



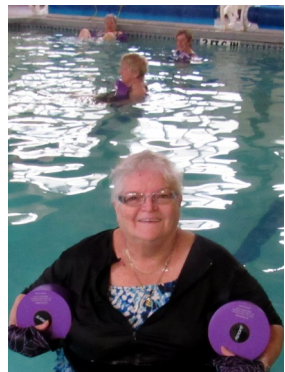
Community Connection

New Horizons at Marlborough
Serving Metrowest Seniors Since 1994
This is home!

March 2020



EVERYTHING WAS COMING UP ROSES for Valentine’s Day Dress for Drinks and Dress for Dinner. Assabet Valley junior cadets presented residents with red roses and escorted them to their tables. Pictured, left to right: Cadet Corporal **Chris Hazard** with a smiling **Bunny Van Valey**; violinist **Lynne Canavan** serenades sweethearts **Nancy and Bill Luoma**; and **Vivian Akillian** accepts a rose from Cadet Sergeant **Ben Cohen**.



WINTER RESPITE: “Shout out to all responsible for making the New Horizons pool so inviting—even on cold winter days,” says avid waterciser **Peg Bouvier** (pictured, far left). Join Peg and her Watercise classmates at **9:00 AM** Mondays, Tuesdays, Wednesdays, and Fridays. Or enjoy a swim in the heated pool with a buddy or family members. Pool keys are available at the Front Desk.

RESIDENT ACTIVITIES



THAT’S ENTERTAINMENT: The residents have spoken, and Community Services is listening. According to Activities Coordinator **Debi Kiontke**, “We offer a wide range of movies to suit a variety of tastes, from classics to new releases, Netflix films, musicals, and resident-requested movies.” For special requests, a movie suggestion box is located by the 400 sign-up station. As the weather improves in the months to come, look for more live entertainment and outings, like our February trip to Vokes Theatre in Wayland.

Resident **Carol Holmes** closed out the recent Resident Activities Forum by starting a well-deserved round of applause for our dedicated community services associates. In Carol’s words, “The red shirts are always helpful! We appreciate everything they do for us.” Well said, Carol.

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AMERICAN HISTORY: Wearing Native American dress, **Merri Lynn Braman** (pictured, left) discussed, displayed, and played Native American flutes, including the one held by **Barbara Sullivan** (center). Beaming Elvis fan **Brenda Hansen** poses with “The King” impersonator **Robert Black**.



PHYSICAL THERAPY (PT) vs. OCCUPATIONAL THERAPY (OT)

Physical therapy in the home focuses on improving the patient’s mobility and managing pain in order to create a safe environment and promote independence. PT will assess your balance, strength, endurance, joint mobility, pain, and overall safety. A physical therapist can also assess your need to use a walker, cane, or wheelchair. He or she will work with you to establish goals and perform therapeutic exercises and activities designed to improve your mobility level.

Home-based occupational therapy helps people who have had a decline in function return to a regular level of activity and regain independence. OT addresses daily personal care activities, such as getting dressed, preparing meals, and laundering clothes. It focuses on education, modifications, and training designed to facilitate a return to independent daily living. Contact your doctor if you think you might benefit from a PT or OT evaluation. He or she can contact Aveanna Home Health for a referral by calling the referral number at 508-421-6800.



Upcoming Events *Mark Your Calendar!*

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| March 3 | Red Sox Appreciation Day with the World Series Trophy | |
| March 7 | <i>Set your clocks ahead an hour ~ Daylight Savings begins Sunday, March 8</i> | |
| March 8 | Flashback Band | 2:30 PM |
| March 13 | Creative Dance Center Performance | 2:30 PM |
| March 15 | Friana Werth: Celtic Recorder Music | 6:30 PM |
| March 17 | St. Patrick’s Day Music with Lynne Canavan & Ray Valente | 2:30 PM |
| March 20 | Out to: Paradise Art Show | 9:00 AM |
| March 22 | Saxophonist Joe Mack | 2:30 PM |
| March 30 | Honky Tonk Pianist Gary Lundgren | 2:30 PM |
| <i>Hearthstone Caregiver Support Group at Hearthstone ~ March 11, 6:00 PM</i> | | |

To view this newsletter in color, or download a printable copy, visit our website, www.countrycommunities.com.
New Horizons ~ 400 Hemenway Street, Marlborough, MA 01752 ~ 508-460-5200