



Independent and Assisted Living in Woburn, MA

Monthly Update



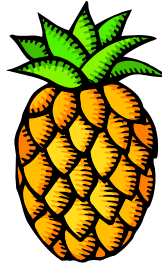
October 2017

ANNUAL TRUSTEE MIXER: Trustees will meet with residents in the Living Room for the annual Trustee Mixer on **Wednesday, October 18, at 6:30 PM.** New Horizons will bid farewell to two outgoing trustees: **Lynne Rahmeier** and **Joe Tarby.** Residents are invited to share refreshments and conversation with the community's trustees.



MANGIA! On **Tuesday, September 26,** New Horizons will have its own Italian Feast, similar to the Italian festivals held in Boston's North End. It will feature tableside entertainers and *delizioso* authentic Italian fare at the midday meal in Rumford dining room. *Buon appetito!*

EVENT SCRAPBOOK: Pictured is New Horizons Centenarian Club member **Carmella "Cam" Rice** (seated), with several family members at her recent birthday celebration. Residents and staff members congratulated Cam on celebrating her 101st birthday at a cocktail party with live music held on the patio. An important and engaging member of the New Horizons family, Cam especially enjoys the afternoon coffee social with her fellow residents.



NEW RESIDENTS: Janet and Jim Sethares, Suite 484, join us from their home in Cotuit on Cape Cod. Janet and Jim are former residents of Burlington, where Janet taught middle school. Jim worked at nearby Hanscom Air Force Base as a physicist. Upon retirement, they traveled all over the United States for 10 years in a motorhome, often with grandchildren joining them. Janet enjoys spending time researching her family tree, while Jim and his son are in the process of writing a book on music theory.

Ruth Arsenault, Suite 239, also moved here from the Cape to be closer to her family in Winchester. The mother of two sons, she raised her children in Tewksbury. A retired secretary for the Bank of Boston, Ruth enjoys singing and especially likes the classic songs from the 40s and 50s.

When **Carolyn Procopio, Suite 248,** was just a baby, her parents moved to Woburn. She has been a proud Tanner ever since. Carolyn began her career at GTE Sylvania in Woburn as a secretary, and then moved up to the former company's management team. Her varied interests include playing cards, especially bridge, cribbage, and canasta.

We extend a warm welcome to Janet, Jim,

Ruth, and Carolyn in their new home.

NEW STAFF: Darilyn Arancio returned to our housekeeping department; **Julia Doherty** and **Emily Pariseau** will work in the dining room. We are delighted to welcome them to New Horizons!



SAVE THE DATE: There will be a flu clinic, open to all residents, **Friday, October 6, 1:30-3:30 PM** in Baldwin. More details to follow.

EVENT SCRAPBOOK: (*right*) Waiting for their turn to bowl are residents (left to right) **Norma Pecora, Bob and Myrt Peary, Maureen Noble, Carolyn Sullivan, Barbara Hamilton, and Roseann Concannon.**

(*below*) The residents attended an engaging lecture presented by Professor Mike Cross of Northern Essex Community College.



The presentation focused on whether

popular crime shows on television accurately depict the role of forensic science in solving crimes. Our residents learned about the strengths and limitations of modern forensics and had the chance to test their own skills at crime solving.



FALL/WINTER MENU: The Food Service team has been busy planning seasonal recipes for the upcoming menu rotation. Starting in October, New Horizons' meals will follow a new six-week fall/winter menu cycle. We hope the changes will bring some warmth and comfort to the chilly season. Featured items will include Chicken Marsala, Roasted Winter Squash, Lasagna with Mozzarella Sticks, Beef Stir Fry, and Pumpkin Pie.

*October is
Breast
Cancer
Awareness
Month*

The **Breast Cancer Awareness** campaign strives to increase public understanding of breast cancer issues and promotes early detection. There is no proven way to prevent breast cancer, but early discovery can greatly increase chances of survival.

This program encourages all women to get regular mammograms – clinical breast exams by a healthcare professional – and perform self-exams to improve chances that breast cancer will be found early and treated successfully.

IN MEMORIAM: We are very saddened by the loss of resident **Kay McKittrick**, who passed away shortly before her 100th birthday.

Mark Your Calendar!

October 9	Columbus Day
October 18	Yearly Trustee Mixer
October 19	Oktoberfest Cocktail Party
October 25	Medicare Presentation
October 26	Night Club Night with Joey B-Bop
October 27	<i>Art Matters</i> presentation - Portraits
October 31	Halloween Costume Contest at Lunch
November 5	Daylight Saving Time Ends

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