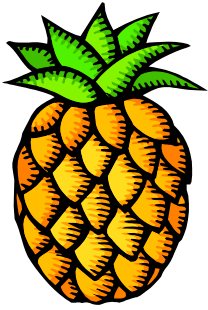




Independent and Assisted Living in Woburn, MA

Monthly Update

November 2021



NEW RESIDENTS: Bob Rochon, Suite 349, is a long-time Woburnite who originally hails from North Cambridge. After earning an associate degree from Northeastern University, he was drafted into U.S. Army service in 1951. He married his wife, Noreen, a year later. The pair enjoyed a 68-year marriage and raised three children on Woburn's west side. Bob made his career in sales and marketing. In his spare time, he was an avid golfer, coached Little League baseball, and helped found Woburn's youth hockey program. This sports enthusiast also enjoys trivia and music.

Joan and Ed Schoenfeld, Suite 341, grew up down the street from each other in Flushing, a neighborhood in Queens, NY. Ed served in the U.S. Marine Corps during WWII, and later earned a degree in mathematics and mechanical engineering. He went on to enjoy a 39-year career with Grumman Aerospace Corporation. Prior to starting a family, Joan worked as a secretary for a family-owned racetrack. The couple moved from New York to Woburn seven years ago to be closer to their daughter and grandchildren. In their spare time, Joan enjoys reading and sewing, and Ed likes playing golf and doing household projects. They also volunteer in the Woburn area.

Helen and Bud Simonds, Suite 426, join us from their home on Eaton Avenue in Woburn. Bud, a Woburn native, first met Helen at the Commodore Ballroom in her hometown of Lowell. They married in 1952, and went on to raise three daughters and two sons. Helen was an office worker at Currier Citizens until the birth of their first child. Bud, an enthusiastic golfer and gardener, worked for *Woburn Daily Times* prior to embarking on a 36-year career with New England Telephone. He also served in the Army National Guard's 182nd Infantry for nine years. Together, Helen and Bud have enjoyed much international travel, including trips to Europe and an annual vacation to Barbados—a tradition that spanned more than 30 years.

NEW STAFF: Isabella Goncalves joins our Dining Room team, and **Kathryn O'Brien** joins our community as an assisted living aide.

We extend a warm welcome to **Bob, Bud, Ed, Helen, Joan, Isabella, and Kathryn**.



SALUTING OUR VETERANS: November 11 is Veterans Day, a time when we proudly honor and thank all who have defended our great nation through service in the United States Army, Navy, Air Force, Marines, and Coast Guard. Please join us in saluting the 18 veterans who reside at New Horizons. **Leon Bernstein, Sam D'Agostino, Ed Downing, Peter Gailis, Charlotte Gatewood, Charlie Gazzara, Ed Hatch, Len Karoll, Wally Larsen, Pat Lavelle, Mike Mullarkey, Bob Rochon, George Sacco, Ed Schoenfeld, Bud Simonds, Bill Staples, Dick Taylor, and Norm Zannino**: We thank you for your service.

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EVENTS

(Pictured, left to right) Residents **Anna Perin** and **Babs Audette** enjoy the fall weather as they chat outside; **Barbara Gumuchian** plays Scattergories with her fellow residents in Rumford Dining Room. Staff and residents alike have been thrilled to see our activities calendar once again filling up with games, crafts, and events!

SCRAPBOOK:



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. The fund is distributed to the staff in December, based on the number of hours each employee worked during the year. If you wish to donate, 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 staff members. *Thank you!*

ALZHEIMER'S AWARENESS MONTH: An estimated 16 million people worldwide live with Alzheimer's disease. For each person with the condition, there is at least one direct caregiver as well as a host of healthcare professionals, advocates, volunteers, and support workers. New Horizons is proud to recognize the devotion demonstrated by those caring for and lending support to individuals living with Alzheimer's disease.



THANKSGIVING DINNER: Our chefs are planning a delicious Thanksgiving dinner menu with turkey and all the trimmings, including mashed potatoes, spring peas, butternut squash, cranberry bread, and pumpkin and apple pies. 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.



HOMEMADE FALL DECOR: Residents **Florence Fitzsimmons** (left) and **Joy Draper** (right) show off their festively decorated pumpkins. Residents (and staff) have been enjoying many crafty activities lately, including making cards, painting birdhouses, and more.

DAYLIGHT SAVING ENDS NOVEMBER 7:

Please remember to turn your watches and clocks *back* one hour before going to bed on **Saturday, November 6**, and enjoy an extra hour to socialize, read, or sleep on Sunday.



Mark Your Calendar!

November 7 Daylight Saving Time Ends
November 11 Veterans Day
November 25 Thanksgiving Day