

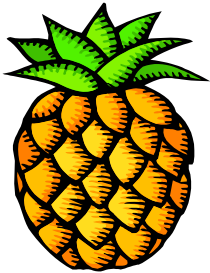


**New Horizons**  
**AT CHOATE**

Independent and Assisted Living in Woburn, MA

Monthly Update

November 2016



**NEW RESIDENTS:** Welcome to **Claire and Frank McCall, Suite 347**, who join us from their home in Woburn. They were both born in Woburn, Claire at the former Choate Hospital, and Frank at home. They have been married for 58 years, after meeting at a St. Charles School dance, and have raised four children. Claire, who worked as a service representative for a local company, enjoys playing the piano and solving crossword puzzles. Frank served in the Navy during World War II and spent 37 years as the principal at Woburn's Hurd School, after being a teacher elsewhere. We extend a warm welcome to Claire and Frank and wish them well in their new home.

**NEW STAFF:** Please welcome **Claubert Mallebranche** to our dining room crew.



**SALUTE TO VETERANS:** Friday, **November 11** is Veterans Day. New Horizons salutes 18 of its own residents on this special day! We proudly honor and thank all who served our country and defended this great nation. On **Thursday, November 17, at 10:00**

**AM** in Terrace Lounge, Mayor Scott Galvin, Director of Veterans Services Larry Guisepe, vice president of Woburn Historical Society and our former trustee Kathy Lucero, and New Horizons' former trustees Charlie Culhane and Deacon Phil Hardcastle will join us to present New Horizons' veterans with a token of appreciation for their service. All residents are encouraged to attend.

**MAYOR'S LUNCHEON:** On **Sunday, November 6**, New Horizons residents are invited to the *Annual Mayor's Appreciation Day for Seniors* at Woburn Memorial High School. This is a great opportunity to reconnect with old friends. 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**. This event is free of charge, and sign-up sheets are located outside the Wellness office.

**VOTE 2016:** **Tuesday, November 8** is Election Day for the offices of U.S. President, U.S. Vice President, Representative in Congress, Governor's Councillor, State Senator, State Representative, Middlesex County Sheriff, and ballot questions. The New Horizons van will go to the polls every hour from 9:00 AM until 5:00 PM. Those wishing to vote by absentee ballot should contact **Barbra**.



**EVENT SCRAPBOOK:** Residents **Frank and Claire McCall (left)** and resident **Connie Croce (right)** with her daughter, **Angela**, at our recent Oktoberfest celebration at New Horizons.



**NO RENT INCREASE—22nd Consecutive Year!** New Horizons is pleased to announce that the Board of Trustees voted at its October meeting to waive any 2016 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 annually. As a not-for-profit retirement community, New Horizons is pleased to maintain its rates with the ongoing support of the Cummings Foundation.



**REMINDER! Daylight Saving Time ends November 6.** Be sure to set your clocks back one hour before going to bed on **Saturday, November 5.**

**ITALIAN FEAST** New Horizons celebrated Italian heritage 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): **Bob Erwin** and **Mae Tarleton**.



**STAFF APPRECIATION FUND:** If you would like to recognize the 90 full - and part-time staff for service excellence during 2016, please contribute to the Staff Appreciation Fund. This holiday fund is an acknowledgement of the unsung services rendered throughout the year by those working closest to residents as well as behind the scenes—front desk attendants, activity assistants, waitstaff, and food service, housekeeping, maintenance, and office support staff (with the exception of directors and the executive chef). A contribution form is enclosed. Alternatively, *sealed envelopes* may simply be left at the front desk or with any director on duty. **All donations are confidential, but will be acknowledged. Contributions routinely range from \$50 to \$700 for this one-time per year collection. Thank you!**



**THANKSGIVING DINNER:** All residents are requested to inform us of their Thanksgiving plans so we can plan accordingly. Please make guest reservations for our delicious Thanksgiving feast in person in the dining room or by calling 781-932-1181. This festive midday meal is \$20 per adult 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, including 5 million Americans. For every person with Alzheimer's, there is at least one person who directly cares for him or her, as well as a host of healthcare workers, advocates, volunteers, and support workers. There is no cure for Alzheimer's, though ongoing research has dramatically improved care.

**IN MEMORIAM:** We are very saddened by the loss of resident **Pat Tuohy**. Our thoughts are with her family and friends.



**Mark Your Calendar!**

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|--------------------|-------|---------------------------|-----------------------|
| <b>November 6</b>  |       | Daylight Saving Time Ends |                       |
| <b>November 6</b>  |       | Mayor's Luncheon          |                       |
| <b>November 8</b>  |       | Election Day              |                       |
| <b>November 17</b> | 10 AM | Veterans Recognition      | <i>Terrace Lounge</i> |
| <b>November 24</b> |       | Thanksgiving Day          |                       |