



Independent and Assisted Living in Woburn, MA



NEW RESIDENTS □

Rosario “Zar” Capua, Suite 349, is a native Woburnite. It was at Louie’s Pizza in Woburn’s South End that he met his future wife, Louise, in a pairing that ultimately led to 11 grandchildren and four great-grandchildren. No stranger to New Horizons, Zar was a frequent visitor throughout his brother, Fred’s, 17-year residency in our community. Zar spent the majority of his career working at a commercial and residential painting company, and eventually started his own painting business. A sports enthusiast, he enjoys watching all sports on television as well as playing cards and cribbage.

Mary Doyle, Suite 220, was born, raised, and educated in County Cork, Ireland alongside nine brothers and sisters. She then moved to Liverpool, England, and became a registered nurse. At age 22, she voyaged to New York City to join her housekeeper aunt in the Vanderbilts’ Fifth Avenue home. During her 36-year career as a nurse, Mary worked at Orange Pediatric Hospital in New Jersey, Soldiers’ Home in Chelsea, and Norfolk Hospital in Braintree, where she cared for patients with TB. She has one daughter and enjoys playing games, reading, watching movies, and listening to music.

Helen Sheeran, Suite 286, was born in White Plains, NY and moved to Wakefield with her family at the age of seven. She attended St. Joseph’s School and Our Lady of Nazareth Academy. Following high school, Helen worked at American Mutual, where she met her husband, Frank. The pair went on to enjoy a 53-year marriage and raise two sons, Peter and Francis, in the Central Square section of Woburn. In addition to spending time with her four grandchildren and five great-grandchildren, Helen enjoys knitting, reading, crocheting, and playing scrabble and trivia games. Her favorite pastime, however, is working on her family genealogy.

Kathy Vallon, Suite 390, was raised in Dudley, MA, where her father owned Ruda Dairy, a company that is still active today. After completing her early education in Webster, she earned a bachelor’s in Social Work from the College of Our Lady of the Elms in Chicopee. Her educational path continued for a year of studies in Paris, followed by further schooling at Boston College, where she earned a master’s in Social Work. Kathy’s career has included roles as a case manager at Blue Cross Blue Shield, a consultant at five local facilities, and the operator of a home-based private practice. The mother of two children and six grandchildren, she enjoys knitting, reading, playing card and board games, doing puzzles, and traveling.

CENTENNIAL CELEBRATION

Isabel Bloch, who moved into New Horizons 13 years ago, joined our Centenarian Club on January 16. Happy birthday, dear Isabel!



SPRING FORWARD: Daylight Saving Time begins at **2:00 AM** on **Sunday, March 13**—a sure sign that spring is around the corner! Please remember to set your clocks forward one hour before bedtime on Saturday, March 12.

TAX INFORMATION: Massachusetts allows a deduction on personal income taxes for individuals who pay rent. A maximum \$3,000 annual rent deduction is allowed (or \$1,500 if married, filing separately).

- For Massachusetts tax tips, visit www.mass.gov/doc/dor-tax-tips-for-seniors-and-retirees/download.
- For IRS Publication 502, Medical and Dental Expenses, visit www.irs.gov/pub/irs-pdf/p502.pdf.

It is likely that many residents will qualify for a rent deduction in Massachusetts and for medical deductions when receiving assisted living services. New Horizons recommends that residents discuss all tax matters with their accountant or lawyer to determine appropriate deductions.

Resident Photo Album



Florence Fitzsimmons and Claire Scully pose with a festive Valentine's Day wreath.



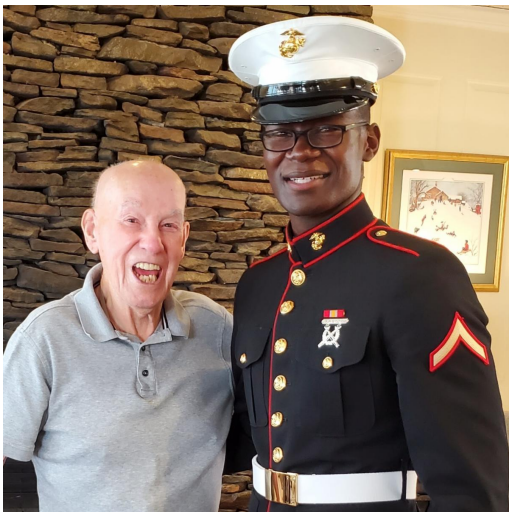
Marie Price, Charlie Gazzara, and Helen Bougoulas pause for a hallway chat.



David McCarron and Pat Lavelle play a friendly game of pool in the Terrace Lounge.



Peg Donnelly and John Belcastro show off their moves during a game of Name That Tune.



HONORING OUR MARINES

Former dining room server-turned-U.S. Marine **Kendy Dafinice** visited New Horizons for the first time since finishing his training. Residents and staff alike have missed his glowing personality, and we thank him for his service! He is pictured to the left with resident **Wally Larsen**.



FIND US ON FACEBOOK: Click on the logo to the left to find yourself, your friends, or your relatives in our posts. Come see what fun we have at [New Horizons at Choate!](#)