

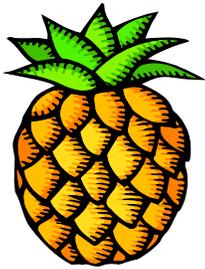


New Horizons
AT CHOATE

Independent and Assisted Living in Woburn, MA

Monthly Update

November 2017



NEW RESIDENTS: **Ann Restivo, Suite 475**, was born and raised in Woburn. Upon getting married, Ann moved to Burlington, where she and her husband owned and operated Sammy's Deli on Winn Street for 60 years. Ann enjoys traveling — her favorite destination is Sorrento, Italy — and spending time with her family. We extend a warm welcome to the latest member of the New Horizons family.

NEW STAFF: Please welcome **Taylor Conneely** to our dining room crew.



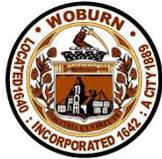
SALUTE TO THE VETERANS OF CHOATE: **Saturday, November 11** is Veterans Day, when we proudly honor and thank all who served our country and defended this great nation. Please join us in saluting the 15 veterans of New Horizons on **Tuesday, November 14, at 10:00 AM** in Terrace Lounge. Helping us honor them will be Mayor Scott Galvin, Director of Veterans Services Larry Guiseppe, vice president of Woburn Historical Society and former trustee Kathy Lucero, and New Horizons' former trustees Charlie Culhane and Deacon Phil Hardcastle. All residents are encouraged to attend.

NO RENT INCREASE—23rd Consecutive Year! New Horizons is pleased to announce that the Board of Trustees voted at its October meeting to waive any 2018 cost-of-living adjustment to the basic monthly service fee for all current residents. Our community is truly unprecedented in this regard, as retirement communities typically increase monthly service fees every year. As a not-for-profit retirement community, New Horizons is able to maintain its stable rates with the ongoing support of Cummings Foundation.



EVENT SCRAPBOOK: What a treat when New Horizons residents visited Wright-Locke Farm in Winchester! Terry Fuller, a board member of both New Horizons and Wright-Locke, invited our residents to a fun-filled day at the farm. A local treasure, the farm offers youth and adult education programs, an amazing variety of fruit, vegetables, herbs, and flowers, and much more. For more information, visit its website at www.wlfarm.org. Pictured in the 1827 barn on the farm property are (left to right): farm executive director Archie McIntyre, **Lynn Robinson**, Terry Fuller (standing), **Anna Cullen, Charlotte O'Neil, Helen King, Roseanne Concannon, Linda LeBlanc, and Isabel Hart.**

MAYOR'S LUNCHEON: On **Sunday, November 5**, New Horizons residents are invited to the *Annual Mayor's Appreciation Day for Seniors*, a free event at Woburn Memorial High School. Residents will enjoy a sit-down meal with live music and prizes, followed by an entertaining variety show in the auditorium. The New Horizons bus will make multiple trips, beginning at **10:20 AM**, and will return at approximately **3:00 PM**. Sign-up sheets are located outside the Wellness office.



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 Dynamic Duo**. Pictured enjoying the feast are (left to right): **Rick Ruggiero** and **Cam Rice**.



STAFF APPRECIATION FUND: If you or your family would like to acknowledge the service, talent, and kindness shown throughout the year by our amazing team, please consider a donation to the annual Staff Appreciation Fund. The fund is distributed to the staff in December, based on the number of hours each employee worked during the year. You may fill out the contribution form included with this month's mailing, or leave a sealed envelope at the Front Desk or with the Director on Duty. Your gifts are confidential, but will be acknowledged in writing. *Please note:* directors and the executive chef are excluded from the distribution. Also, Winchester Home Care does not participate in this fund. **Donations to this fund routinely range from \$50 to \$500 and are divided among 95 staff members.**



THANKSGIVING DINNER: Are you and your guests joining us for Thanksgiving? Kindly let us know by making your reservations for our delicious feast in person in the dining room or by phone at 781-932-1181. This festive midday meal is \$20 per guest and \$10 for children 3 to 8 years old. To allow food service staff the opportunity to spend a portion of the holiday with their families, the day's evening supper will consist of *Gourmet-to-Go* parcels, containing some extra-special goodies.



NOVEMBER IS ALZHEIMER'S AWARENESS MONTH: An estimated 16 million people live with Alzheimer's disease worldwide. For every one of them, there is at least one person who directly cares for him or her, as well as a host of healthcare professionals, advocates, volunteers, and support workers. There is no cure for Alzheimer's, though ongoing research has dramatically improved care and quality of life.



DAYLIGHT SAVING, NOVEMBER 5. Turn back watches and clocks one hour before bed on **Saturday, November 4**, and enjoy an extra hour to socialize, read, or sleep on Sunday.



Mark Your Calendar!

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| November 5 | Daylight Saving Time Ends | |
| November 5 | Mayor's Luncheon | 10 AM—3 PM |
| November 11 | Veterans Day | |
| November 14 | Veterans Recognition | 10 AM, <i>Terrace Lounge</i> |
| November 23 | Thanksgiving Day | |