and St. Eulalia Parish in Winchester, created 183 scarves and 63 hats. Their handiwork was placed on the fencing at First Congregational Church with a sign that read: “Need a warm scarf – take one!” Pictured (*left to right*): **Ginny Gimilaro, Bea McCue, Linda Champa, and Jean Runge**.



**IN MEMORIAM:** We are very saddened by the loss of residents **Ruth Arsenault, Laura Ferraguto and Pat Libby**. Our thoughts are with their families and friends.

**IT'S ALL IN THE FAMILY:** Pictured are great-grandsons of our resident **Shirley Erlandson** displaying a gingerbread man decorated by Shirley. These young men are also the sons of staff member **Dan McCabe**, and nephews to staff member **Amanda McCabe**.



**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.



**STAFF WINTER PARTY:** New Horizons' annual staff winter party is **Friday, January 11**. 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.

**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 assistance, please visit the Front Desk.

**Resident Information Sheet:** This form is used by responding emergency personnel if 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>December 25</b>	Christmas Day Dinner	<i>Rumford Dining Room</i>
<b>December 31</b>	New Year's Eve Champagne Toast	6:30 PM, <i>3<sup>rd</sup> Floor Living Room</i>
<b>January 1</b>	Happy New Year!	
<b>January 21</b>	Martin Luther King Jr. Day	

*Wishing you a new year full of health, happiness, and peace!*