



Independent and Assisted Living in Woburn, MA

Monthly Update

March 2019



NEW STAFF: Please welcome **Armida Velez** to our housekeeping team.

WOMEN'S HISTORY

MONTH: This year's theme is "*Visionary Women: Champions of Peace & Nonviolence*," honoring women who have led efforts to end



war, violence, and injustice, and who have pioneered the use of nonviolence to change society. Embracing the idea that the means determine the ends, these honorees developed nonviolent methods to ensure just and peaceful results.



EVENTS SCRAPBOOK: (above) Residents **Claire and Frank McCall** and their friends enjoyed a spirited performance by **Singing Grandpops of Retired Men's Club** in Arlington.

ANOTHER RESIDENT TURNS 100! Helen Higgins, who joined New Horizons 10 years ago, turned 100 in February. A valued member of our community, Helen is the eighth person to join New Horizons' Centenarian Club. Music, gifts, and a beautiful birthday cake, as well as acknowledgment of Helen's many accomplishments, made for a lovely day. Pictured: (*bottom left to right*) Helen with her friend Nancy, with sons Jim and Bob Higgins, and with New Horizons associate director Lisa Yarin at the 100th birthday celebration.



Please "like" our Facebook page: www.facebook.com/NewHorizonsChoate to see more pictures.



DAYLIGHT SAVING TIME begins at 2:00 AM on **Sunday, March 10** – a sure sign that spring is around the corner! On **Saturday, March 9**, set your clocks ahead one hour before bed.



COOKING WITH A PRO:

(left): At the recent food demonstration in the main dining room, **Chef Rick Greene** prepared delicious *Peach Flambé*.



CASINO DAY: Bring your good luck charms to our annual **Casino Day** on **Thursday, March 21, at 1:15 PM**. It will feature a roulette table, a wheel game, and several blackjack tables. A group of volunteers and New Horizons' employees will serve as dealers. All will receive free "funny money" that day, and residents may use their "winnings" to bid for prizes in an auction. Be sure to mark your calendars for this exciting event!

TAX INFORMATION: Massachusetts allows a deduction on personal income taxes for individuals and couples who pay rent. Although New Horizons does not calculate monthly service fees in terms of proportionate costs for rent and services, a recent study of comparable area rental apartments indicates that a studio might rent for \$900 per month, a one-bedroom for \$1,200 per month, and a two-bedroom for \$1,600 per month. These estimated figures are for rent only. New Horizons' monthly service fee includes all utilities, three meals daily, housekeeping, linen service, activities and events, and multi-disciplinary team services.



A maximum \$3,000 annual rent deduction is allowed for either an individual or a married couple filing jointly (\$1,500 if married and filing separately). Residents should discuss all tax matters with a professional before determining deductions.

For Massachusetts tax tips, visit: www.mass.gov/dor/docs/dor/taxtips/seniors-retirees.pdf

For IRS Publication 502, Medical and Dental Expenses, visit: www.irs.gov/pub/irs-pdf/p502.pdf

MARK YOUR CALENDAR!

February 28
March 10
March 17
March 20
March 21
April 14
April 21

Dress For Dinner: *Roaring 20s*
Daylight Saving Time begins
♣ **St. Patrick's Day** ♣
First Day of Spring
Casino Day in *Terrace Lounge* at 1:15 PM
Palm Sunday
Easter

IN MEMORIAM:

We are very saddened by the loss of residents **Gloria Cushing** and **Norma Pecora**. Our thoughts are with their families and friends.