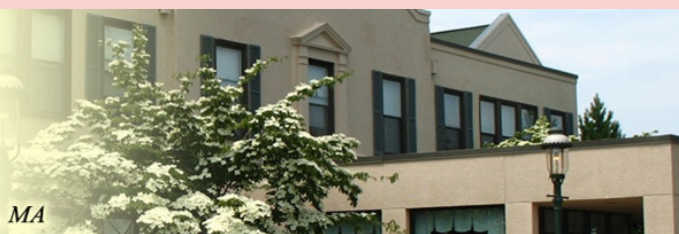




Independent and Assisted Living in Woburn, MA



NEW RESIDENTS

Claire Scully, Suite 337, is thrilled to return to New Horizons, her former home for many years. In addition to raising two children, Claire worked as a substitute teacher and later became executive secretary to Arlington's town manager. Since her retirement, she has traveled to such places as Florida, Arizona, Bermuda, and Ireland.

Eunice Heitz, Suite 350, is originally from Winchester and joins us now from her condo here in Woburn. A mother of four, she worked for the town of Winchester for more than 35 years. She is an avid football fan and enjoys reading, especially romance and mystery novels. In addition to her travels across the U.S., she has visited Belize, Portugal, Ireland, England, and Wales.

We extend a warm welcome to Claire and Eunice.

RESIDENT PHOTO ALBUM



New Horizons was thrilled to welcome author **Randy Ross** to our community. *"Sixteen weeks, four continents, three bungee jumps, and I couldn't come home soon enough."* This is the story of how a Boston homebody turned a solo trip around the globe into a comic novel entitled "Tales of a Reluctant World Traveler" and an acclaimed one-man play.

Among those in attendance were (seated, l to r): **Maureen Copithorne, Mary Doyle, Carole McCarron, Carolyn Sullivan,** and **Jane Robinson**; (standing, l to r) **Fran Tringali, Phyllis O'Leary, Hendrik Gideonse, Eileen Shireman,** author **Randy Ross, Kathy Vallon, Victor Skowronski, Joanne Cuzzo,** and **Len Karoll.**



Happy New Year! Residents rang in 2024 in style. Pictured above (l to r): **Rosemary Sullivan, Pat Waite, Nancy Brucklier, and Mary Jo Walters.** Pictured below (seated, l to r): **Phyllis O'Leary, Dot Mueller, Betty Ober, Mary Gorman, Terry Ciarcia, and Jean McElhinney;** (standing, l to r): **Carolyn Parrish, Helen Sheeran, Joe Keating, Kathleen Sundberg, Charlie Allito, Tricia Kane, and Vicki Massaro.**



STAFF HIGHLIGHTS

This month, we are delighted to highlight wonderful team members from around New Horizons at Choate. More to come next month!



We popped by the kitchen and found (standing, l to r): sous-chef **Angel Malkemes**, chef **Ernie Mayorga**, production cook **Teresa Gouveia**, executive chef **Rick Greene**, and (kneeling) utility worker **Eddie Holt**.

Katie Graham (l) and **Eileen Lloyd** - a 33-year member of the front desk team - are eager to greet residents and their visitors. Be sure to say hello next time you pass.



Members of the Maintenance Department took a moment to pose while remodeling an available apartment. Pictured (l to r): **Scott Tarr**, **Tom Sutton**, and **Chris Geysen**.

NEW YEAR, NEW INFORMATION

The start of a new year is an opportune time to review and update the emergency instructions and legal documents you have on file at New Horizons. We encourage all residents to confirm that these directives contain the most current information. If you require assistance, please visit the Front Desk.

Resident Information Sheet: This form is used by 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.

Health Care 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 they may be reached in an emergency?

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

IN MEMORIAM: We are deeply saddened by the passing of residents **Jim McDonough**, **Ruth Tully**, and **Joan Woodford**. We send our heartfelt condolences to their families and their fellow residents on this great loss.



Find yourself, your family, and your friends in our posts. Come see the fun we have at [New Horizons at Choate](#).