

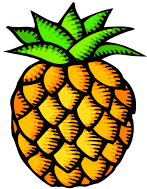


New Horizons
AT CHOATE

Independent and Assisted Living in Woburn, MA

Monthly Update

November 2018



NEW RESIDENTS: **Lucy Kiklis, Suite 375**, joins us from her home in Woburn, where she has resided for the past 50 years. Born in Lynn, Lucy moved to Woburn upon getting married. She raised her two children in this city and taught at both the Hurd and White elementary schools before her retirement. Lucy, a very social lady, has many varied interests, which include cooking, baking, and gardening.

Sally Casey, Suite 239, was born in Cambridge, has lived in Somerville and Arlington, and joins us from her condo at Quail Run in Woburn. Sally worked as a teletype operator for General Motors and later at Pewter Pot and Mirak Chevrolet. The mother of one son, Sally has a wide variety of interests, including listening to music, playing cards and bingo, and going to the casino. *We extend a very warm welcome to Lucy and Sally!*



SALUTE TO THE VETERANS OF CHOATE: **Sunday, 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 17 veterans of New Horizons on **Wednesday, 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, former New Horizons trustee Charlie Culhane, and Reverend Al Everton. All residents are encouraged to attend.

NO RENT INCREASE—24th Consecutive Year!

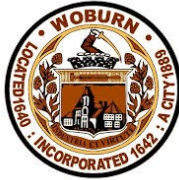
New Horizons is pleased to announce that the board of trustees voted at its October meeting to waive any 2018 cost-of-living adjustment to the basic monthly service fee for all current residents. Our community is truly unprecedented in this regard, as retirement communities typically increase monthly 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.



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 (left to right): Residents **Joe O'Keefe, Ruth Benedikt, Ruth Arsenault, Charlotte O'Neil, Wally Larsen, Charlie Gazzara, and Sam D'Agostino**.



MAYOR'S LUNCHEON: New Horizons residents are invited to the annual *Mayor's Appreciation Day for Seniors*, a free event on **Sunday, November 4**, 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. 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.



EVENT SCRAPBOOK: A recent visit by Caring Canines brought smiles to many of our residents, including **Phyllis Martin**.



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.



IN MEMORIAM

We are very saddened by the loss of resident **Mary Walsh**. Our thoughts are with Bernie and their family and friends.



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. Hearthstone Alzheimer Care is a wonderful resource right here on our campus.

DAYLIGHT SAVING, NOVEMBER 4.

Turn watches and clocks *back* one hour before bed on **Saturday, November 3**, and enjoy an extra hour to socialize, read, or sleep on Sunday.



Mark Your Calendar!

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|--------------------|---------------------------|-----------------------|
| November 4 | Daylight Saving Time Ends | |
| November 4 | Mayor's Luncheon | 10 AM - 3 PM |
| November 11 | Veterans Day | |
| November 14 | Veterans Recognition | 10 AM, Terrace Lounge |
| November 22 | Thanksgiving Day | |