



*Independent and Assisted Living in Woburn, MA*

*Monthly Update*

*October 2021*



Cummings Foundation co-founder **Bill Cummings** recently visited New Horizons to deliver an engaging talk on his self-published memoir, “Starting Small and Making It Big.” Residents were delighted to receive complimentary copies of this acclaimed text and pick Bill’s brain during a rousing Q & A session.



**NEW RESIDENTS: Catherine Cheatham, Suite 278**, moved to New Horizons from her condo in Marlborough to be closer to her sisters, who live locally. After graduating from Somerville High School, she attended Hickox Secretarial School and then worked for a research and development company until the birth of her son. The grandmother of three, she later returned to the workforce as an office administrator for an industrial real estate company. Catherine enjoys keeping up on current events, reading, walking, and bowling.

**Geneva Lawson, Suite 382**, was born and raised in Houlton, Maine. She met and married her husband, a student at a local community college, just out of high school. The pair eventually moved to Woburn’s west side to raise a family. Once her five sons were grown, she worked as a certified nursing assistant, mostly caring for clients in their own homes. She also worked at Marshall’s warehouse for more than 30 years. Geneva has always enjoyed dancing, singing, and reading.

**Julia Low, Suite 479**, has a remarkable history. Born in Shanghai, she was secreted to Taiwan aboard a cargo ship just before the start of China’s Civil War in 1948. She was later reunited with her family in Hong Kong, where she attended high school, and earned a college degree in Japan. Julia arrived in New York in 1958 and ultimately made her home in Massachusetts. The mother of two sons also worked for Arthur D. Little in Cambridge for 15 years. She is fluent in three languages, has taught English, is a published author, and enjoys swimming and exercising.

**Ronda Moulds, Suite 223**, joins us from her home in Winchester. She was born and raised in Everett and graduated from Everett High School. While working at State Street Bank in Boston, she was introduced to her future husband, John. She returned to work, as an office manager for both a physician and a veterinarian, after raising a daughter and son. Ronda’s varied interests include knitting, sewing, reading, and cheering on the Boston College football team.

**Norm Zannino, Suite 276**, was born in Everett and brought up in Malden. After graduating from Malden High, he joined the U.S. Navy and spent time stationed in North Africa. He married and started a photography business upon his return. A decade later, he began a 28-year career with Prudential Insurance Company, reporting to an office at Woburn’s Cummings Park. Norm is the proud papa to four daughters and nine grandchildren. In his retirement, he enjoys watching sports, especially all the Boston teams.

**NEW STAFF:** Welcome, front desk attendant **Charlie Lombard** and dining staff **Weston Carbone, McKenna Carriere, Riley Clarke, Minolka Dafinice, Hadyl Kerkouche, Lamis Kerkouche, Jagger Ruggerio, and Haley Surette.**





**EVENT SCRAPBOOK:**  
(top left): Waitstaff member **Janet Sutton** leads residents, including **Florence Fitzsimmons**, in a creative card-making activity.

(top right) Residents **Marguerite Canada** and **Barbara Gumuchian** and (bottom, left to right) **John Shea**, **Maggie Horgan**, **Alice Hawley**, **Tricia Kane**, **Isabel Bloch**, and **John Belcastro** enjoy the late summer weather and the sweet sounds of **Tony Malionek** at an outdoor concert.



**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 the 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!**

**October 11** **Columbus/Indigenous Peoples' Day**  
**October 31** **Halloween**  
**November 7** **Daylight Saving Time Ends**

**IN MEMORIAM:**

We are very saddened by the loss of our resident **Ruth Fry**. Our thoughts are with her family and friends.

[www.cummingsfoundation.org](http://www.cummingsfoundation.org) 781-932-8000 21 Warren Avenue, Woburn, MA 01801