

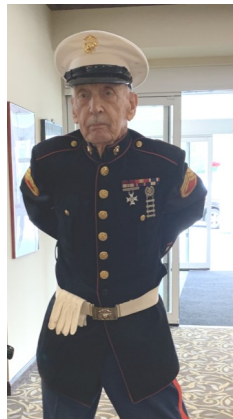


Community Connection

New Horizons at Marlborough, LLC
Serving Metrowest Seniors Since 1994

This is home!

December 2022



THANK YOU FOR YOUR SERVICE: On **Veterans Day**, and every day, we are honored to have more than 80 veterans at New Horizons representing the Army, Navy, Air Force, Marine Corps, Coast Guard, Merchant Marine, and National Guard. We are proud of our residents who served; their integrity and commitment is inspiring. Pictured above are photos from our Veterans Day celebrations. Left to right: **William Shaw**, USMC veteran; members of the Air Force ROTC Detachment 340 Strike Eagles and Army ROTC Bay State Battalion Honor Guard; **Vic Valenti**, scouts and leaders from Marlborough Troop #303, **Merrill Thompson**, **Jim Halliday**, and **David Berry**.



H A P P Y HANUKKAH:

Everyone is invited to participate in the **Hanukkah** lighting ceremony, which begins on **Sunday, December 18**, at **4:00 PM** outside the Greenhouse and will continue for eight nights.

STAFF APPRECIATION FUND If you would like to acknowledge the great service and kindness shown to you throughout the year by our staff members, please donate to the annual Staff Appreciation Fund. Each staff member will receive a share based on the hours he or she worked this year.

If you have already donated to the fund, we thank you. If not, you may give a sealed envelope to any director or drop it off at the front desk.

Please note: The senior management team is excluded from the distribution. Your confidential gifts will be acknowledged in writing.

HERITAGE MUSEUM TRIP: Memory Care residents enjoyed a visit to the American Heritage Museum in Hudson. The museum, which opened in 2018, honors and educates the public about the history of our military and veterans. Pictured below, left: **Joseph O’Keefe**, Korean War veteran, in front of the Korean War exhibit. Pictured below, right: **Joseph O’Keefe, Norma McCarty, Jack Corcoran**.



Upcoming Events

Tune in to 918 for the latest information.

Dec 4	Holiday Wreath Making	2:00 PM
Dec 8	Ed Aucoin and Kris Swanson Holiday Concert	2:30 PM
Dec 10	Brad Ellenburg Portrait in Jazz Trio	1:30 PM
Dec 11	Three Ladies Piano Concert with Residents Marie Martin, Sandi Valenti, and Barbara Ivery	2:00 PM
Dec 14	Holiday Luncheon at Wayside Inn (sign up at ext. 5227)	12:00 PM
Dec 15	Ron Barclay Holiday Concert	2:30 PM
Dec 17	Parish Jazz Band	1:30 PM
Dec 24	Cocoa and Cookie Decorating	1:30 PM
Dec 25	It's a Wonderful Life with Hot Cider	2:30 PM

HEART HEALTH TIP: A Harvard Medical School newsletter reports that taking blood pressure medication at bedtime rather than in the morning may significantly reduce the likelihood of cardiac events. Study subjects who took their meds at night were:

- **34 percent less likely to suffer a heart attack,**
- **42 percent less likely to suffer heart failure**
- **56 percent less likely to die from heart problems.**



Make your lifestyle even more heart healthy by walking the hex, swimming in the pool, visiting the fitness center, or adding another form of regular exercise to your routine!