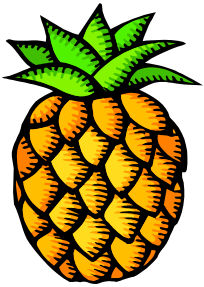


Monthly Update

New Horizons at Choate, LLC

January 2014

NEW RESIDENT: **Emily Scalfati, Suite 453**, is the mother of three daughters and sister to resident Laura Ferraguto. A retired teacher's aide, Emily enjoys television, reading, and current events. We extend a warm welcome to Emily in her new home.



Welcome staff: **Faizan Rashid** of Woburn has joined our kitchen team.

RESIDENT WELLNESS PRESENTATIONS:

On **Wednesday, January 15, 10 AM**, come join us in Terrace Lounge. The Samaritans of Boston, a United Way of Massachusetts Bay affiliate, will present "Taking Care of Yourself and Others in Your Life."

STAFF WINTER PARTY: New Horizons' annual staff winter party is scheduled for **Friday, January 17**. To allow chefs and dining room staff the opportunity to participate in this event, we will serve the regular "dinner" menu for lunch that day, and the day's evening meal will be a packaged Gourmet-to-Go meal, containing extra-special goodies. Thank you for your consideration and flexibility for this event as we recognize the dedication and hard work of New Horizons' staff.

thank
you!

The generosity and goodwill shown through your contributions to the Staff Appreciation Fund sprinkles much added joy into the holidays. We all wish you happiness for the holiday season and a joyous New Year.

CHINESE NEW YEAR: January 31, 2014.

Buddhist legend tells the story that before Buddha departed from this earth, he asked all the animals to meet him on New Year's Day to say farewell. He named a year after each of the twelve animals that came. 2014 is the Year of the Horse. New Horizons will be celebrating Chinese New Year with a delicious luncheon of specially prepared Chinese foods.



MLK DAY: The third Monday of January recognizes the birthday (January 15) of the civil rights leader Martin Luther King, Jr. King led the fight for civil rights through nonviolent activism, protesting racial discrimination in federal and state law. King was awarded the Nobel Peace Prize for his work and at that time was the youngest person ever to receive the honor. In 1983, the national holiday became law, and it was first observed in 1986. It is now observed in all 50 states, some of which combine the holiday with a statewide Civil Rights Day.



SEASONAL SAFETY

Now that snow and ice have returned to New England, please exercise caution when driving, walking, and in general when you are out and about in the wintry conditions.

In particular, ensure your car is completely clear of ice and snow (including headlights and taillights) before leaving the parking area. Wear nonskid footwear, walk slowly, and be alert to potentially hazardous conditions around you.

NEW YEAR, NEW INFO? The start of a new year is an appropriate time to reflect on changes that may have occurred during the last year that require updates to emergency instructions and/or legal documents on file at New Horizons. We encourage you to review the following documents 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 and includes emergency contact data, doctor's name, hospital of choice, etc. Although these sheets are maintained strictly as a *courtesy* service, we encourage residents to please notify New Horizons of any changes as they occur. To protect residents' privacy, the Resident Information Sheet does not contain any identifying data for medical insurance and/or Medicare membership.

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

Power of Attorney: Is your attorney-in-fact still able to serve this role?

EVENT SCRAPBOOK: Holiday Open House

Our annual holiday affair was enjoyed by residents and multiple generations of family members and friends. Posing for a Kodak moment with Santa are family members of residents **Isabel Hart**, **Millie Corduck**, and **Jeannette LeBlanc**.



IN MEMORIAM: We are very saddened by the passing of resident **Harry Paicopolos**. Our thoughts are with his family and friends.

*** UPCOMING EVENTS -- SAVE THE DATE ***

December 25		Christmas Day Dinner	
December 31	6:30 PM	New Year's Eve Champagne Toast	3 rd Floor Living Room
January 1		Happy New Year!	
January 15	10:00 AM	Wellness Presentation: "Taking care of yourself and others in your life"	Terrace Lounge
January 20	2:30 PM	Martin Luther King Jr.: A Perspective	Terrace Lounge Theatre
January 31	noon	Chinese New Year Luncheon	Rumford Dining Room