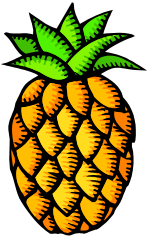




Independent and Assisted Living in Woburn, MA

Monthly Update

November 2019



NEW STAFF: Now that New Horizons has become a direct provider of assisted living services, we are delighted to extend a warm welcome to the many nurses and aides who previously served our residents as employees of Lahey and will continue to do so as New Horizons team members: **Marcia Armstrong, Guerlande Christalin, Beverly Cockell, Stephanie Dorvil, Janice Dunton, Paula Egan, Martha Fraser, Linda Gilardi, Mary Beth Girard, Eveline Guerrier, Ruth Jeune, AnnMarie Langlois, Carmen Melendez, Nancy Souza, Keri O'Keefe, Judy Pollins, Maureen Reddy, Annie Rivera, Shelbey Santiago, and Mary Traer.**

We are also pleased to welcome new dining room staff: **Mackenzie Beliard, Leslie Catania, Carter Higgins, and Fredler Lemene.**



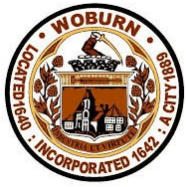
SALUTE TO THE VETERANS OF CHOATE: Monday, November 11 is Veterans Day, when we proudly honor and thank all who served our country and defended this great nation. Please join us in saluting the 12 veterans residing at New Horizons on **Thursday, November 14, at 10:00 AM** in Terrace Lounge. Helping us honor them will be Mayor **Scott Galvin**, Director of Veterans Services **Larry Guiseppe**, and Reverend **Al Everton**, as well as two former New Horizons trustees: **Charlie Culhane** and Woburn Historical Society co-founder and board member **Kathy Lucero**. All residents are encouraged to attend.

NO RENT INCREASE—25th Consecutive Year! New Horizons is pleased to announce that the board of trustees voted at its October meeting to waive any 2019 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.



NIGHT CLUB AT NEW HORIZONS is a popular bi-annual event at New Horizons. Pictured enjoying the night of dancing and music are (counterclockwise left to right), entertainer **Joey Be-Bop**; **Mae Tarleton, Ruth Fry, and Maureen Noble**; **Jane and Malcolm Robinson**; **Kendy Dafinice and Sally Casey**; and **Ann Restivo and Barbra Graham**.





MAYOR'S LUNCHEON: New Horizons residents are invited to Mayor Galvin's Senior Appreciation Day on **Sunday, November 3** at Woburn Memorial High School. New

Horizons' bus will make two trips, one at 11:00 AM and one at 11:20 AM. Attendees will enjoy a sit-down meal with live music. Following lunch, relax in the auditorium and enjoy a one-hour variety show along with giveaway of numerous raffle prizes and lottery tickets. There is no charge for this annual event. Sign-up sheets are located outside the Wellness office.

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. *Please note:* the four-member management team and the executive chef are excluded from the distribution. For the first time, however, the former Winchester Home Care/Lahey staff who were unable to participate in this fund are now eligible as New Horizons employees. 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. Donations to this fund routinely range from \$200 to \$500 and are divided among 115 staff members. *Thank you!*



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. We are fortunate to have Hearthstone Alzheimer Care as a wonderful resource right here on our campus.

EVENT SCRAPBOOK:

(top) As a retired excavation and crane operator, resident **Lew Pepe** took a special interest in the work being performed at New Horizons. In the background, the crane is moving communication equipment over our roof to the top floor. As the unofficial supervisor of the project, Lew commented, "They're doing a good job."



(bottom) Some residents enjoyed lunch during a recent visit to the Fruitlands Museum Café in Harvard.



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 three to eight 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.



DAYLIGHT SAVING ENDS NOVEMBER 3. Turn watches and clocks *back* one hour before bed on

Saturday, November 2, and enjoy an extra hour to socialize, read, or sleep on Sunday.



Mark Your Calendar!

November 3	Daylight Saving Time Ends	
November 3	Mayor's Luncheon	10:00 AM - 3:00 PM
November 11	Veterans Day	
November 14	Veterans Recognition	10:00 AM, Terrace Lounge
November 28	Thanksgiving Day	