



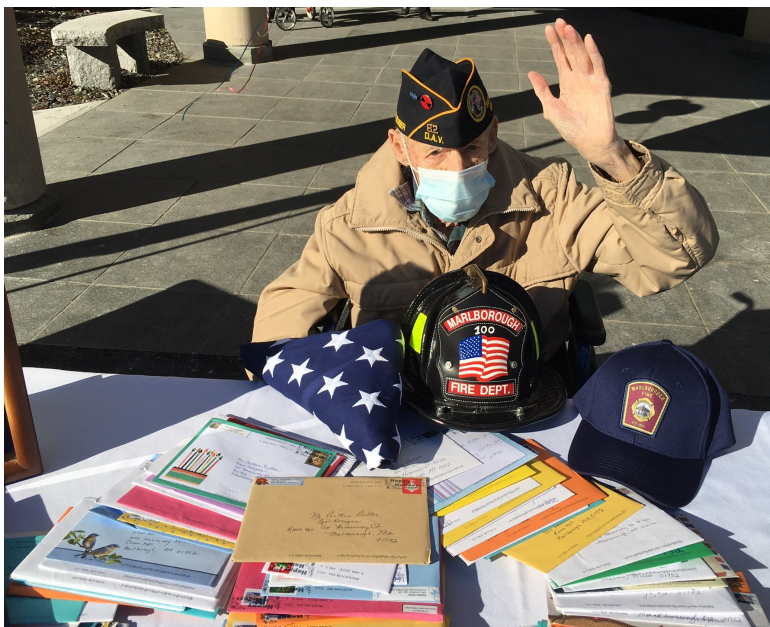
Community Connection

New Horizons at Marlborough, LLC
Serving Metrowest Seniors Since 1994
A Turning Point in Senior Living!

February 2021



Thank You, Bouvier Pharmacy: New Horizons held its first COVID-19 vaccination clinic on January 13. Bouvier Pharmacy president Brian Bouvier arrived with four Bouvier nurses, who traversed our expansive campus administering the vaccine. By the day's end, 476 residents and staff had received the first dose of the Moderna COVID-19 vaccine. We anticipate holding the next clinic in early February. Pictured above: (from left to right) Residents **Jack Corcoran** and **Emily DeRidder** receive the COVID vaccine in their rooms, HR Assistant **Dale Bickford** gets the first shot of the day, and Housekeeper **Nancy Calderon** and resident **Marjorie Davis** are vaccinated by Bouvier nurses.



Hometown Hero: We recently celebrated WWII veteran Arthur Butler's 100th birthday with a socially distanced car parade. Well-wishers included Mayor Arthur Vigeant, Marlborough Fire and Police Departments, State Representative Carolyn Dykema, and U.S. Congresswoman Lori Trahan. Watch the Channel 7 News story: <https://whdh.com/news/marlborough-wwii-vet-given-parade-custom-fire-helmet-for-100th-birthday/>.



@newhorizons.marlborough



New Horizons at Marlborough



Molly's Corner: Happy New Year! The end of 2020 in the Memory Care Program found residents singing with Gary the piano man, eating special treats, wishing each other a very happy 2021, and sharing New Year's resolutions. Many of our residents resolved to have fun in the months to come, and still more wished for good health for themselves and their families. The majority of residents discussed their hopes that the new year would bring opportunities to enjoy regular visits from family and friends. I think we all feel the same.

This month, we introduce you to Community Service Associate **Jen Moulton** (pictured above). Jen has been a member of New Horizons' Memory Care Program since its start. She is always interested in how a resident's day is going and what is on his or her mind, and has a unique way of capturing a resident's attention whether through art, conversation, or a friendly smile. Our program is all about kindness, dignity, and sincere interest. Jen embodies all of these values.

Jen and her husband, Nathan, have two boys, Jacob and Joseph. When she is not at work, she enjoys fishing with her family, taking pictures, and reading. We truly appreciate her kindness and diligence.

Upcoming events in Memory Care include the second distribution of COVID-19 vaccinations; Monday music from violinists, piano players, and dancing experts; special art projects; Discovery Channel documentaries; trivia contests; and group discussions on politics, interesting family memories, and humorous tales. Have a wonderful month.

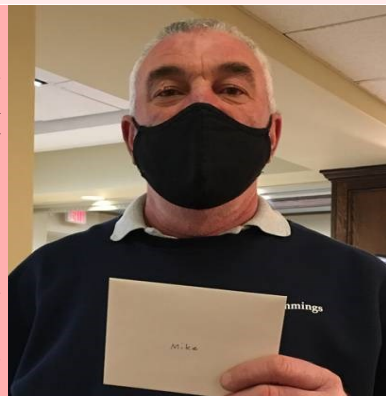


Healthy Heart Facts:

February was designated **American Heart Month** in 1963 to encourage heart-healthy habits and promote awareness

of heart disease.

Although there is debate about how aggressively to treat high blood pressure in adults aged 70 years or older, the definition of healthy adult blood pressure does not change: A "normal" reading is at or below 120/80, and high adult blood pressure starts at 140/90. The top number, systolic pressure, measures when the heart beats and is pumping blood. The bottom number, diastolic pressure, measures when the heart is at rest between beats. Your primary care physician or cardiologist may prescribe a number of blood pressure medications appropriate to your health and age. Taking those medications as prescribed is the best way to keep your BP stable. Always consult your physician with questions about medications and your health.



Thank You for Making an Impact: General Worker **Mike Burnell** was recognized for his outstanding performance responding to a water leak in the 400 building. If not for his quick thinking and agile action, this leak could have caused substantial damage to multiple floors and common spaces at New Horizons. Thank you, Mike, for your timely intervention and dedicated work ethic!

Mark Your Calendar*

**Watch community channel 918 for Black History Month events, other event updates, and details.*

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| February 11 | Cruise to Shanghai ~ Dash and Dine |
| February 14 | Valentine's Day with pianist Ray Valente in 420 |
| | Violinist Lynne Canavan in 400 |
| February 16 | Mardi Gras |
| February 26 | Zoom Shabbat/Purim Celebration |

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