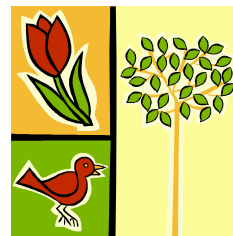


New Horizons

Monthly Update

May 2008



NEW RESIDENTS: Meet **Connie Choquet, Suite 344**, an active member at Woburn Senior Center. A retired secretary, Connie worked at Massachusetts Institute of Technology (MIT) for more than 35 years. Among her many interests, Connie especially enjoys needlework, crossword puzzles, computer work, and the company of her daughter, Anne. **Agnes David, Suite 472**, from Burlington, is pleased to have the opportunity to live in a community of her peers. Also a retired secretary, Agnes is the mother of two children, Margie and Jeff. **Ed Redfern, Suite 372**, of Woburn served in the U. S. Navy and then made his career as a civil engineer. Father to Susan Haggerty and Bob Redfern, Ed is a huge Red Sox fan and enjoys bird feeding and listening to '40s music, as well. A warm welcome to Connie, Agnes, and Ed in their new homes.



AMERICAN RED CROSS BLOOD DRIVE: New Horizons will host its annual Red Cross Blood Drive on **Monday, May 19**. Since set-up for the drive will begin at 11:30 AM, Terrace Lounge will only be available for activities in the morning that day.

MEMORIAL DAY SERVICE: **On Thursday, May 22, at 10:00 AM**, New Horizons will hold its fifth annual Resident Memorial Service, recognizing all former residents who passed away during the prior year. This poignant event invites all residents, staff, families, and friends of those who have died, to observe and honor the meaningful lives that touched our community. New Horizons trustee, **Rev. Deryk Richenburg**, will officiate.



MEMORIAL DAY (celebrated May 26 this year): Originally known as Decoration Day, because it was a time set aside to honor the nation's Civil War fatalities by decorating their graves, Memorial Day is a day of reconciliation and a time to come together to honor those who gave their all. The "*National Moment of Remembrance*," a Memorial Day resolution passed by Congress in December 2000, encourages all Americans at **3:00 PM**, local time, "to voluntarily and informally observe in their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps." Let us never forget those who have served -- and those who are presently serving -- our great nation through times of both peace and conflict.



CONGRATULATIONS GRADUATES! The New Horizons community is very fortunate to have many responsible, bright, and talented students on its staff. Please join us in congratulating graduates **Krystal Burgos** (UMass Lowell); **Andrew DiChiara** (Woburn High School); **Vallerie Giannelli** (Burlington High School); **Paul Larson** (Woburn High School); **Jenny Nestor** (Connecticut School of Broadcasting); and **Viviana Sanchez** (Woburn High School). We wish each of our graduates the very best in his or her future endeavors, with our thanks for their continued great service to New Horizons.



RESIDENT SATISFACTION SURVEY: New Horizons' mission is always to provide a quality residential environment, with pleasant, effective service to all residents. On **Tuesday, May 27**, we will conduct our annual Resident Satisfaction Survey. During lunch



on that day, three volunteer trustees will assist residents in filling out their surveys in both Rumford and Baldwin Dining Rooms. During this time, there will be no management in the dining rooms, so residents (as always) should feel very free to express any thoughts on how we are doing at New Horizons and provide suggestions for improvement. All residents are encouraged to complete the survey, but none are required to do so. In addition, a **survey** will also be sent to the first emergency contact person of each resident to allow families to provide us with their feedback as well. As regards the section on dining room service and food quality, etc., we especially request any comments residents care to make concerning the sizes of our food portions.

UPCOMING WELLNESS EVENT: Tuesday, June 10, at 10:00 AM - Terrace Lounge: Dr. David Marini will discuss the importance of stretching. As part of his presentation, Dr. Marini will demonstrate various stretching techniques and poses.

FATHER'S DAY DINNER: It's *dad's* special day, but we all get to enjoy the goodies! Dads will be celebrated in style with a special Father's Day mid-day dinner on **Sunday, June 15**. The all-inclusive price for guest meals is the same as other Sundays (\$9.00 per person, half-price for children younger than eight), but reservations are required. Please reserve a seat by **Tuesday, June 10**, for any guests wishing to join us. To ensure a more comfortable dining experience, up to two guests per resident may be accommodated. Please see the Front Desk for reservations, or to let us know if you plan to be *out* for dinner that day.



PLEASE DO NOT DISTURB: When a New Horizons resident does not arrive for a meal and has not notified the Front Desk, the Front Desk attendant will typically call the resident's suite as a courtesy. If the resident does not answer the phone, a suite check is often performed to



ensure that the resident is well. Occasionally, suite checks have identified unexpected emergencies. Nevertheless, some residents prefer not to use this service, so New Horizons maintains a "Do Not Call" list of residents who do *not* wish to be contacted if they miss a meal. Please notify the **Front Desk** if you wish to add or withdraw your name from our "Do Not Call" list.

LAUNDRY MATTERS: Effective May 15, 2008, the charge for personal laundry service is \$9 per load. Residents may purchase discounted booklets of five tickets for \$40 (a \$1 saving per load) at the Front Desk.



STROKE PROTECTION: According to Tufts University's Health and Nutrition Newsletter, adults of all ages can dramatically reduce their risk of debilitating strokes with moderate exercise. **Researchers have now shown that just 30 minutes a day of brisk walking, five days a week, will reduce your risk of stroke by 40 percent.** Other extremely important health factors, of course, are not smoking and eating plenty of fruits and vegetables.

Call the SMARTLINE at 781-932-1181 for daily menu and activities!