

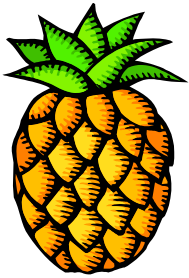


Independent and Assisted Living in Woburn, MA



Monthly Update

February 2018



NEW RESIDENTS: Babs and Al Audette, Suite 321, join us from their home of 63 years on Washington Street in Woburn, where they raised three children. Babs worked as a homemaker and had several part-time jobs, while Al made his career as an engineer for AT&T. Because they were frequent visitors to New Horizons prior to moving here, they have settled in nicely, already making new friends and enjoying the social atmosphere.

NEW STAFF: Please welcome **Silvania Goncalves-Boy** to our housekeeping department, **Arianna Dinardi** and **Skiye Miller** to the dining room crew, and **Tom Sutton** to the front desk as an overnight attendant.

FEBRUARY IS ...

American Heart Month: Protect yourself and loved ones from heart disease and stroke by understanding the risks and taking these precautionary steps.

- ♥ Be physically active for at least 30 minutes most days of the week.
- ♥ Know your **ABCS**: Ask your doctor if you should take an **A**spirin every day, and find out if you have high **B**lood pressure or **C**holesterol. Seek effective treatment if you have these conditions. If you **S**moke, request help to quit.
- ♥ Eat a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fats.
- ♥ Take control of your heart health by following your doctor's prescription instructions.



All residents are encouraged to stop by the Wellness Center for a free blood pressure check anytime during the year. New Horizons' blood pressure checks are provided as a courtesy only and should not be construed as medical services or monitoring in place of visiting your doctor. Always consult a physician before beginning any type of diet or exercise program.



Black History Month: In February, the nation recognizes African Americans' significant contributions throughout our nation's history. The 2018 theme, "African Americans in Times of War," commemorates the centennial of the end of World War I, and highlights the roles of African Americans in war. For those interested in the topic, we suggest the following books:

- "Eagles on Their Buttons," by Versalle Washington
- "Forgotten: The Untold Story of D-Day Black Heroes," by Linda Hervieux
- "American Patriots: The Story of Blacks in the Military from the Revolution to Desert Storm," by Gail Buckley

You may also enjoy:

- "Baking Cakes in Kigali," by Gaile Parkin
- "The Immortal Life of Henrietta Lacks," by Rebecca Skloot

RINGING IN 2018: Residents celebrated the new year with party hats and big smiles.

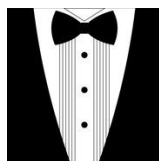


CHINESE NEW YEAR: Buddhist legend holds that before Buddha departed from Earth, he asked all animals to meet him on New Year's Day to say farewell. He named a year after each of the twelve animals that came, and 2018 is the Year of the Dog. New Horizons will celebrate Chinese New Year on **February 16** with a delicious luncheon of specially prepared Chinese foods.



SAVE THE DATE!

- February 2** Groundhog Day
- February 4** Super Bowl Sunday
- February 14** Valentine's Day
- February 16** Chinese New Year Lunch
- February 19** Presidents' Day
- February 28** Dress for Dinner



DRESS FOR DINNER: Join us for a festive and elegant dinner event on **Wednesday, February 28**. Invitations will

be delivered to each resident, and there will be a community posting. We encourage you to dress formally for this special evening if you wish. Doing so, however, is completely optional.



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www.cummingsfoundation.org 781-932-8000 21 Warren Avenue, Woburn, MA 01801