



Community Connection

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

January 2019



HAPPY NEW YEAR IN FRENCH
Paris is the chosen locale for our 2018 New Year's Eve celebration.

With a six-hour time difference, it is the perfect place to virtually raise a glass, don a beret, bid adieu to the old year and ring in 2019, *n'est-ce pas?*

MAINTENANCE TEAM TO THE RESCUE

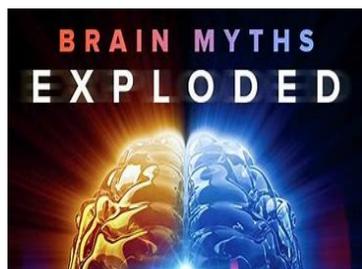
Laura Kanarsky praises the response to her 1:15 AM urgent call:

"I would like to thank Rick, Luis, and Paul for the efficient manner in which my apartment repairs were handled. It was greatly appreciated."

Pictured left to right: Maintenance Team Leader Rick Carlson with Paul Bracken and Luis Molina.



CHRISTMAS CLASSICS! *Left to right: Santa (Executive Director Andy Eick) and Mrs. Claus (Elizabeth Gebhard) hand out children's gifts; Frances Denzel, reader of "The Night Before Christmas," with fellow Busy Hander Alberta Fullem; an overflow audience for Ron Barclay's popular annual holiday concert.*



How effective are brain games? What are the differences between male and female brains? These are two of the topics addressed by 24 neuroscience lectures entitled *Brain Myths Exploded*.

It was the brainchild of resident **Sheila Barrows** to make the series accessible to the New Horizons community. Thank you, Sheila. It runs **Saturday afternoons at 3:00 PM**. Sign up!

SHOWCASING TALENT

We invite all residents to share your special talents with the community. We also would love to hear about your loved ones' interesting careers or unique skills. Please contact **Sheree Frazier** in Community Services to arrange a presentation or a spot in an upcoming career day.



FIND US ON FACEBOOK! Click the logo to the left to find yourself, your friends, or relatives in our posts. See what fun we have at New Horizons at Marlborough!



POINSETTIA PATROL: It wasn't the Publishers Clearing House Prize Patrol that greeted residents with special deliveries, but you wouldn't know that from the delighted expressions on the faces of the recipients. Our community services team made more than 300 visits to campus apartments to bring the festive plants. *Pictured, left to right: Carleen Simoneau greets bus driver Lauri Pekkala; Jackie Mawhinney shares a smile with CSA Katelyn Reynolds.*

CELEBRATING HANUKKAH: Residents gathered each afternoon for the eight-day Jewish "Festival of Lights." Community Services provided the refreshments, which prompted this from **Rose Westheimer:** "Thank you for your thoughtfulness and efforts to make the daily celebration a meaningful one for us." *Pictured: Rose lights the menorah with her husband Paul. They join Sylvia Safferson (seated, left) and Marjorie Davis (seated, right) to mark the holiday.*



VNA Care Advantage

VNACare

VNA Care wishes you a happy, healthy New Year!

We offer these healthy New Year's resolutions:

Get more sleep: take a guilt-free nap.

Keep moving: (with your doctor's approval) How about Mind and Body Relaxation, Stretch and Strengthen, Watercise, Chair Yoga?

Stay in touch: connect with friends or family members.

(Pictured, right: VNA aide Cherry Alves with resident Anita Rizzo)



Upcoming Events*

Out to lunch at Bolton Tavern on the Lake
 Wine and cheese with harpist **Valerie Dehesa**
 Buddy Dog Day with **Ron Barclay**
 A visit from Barn Babies Traveling Pet Zoo
 Saxophonist **Brian Kane**
 Dinner and a movie

Mark Your Calendar

January 21

Martin Luther King Jr. Day observed

January 31

Hearthstone Caregiver Support Group

6:00 PM

*Watch community channel 918 for event updates and details.

To view this newsletter in color, see community postings or visit www.countrycommunities.com.