

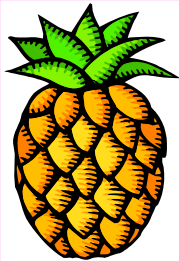


Independent and Assisted Living in Woburn, MA



Monthly Update

February 2019



NEW RESIDENTS: The parents of three children, **Suki and Dan Crowley, Suite 383**, have been married for nearly 56 years. In their early days together, they lived in Ethiopia as Peace Corps volunteers. Once back in the States, with Dan being an Episcopalian minister, they lived in Ohio, Connecticut, Maryland, and Massachusetts. An accomplished artist, Suki was born in Orange, NJ, and when the children were older, she earned a bachelor’s degree in art. Dan hails from Lawrence, MA and has a special talent for writing poetry. Suki and Dan have many interests, with family being their number one priority.

Peter Gailis, Suite 443, of Stoneham is the father of two daughters and grandfather to five. He joined the Army at age 18 and served three years active duty. For the next 40 years, he worked in many different roles as a civilian in the Army and retired as a staff supervisory administrator. An avid baseball fan, Peter never misses a game during the regular season and has a special admiration for Red Sox hero Ted Williams.

Myrna Krutt, Suite 485, originally from Boston, raised her three children in Newton. In addition to her role as homemaker, Myrna held several part-time jobs, most recently as a receptionist for an acupuncturist. Myrna has both an appreciation and talent for art. On display in her apartment are many of her beautiful watercolor and pottery creations. She enjoys staying busy, and is already an active participant in our activities.

Rita Reagan, Suite 240, was born and raised in Cambridge and joins us from her home in Belmont. A mother of five children, Rita worked in the Cambridge school system as part of the support staff for special needs students. Rita has traveled extensively to such places as Greece, Italy, Ireland, France, and the Canadian Rockies. Along with solving word puzzles, Rita especially enjoys listening to talk shows and music on the radio.

GREETINGS FROM IRAQ: Staff member **Michael Booker** started his employment with New Horizons while he was in high school, continued working for our maintenance department while attending college, and eventually enlisted in the U.S. Navy. We were delighted and grateful to learn that Michael is in great spirits and about to return home from his latest deployment to Iraq. Michael presented New Horizons residents and staff with a U.S. flag and wrote a touching letter saying: “Presented is a flag I flew on the base I have been stationed on for the last five months in Baghdad, Iraq. I wanted to take the



opportunity to thank all the residents and staff for allowing me to serve you in the Navy for the past four years. I learned throughout my years of working at New Horizons at Choate what gratitude and respect truly are, and I can’t appreciate enough the principles and morals I have acquired from the residents of New Horizons at Choate and the Cummings Foundation. Happy holidays and I will be sure to stop by when I get back to the United States.” *Thank you very much, Michael! We can’t wait to have you back home soon.*



RINGING IN 2019: Resident *Jane Robinson* celebrated the new year with her brand new great-grandson, *Trey Joseph*.



FEELING MERRY: After a wonderful holiday program of singing and dancing by the Merry Minstrels, residents and Minstrel members, including former trustee *Clare Hurley*, posed for a picture.



FEBRUARY IS ...

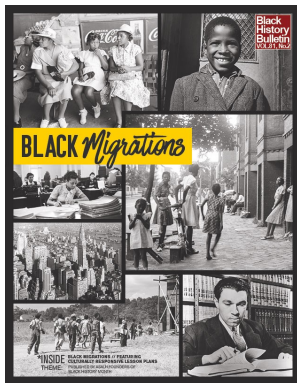
American Heart Month: Protect yourself and loved ones from heart disease and stroke by understanding the risks and taking these precautionary steps.

- ♥ 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**Smoke, 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 2019 theme "**Black Migrations**" emphasizes the movement of people of African descent to new destinations and subsequently to new social realities. While inclusive of earlier centuries, this theme focuses especially on the 20th century through today. Such migrations resulted in more diverse populations across the country, particularly in urban locales initially, amid changing social milieus, such as the rise of the Garvey movement in New York, Detroit, and New Orleans; the emergence of both black industrial workers and black entrepreneurs; the growing number and variety of urban churches and new religions; new music forms like ragtime, blues, and jazz; white backlash as in the Red Summer of 1919; the blossoming of visual and literary arts, as in New York, Washington, D.C., Chicago, and Paris in the 1910s and 1920s.



SAVE THE DATE!

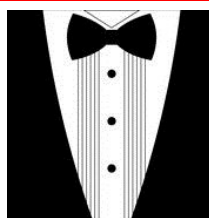
♥ February 2 Groundhog Day

♥ February 3 Super Bowl Sunday

♥ February 14 Valentine's Day

♥ February 18 Presidents' Day

♥ February 28 Dress for Dinner



DRESS FOR DINNER: Join us for a festive and elegant dinner event on **Thursday, 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.



Please "like" our Facebook page!

www.facebook.com/NewHorizonsChoate

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