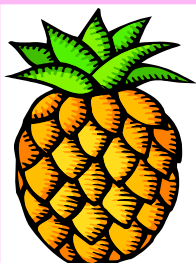




Independent and Assisted Living in Woburn, MA

Monthly Update

February 2020



NEW RESIDENTS: Before moving to New Horizons, **Claire Scully, Suite 243**, had resided at Crescent Park Condos since 1992. Originally from Medford, she and her husband later moved to Arlington, where they raised their two children. Claire worked as a substitute teacher during those years, and she later became executive secretary to Arlington's town manager. Upon retirement, she traveled to such places as Florida, Arizona, Bermuda, and Ireland. Claire enjoys playing cards, walking, and reading.

Barbara McCourt, Suite 247, joins us from her former home in Medford. Barbara lived in Newfoundland as a young girl before moving to Cambridge, where she raised her children while working part-time as a crossing guard for Medford Police Department. She later worked at Western Union. Barbara is an avid reader with an interest in current events. As the mother of four children, grandmother of seven, and great-grandmother of five, she especially enjoys spending time with her family.

NEW STAFF: We are pleased to welcome new kitchen staff member **Adriana Harvey** and front desk attendant **Kiran Sangha**.

THE STAFF APPRECIATION EVENT was enjoyed by residents and staff alike: (counterclockwise, from bottom left) **Ginny Gimilaro** and **Ingrid Blackburn** (front row), **Elaine Nillson** and **Trudy Umstead** (back row); **Silvia Padilla**, **Anna Cullen**, **Myrt Peary**, **Armida Velez**, and **Barbara McElhinney**; **Claire Lombard**, **Kathleen Sundberg**, and **Annette Palermo**; **Gail Derby** (standing) and **Ruth Fry**; **Marilyn Crampton**, and **Jean Runge**.



 Thank You! 



RINGING IN 2020: (left to right) Residents **Ingrid Blackburn, Joan Sullivan, Pauline Giannelli, Terry Smith, Anna Perin, and Charlie Gazzara** celebrated the new year with their many friends.



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 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 instructions about prescription medications.



All residents are encouraged to stop by the Wellness Center for a free blood pressure check at any time. 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. This year's Black History Month theme is "African Americans and the Vote."

The year 2020 marks the 150th anniversary of the Fifteenth Amendment, which gave black men the right to vote in 1870, following the Civil War. It also marks the centennial of the Nineteenth Amendment, which granted women's suffrage in 1920.

This year's theme recognizes and honors the struggle for voting rights faced by Black men and women throughout American history. This complicated issue continues to affect people of color in the present day.

SAVE THE DATE:

February 2 Groundhog Day
February 2 Super Bowl Sunday
February 14 Valentine's Day
February 17 Presidents' Day
February 27 Dress for Dinner

DRESS FOR DINNER: Join us for a festive and elegant dinner event on **Thursday, February 27.**



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



Please "like" our Facebook page!

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