

New Horizons at Marlborough COMMUNITY CONNECTION

Monthly Newsletter

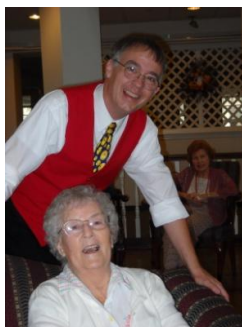
September 2011

CARE SOLUTIONS CORNER: New Horizons' preferred provider for health care services announces exciting changes! Registered Occupational Therapist, **Cheryl Lucas**, is now hosting drop-in hours at the **In Motion Spa and Wellness Center**. Located at Town Center, the spa will provide therapeutic services such as massages and whirlpools. Cheryl is eager to meet all residents, so please stop by! *Drop-in hours are 8:30 – 10:00 AM, Mondays and Wednesdays, and 12:00-1:30 PM, Tuesdays and Thursdays.*

Also debuting this month is the **Wellness Library** located in the lobby of 370 Hemenway. Residents may have healthcare questions answered by a nurse or browse the educational material provided. *The library is open Mondays, Tuesdays and Wednesdays, 8:00-10:00 AM.* This new resource will have a twin shortly at 420 Hemenway ... look for the update next month!

Additionally, **Blood Pressure Clinics** are now offered *twice* each month in 370 and 420 Hemenway. Always from 10:00 – 11:00 AM, see Ann Harris, RN the first and third Friday of each month in 370 Hemenway, and the second and fourth Monday in 420 Hemenway.

DRESS FOR DINNER: On **September 30** New Horizons will turn 17 and celebrate with a traditional dress-for-dinner affair. Pianist **Russ Carlton** will provide elegant musical entertainment in the Atrium and residents are encouraged to wear their finest attire to dinner. Whether you have lived in the community for a short while or over a decade, plan to enjoy a festive evening with neighbors marking another year of happy retirement living and comprehensive assisted living options!



HAPPY 95th! Resident **Louise Baker** celebrated her birthday with granddaughter Kelly at New Horizons on September 8th. To the delight of all, Gary Landgren performed on the baby grand as a special birthday surprise donated by Louise's family. With the holiday season approaching, families who are looking for unique gift ideas may wish to make a contribution to our not-for-profit community by sponsoring a special performance. Please contact **Crystal Whitemore** to coordinate your ideas.

HIGH HOLIDAYS: Rosh Hashanah (Jewish New Year) begins at sundown, **September 29**, and the following 10 days are a solemn period known as the *Ten Days of Repentance*. Jewish belief refers to the *Book of Life*, in which every person's acts, words, and thoughts are recorded during the year. During Rosh Hashanah, this book is "opened," and all deeds are examined. Each individual's

fate for the coming year is then determined based upon their deeds. The holiest day of the year, Yom Kippur, follows Rosh Hashanah. It begins at sundown, **October 8**, and is known as the Day of Atonement or “Sabbath of Sabbaths.” This holiday is devoted to prayer, fasting, and requests for forgiveness of wrongdoing. Jewish tradition tells that judgment of every man, woman, and child is inscribed in the *Book of Life* and sealed on Yom Kippur. The day closes with hope for forgiveness and prayers for health and happiness for the coming year. For holiday services, please sign up for complimentary transportation to Temple Emanuel in Marlborough at the Town Center.

GET ON THE BOAT AND VOTE! Participate on **Election Day, November 1**,



and help determine the new mayor of Marlborough, the at-large city councilor (our Ward 1 councilor, Joseph Delano, is running unopposed) and two school committee members. New Horizons is proud of its consistently high voter turnout rate of typically more than 80 percent. This significant voting block means that residents’ opinions are definitely heard at City Hall. On September 13, the mayoral candidates visited New Horizons

for a forum and on **September 28**, we will host a similar forum for ward councilor candidates. **Residents may register to vote through October 12.** Although the New Horizons bus will run a shuttle to the polls throughout Election Day, many residents may find it more convenient to vote by absentee ballot. Anyone needing either a registration form or an absentee ballot request form may contact **Ginger Ryan**.

HOME COOKIN’: Our food service team will introduce the new fall-winter menu cycle on **October 1**. Residents will note the change to seasonal items such as hearty beef stew, chicken pot pie, Indian pudding and scones. Overall, there is a real attempt to have a meaningful difference between the seasons, which we hope makes for a more interesting dining experience. We always welcome suggestions for seasonal chef specials and thank those residents participating in food committee meetings this month.

FOR YOUR BENEFIT: From time to time insurance companies and Veterans Affairs agencies will require verification forms in order for a resident to receive, or to continue to receive, benefits. Forms requiring information from New Horizons may be submitted to the attention of **Lisa Shilale**, finance administrator. Please be aware that in order to release any information regarding an individual residency, the resident’s permission must be given in writing first. Lisa is typically available weekdays.

DID YOU KNOW? When the Madonna Hall school operated the property, the second floor at 400 Hemenway was primarily sleeping quarters for the students while the ground floor consisted of classrooms, chapel, and offices, etc.

UPCOMING EVENTS AND ACTIVITIES

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| Sept. 22 | New Resident Reception: <i>Name That Tune!</i> | 2:30 PM |
| Sept. 23 | Civil War Lecture: First Summer of War <i>with Herb Zschokke</i> | 2:00PM |
| Sept. 28 | Meet the Candidates: Councilor-at-Large Forum | 1:30-3:00 PM |
| Sept. 29 | Oil Painting Demonstration <i>with Michael Levin</i> | 2:30 PM |
| Sept. 29 | Rosh Hashanah | |
| Sept. 30 | New Horizons' Birthday Dress for Dinner | |
| Oct. 8 | Yom Kippur | |
| Oct. 20 | Health Topic: <i>Help Stop Memory Loss with Fun & Games</i> | 2:00 PM |

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