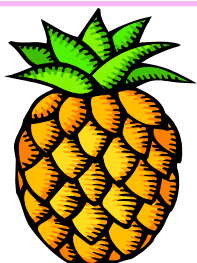




Independent and Assisted Living in Woburn, MA

Monthly Update

February 2021



NEW RESIDENT: Rhea Mandeville, Suite 488, was born at Choate Hospital and remained in Woburn until her marriage. She and her husband, Norbert, raised their five children on Upland Road in Winchester. Rhea's love for children also influenced her career path: She fondly remembers the 44 years she spent working as a crossing guard for Winchester Public Schools. Other favorite memories include her many enjoyable trips to Bermuda and fun times spent with her bowling league.

NEW STAFF: We are also pleased to welcome new housekeeping staff **Jay Styles**.

HOLIDAY DELIGHTS: Pictured (clockwise, from top left) residents **Laura Hogan** and **Edna Sandstrom** participate in painting class; resident **Joe Keating**, winner of the Best Door Wreath contest in the "Most Traditional Wreath" category, poses beside his creation; resident **Phyllis O'Leary** displays her wreath, which won "Most Spirited"; and residents **Sally Casey** (left) and **Charlotte Gatewood** (right) enjoy a game of Cribbage on the bridge.



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 in the event that 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.

Healthcare Proxy: Is your agent still actively involved in your wellness? Is your alternate healthcare 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?

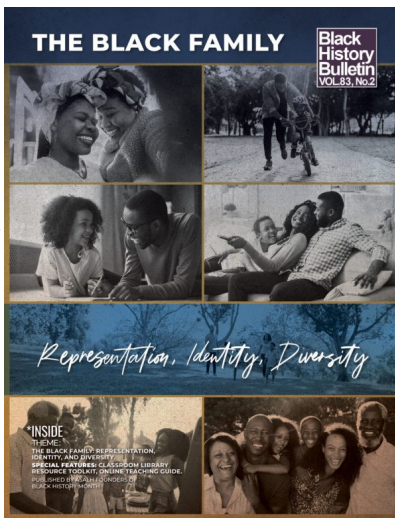
Power of Attorney: Is your choice still able to serve as power of attorney?

DEAR SANTA, WE'VE BEEN GOOD: Santa's sleigh landed at New Horizons this winter, bringing candy canes and good cheer to our residents and staff. Pictured with Santa: *(left to right)* dining room employees **Sara Tancredi, Anna Stoddard, and Janet Sutton** and residents **Jim Murray and Maria Alves**.



Black History Month: February is a time for our nation to honor the significant contributions made by African Americans throughout America's history. This year's theme for Black History month is "The Black Family: Representation, Identity, and Diversity."

The Black family has been a topic of study in many disciplines, including history, literature, the visual arts and film studies, sociology, anthropology, and social policy. The family offers a rich tapestry of images for exploring the African American past and present. Learn more at <https://asalh.org>.



American Heart Month: Protect yourself and your 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 any time 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.

SAVE THE DATE!

February 2	Groundhog Day
February 7	Super Bowl Sunday
February 14	Valentine's Day
February 15	Presidents' Day

IN MEMORIAM: We are deeply saddened by the loss of **Marie Giaimo**. Our thoughts are with her family and friends.



Please "like" our Facebook page!

www.facebook.com/NewHorizonsChoate

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