



Community Connection

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

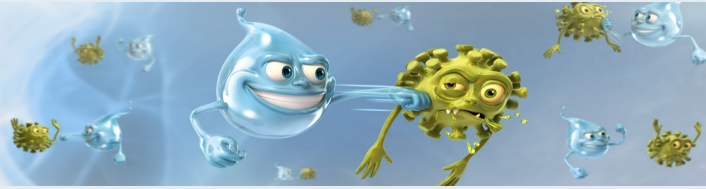
January 2023



BUSY HANDS HOLIDAY SALE: Our resident **Busy Hands** knitting and crochet group held its annual holiday sale and raised more than \$500 for Feed A Neighbor, a local charity that provides meals to food-insecure individuals and families. The funds were matched by New Horizons, and the resulting donation will provide more than 200 meals for hungry people in our area. Pictured, from left to right: Busy Hands member **Alberta Fullem** displays diverse cozy, stylish winter accessories; residents **Wayne Gurin** and **Joan Nancoz** sport their purchases; Busy Hands member **Anna Falcon** shows her wares to resident **Sally Campbell**.



DECK THE HALLS: Memory Care residents enjoyed decorating their Christmas tree with festive holiday lights, garland, and personalized ornaments. Pictured, clockwise from top left: residents **Florine Bakke**, **Frank Lyons**, **Joe O'Keefe**, **Rita Sixsmith**, **Doris Steinman**, and **Bernie Harris**.



FIGHT THE FLU: This year, it is especially important to protect yourself from the flu, given that it is circulating widely after a lull during the past two winters. Weekly flu reports are available at Mass.gov.

Hand hygiene and immunization are the first lines of defense against flu germs. If you haven't done so, it's not too late to contact your doctor or [Bouvier Pharmacy in Marlborough](#) to make an appointment for a flu shot. Flu symptoms can include:

- Fever
- Chills
- Cough
- Fatigue
- Runny nose
- Muscle or body aches

If you develop these symptoms, please contact your doctor for advice. Because many flu symptoms mirror those of COVID-19, it is important that residents experiencing them self-quarantine and contact the director on duty for guidance.



SWEATS FOR VETS: New Horizons Marlborough had a gift wrapping party for Sweats for Vets, which provides Boston sports team sweatshirts to homeless military veterans across New England. Pictured above, left to right: Residents **Patty Cassidy, Lois Sarab, and Wanda Null** put the finishing touches on their wrapped gifts.



TAX INFORMATION: Massachusetts allows a personal income tax deduction for rent. Residents receiving assisted living services may also qualify for medical deductions. To learn more, please visit Mass.gov and IRS.gov.

New Horizons does not calculate the proportion of monthly service fees (meals, housekeeping, activities, etc.) in relation to rent, and recommends that residents discuss tax matters with their accountants or lawyers to determine the appropriate deductions. Please note that New Horizons does not provide a summary of payments. All residents are advised to refer to their mailed monthly statements for this information.

Upcoming Events

Tune in to channel 918 for the latest information

January 1	New Year's poetry reading	2:00 PM
January 9	Parkinson's disease lecture with Ali Cronin	2:00 PM
January 11	Out to lunch at Big Apple Restaurant (sign up at ext. 5227)	2:00 PM
January 12	Magician Larry Parker	2:30 PM
January 19	George Lyons as Frank Sinatra	2:30 PM
January 23	Lecture with resident Bob Burke: The EPA & Climate Change	2:30 PM
January 26	The Flashback Band	2:30 PM



GREENHOUSE DEDICATION: New Horizons staff and residents know that if you're looking for resident **Elizabeth Gebhard** (above, left), you'll most often find her in the greenhouse. She spends countless hours tending plants and helping members of our **Green Thumb** gardening club grow everything from flowers to tomatoes. We recently surprised her during our reception for our Green Thumb volunteers: The New Horizons greenhouse is now known as Gebhard's Greenhouse in her honor.