

New Horizons and The Meadows

Community Connection

January 2008



WELCOME: Your new neighbors this month are **Rebecca Clark** (380G) from Mendon; **Dorothy Samiotes** (400/180) from Woburn; **Neil Schwartz** (400/260) from Boston; **Virginia Schwenn** (400/143) from Lakeland, FL; and **Al Whelan** (400/262) from Cambridge. Please join us in welcoming these new residents to our community.

BLACK HISTORY MONTH: Historian Carter G. Woodson designated the second week in February as “Negro History Week” in 1926, initially to honor Frederick Douglass (born February 14) and Abraham Lincoln (born February 12), both of whom greatly influenced the black American population. The former week-long observance, which officially became *Black History Month* in 1976, provides an opportunity to recognize the significant contributions those with black heritage have made, and continue to make, in such areas as education, sports, medicine, art, culture, public services, economic development, politics and human rights.



“DRESS TO IMPRESS” VALENTINE’S DAY DINNER: Our culinary team will warm your hearts with a very special meal for **Valentine’s Day, Thursday, February 14**. New Horizons invites all residents to don their finest apparel and join us for a very special “dress-up” gourmet dinner in Concord and Broadmeadow dining rooms.

AN ALARMING MEADOWS STATISTIC: The Marlborough Fire Department conducted fire drills at 370 and 420 Hemenway Street on December 10. These drills were requested by several residents who attended the Fire Safety Awareness presentations of MFD firefighter Mark Assencoa in early December. **ALARMINGLY**, less than half of the 370 residents responded appropriately to the alarm, and only 10 of the 84 residents in 420 evacuated their apartments. Please review the plan included in your *Living at The Meadows* book to familiarize yourself with emergency exits and all points of egress. Your apartment is shaded *blue*, fire exits are shaded *yellow*, and your primary exit is noted with a *star*. In the event of an alarm, 1) **EVACUATE THE BUILDING**, 2) **DO NOT USE THE ELEVATOR** and 3) please do not call the New Horizons Front Desk.

RESIDENT INFORMATION UPDATES: When an ambulance arrives for a New Horizons resident, the Front Desk attendant typically gives a Resident Information Sheet to emergency personnel. This form includes pertinent information including emergency contact data, doctor’s name, hospital of choice, etc. Although these sheets are maintained strictly as a *courtesy* to residents, we encourage all residents and their family members to please notify New Horizons of any changes as they occur. For updating purposes, a copy of your Resident Information may be obtained from the Front Desk. *Meadows* residents are strongly urged to maintain a *File of Life* and place it on the refrigerator in the magnetic holder supplied in the *Living at The Meadows* book.

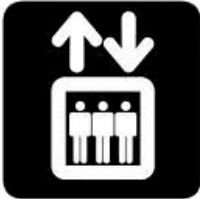


SNOW PLAN UPDATE . . . PART IV: Thank you for the 100% response to the Nor'easter on January 14. All resident vehicles were moved from the plowing and fire lanes by 9:00 PM, Sunday. Our hard working Snow Team was able to begin plowing operations at 3:00 AM and keep your neighborhood open for emergency vehicles and staff arrivals at 5:00 AM. Unfortunately, the first three storms of the season required more than 25 vehicles to be towed or moved by New Horizons staff (at the resident's expense). To clear up any confusion, please note the following:

- Snow Plan reminders were included in the September, October and November newsletters.
- A large Snow Plan is displayed in the lobby of the 370 and 420 Hemenway buildings.
- Contrary to a rumor, the Snow Team will continue to brush off the snow and move your vehicle to a plowed space at *no charge*.
- Residents are always responsible for their personal vehicle. With so many cars to move and areas to plow, we are unable to return cars to their original parking spots.
- Guest vehicles are subject to towing if they are parked in a plowing lane during active snow removal operations. Please let your guest know where to park.



DON'T GET STUCK: Very often, staff will notice an elevator door being manually held open to wait for another passenger, continue a conversation or load furniture. This causes excessive wear and tear on elevator components and leads to malfunctions. Recently passengers were trapped in the elevator at 370 Hemenway. Please do not manually hold the door open or press the door open button for extended periods of time. For furniture deliveries, moving companies can obtain a key at the New Horizons Front Desk for manual operation of the elevator. Thank you for your cooperation.



COMPUTER SAVVY SENIORS: New Horizons is delighted to announce the opening of the *Intel Computer Learning Center* in memory of Albert Frechette. In 2005, Martial Frechette, a process engineer at Intel, began building a relationship with seniors at New Horizons, where his uncle Albert Frechette resided and his aunts, Irene King and Connie York, reside. In 2007, the number of seniors wanting to learn how to use the computers grew so much that New Horizons decided to make a commitment and dedicated not only space for a computer learning center, but new furniture, as well. Because of this collaborative effort and commitment between the center, the seniors, and its employees, Intel provided a grant of \$10,000 to Cummings Foundation for the purchase of computer equipment. As a result of generous donations, the computer learning center is equipped with desktop computers, large screen overhead TV monitors, a printer, and wireless capability for up to eight students. Classes are run with Intel-involved volunteers twice a month.



CARE SOLUTIONS' CORNER:

As you know, **Care Solutions, Inc.** is the health service provider at New Horizons. As such, Care Solutions will create a personalized service plan that may include assistance with dressing, bathing, medication administration, hourly night checks, personal laundry, as well as escorts to meals and activities.



What you may not know is that **Care Solutions, Inc.** is also a Medicare and private-pay home health care provider. For example, under Medicare, when a resident returns from a hospital visit, Care Solutions can provide skilled nursing, physical, occupational and speech therapy, and social worker services, as well as a certified home health aide.

Should a resident require an out-to-hospital visit, he/she will be visited by one of Care Solutions' liaisons, Elaine or Roz, who will help in setting up services to facilitate the ease of returning to home.

Simply put, where you live is where we'll be.