



Community Connection

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

February 2023



UGLY SWEATER HOLIDAY PARTY: We finished out 2022 in high style with an Ugly Sweater Holiday Party for the New Horizons community. Who gets your vote for most “striking” sweater? Pictured, from left: Residents **Bud Vittum**, **Cynthia Aaron**, and **Stu McCallum**, and Community Service Associates **Kaleigh Morales**, **Altresa Daniels**, and **Maddie Fennell**.



NEW HORIZONS NEIGHBORS HELPING NEIGHBORS: Associate Director **Tony Sosa** presented **Stevie Dembro**, a Marlborough resident and owner of Stevie's Back Road Café in Hudson, with a donation raised from the Busy Hands Knitting & Crochet Group's holiday sale. This money will help fund Stevie's Feed A Neighbor, Inc., which supplies home-cooked meals to local neighbors in need.

When our residents chose to support Stevie, New Horizons was happy to provide a matching donation. Stevie and his team have cooked and donated more than 25,000 meals!

We are proud and humbled to be able to help.



EMPLOYEE HOLIDAY PARTY: Maintenance workers, housekeepers, drivers, community service associates, receptionists, kitchen staff, and more — New Horizons wouldn't be a wonderful home for its residents without its dedicated employees! To thank our staff for all of their hard work, we held a holiday luncheon featuring gifts, favors, and a delicious meal prepared by Executive Chef **Marcos de Oliveira** and our exemplary kitchen team. Above, left to right: Maintenance Tech **Kamal Ahmed** and Groundskeeper **Dan Wilkinson**; Community Service Associates **Bruno Dias-Aguiar**, **Grecia Gallegos**, and **Elaina Austin**; and Groundskeeper **Bob Doucette**, Maintenance Tech **David Molina**, and Painter **Cody Steele**.



NATIONAL WEAR RED DAY: Americans often think of heart disease as a male condition, but it's also the leading cause of death for

US women. American Heart Association designates **Friday, February 3** as a day to wear red clothing or accessories to raise awareness about women's risk of developing heart disease. Be sure to don your reddest red—whether it's lipstick, a pair of pants, or your favorite hat—on the 3rd. Visit www.heart.org to learn more.



PARKINSON'S LECTURE: As part of our Monday lecture series, Physical Therapist **Ali Cronin** spoke to residents about living with Parkinson's Disease. To sign up for our new Parkinson's Support Group, contact Social Worker (and group facilitator) **Katelyn Reynolds**.

Upcoming Events

Tune in to channel 918 for the latest updates

Feb 2	Jeff Thomas on Guitar	2:30 PM
Feb 6	Lecture with UMass Physician Dr. Anindita Deb	2:30 PM
Feb 8	Out to Lunch: <i>Special Teas</i> Tea Room	12:30 PM
Feb 12	Super Bowl Sunday Tailgating Party	4:00 PM
Feb 14	Dress for Dinner with Live Music for Valentine's Day	Regular Meal Times
Feb 15	Trip to New England Quilt Museum	1:30 PM
Feb 18	The Flashback Band	1:30 PM
Feb 21	Mardi Gras Party	2:30 PM



SNOW SEASON: To assist the snow team with prompt storm cleanup, we remind all residents to make sure that they and their visitors are aware of the **special snow parking plan** related to winter weather. This procedure has been posted at the entry to each building. In addition to parking in designated areas, visitors must complete a dashboard tag (also found at each building's entrance), and all resident cars must have identifying stickers affixed to the backs of their rearview mirrors. We appreciate everyone's cooperation with the snow plan.