



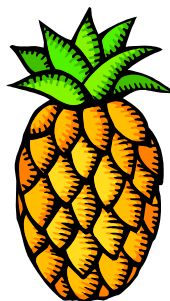
Independent and Assisted Living in Woburn, MA

Monthly Update



October 2019

ANNUAL TRUSTEE MIXER: Trustees will meet with residents in the Living Room for the annual Trustee Mixer on **Wednesday, October 16, at 6:30 PM.** New Horizons will bid farewell to outgoing trustees **Clare Hurley** and **Gerry Polcari.** Residents are invited to share refreshments and conversation with the community's trustees.



NEW RESIDENT: Hope Verras, Suite 351, a lifelong Woburnite, joins us from her home on Bedford Road. In addition to raising her four children, she worked as a teacher in several Woburn schools. Hope is a very talented artist. She has always enjoyed painting and drawing and has recently started woodcarving. An active participant at Woburn Senior Center, she enjoys the variety of classes offered there.

We extend a warm welcome to Hope as she settles into her new home.



FOUR GENERATIONS: (above) Resident **Joan Pierce** is shown enjoying the company of her son **John**, granddaughter **Jennifer**, and great-grandchildren **Lincoln** and **Amelia.** Joan has been a resident at New Horizons for more than nine years.

ASSISTED LIVING PROGRAM: We are pleased to announce that, effective **September 29,** New Horizons will be the direct provider of assisted living services. Since 1994, we have contracted with Winchester Hospital, which later merged with Lahey, to provide these services. The good news is this change will be seamless because the majority of the current staff, including **Nancy Souza,** will officially join the New Horizons team on the 29th. We extend a warm New Horizons welcome to the nurses and aides who will continue to care for our residents.



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.



SAVE THE DATE: There will be a flu clinic, open to all residents, **Friday, October 4, 1:30-3:30 PM** in Baldwin. More details to follow.

IN MEMORIAM:

We are very saddened by the loss of resident **Marion Callahan.** Our thoughts are with her family and friends.



ITALIAN FEAST: New Horizons celebrated Italian culture with its annual **Italian Feast**, featuring a variety of ethnic foods and traditional live music by **Rick Ruggiero's** (top right) **Dynamic Duo**. Pictured enjoying the feast are (top row, left to right): Residents **Isabel Bloch**, **Alice Hawley**, and **Myrna Krutt**; (bottom row, left to right) **Lew Pepe**, **Wally Larsen**, **Bernie Walsh**, **Rita Regan**, and **Lillian Braudis**.



**October is
Breast
Cancer
Awareness
Month**

The **Breast Cancer Awareness** campaign strives to increase public understanding of breast cancer and promote 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 visit a healthcare professional for regular mammograms and clinical breast exams, and to perform self-exams, to improve the chances for early detection and successful treatment.

Mark Your Calendar!

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| October 4 | Flu Clinic |
| October 10 | Night Club Night with Joey B-Bop |
| October 14 | Columbus Day |
| October 16 | Yearly Trustee Mixer |
| October 18 | <i>Art Matters</i> presentation - Pets |
| October 31 | Halloween Costume Contest at Lunch |
| November 3 | Daylight Saving Time Ends |

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