



# Community Connection

**New Horizons at Marlborough, LLC**  
**Serving Metrowest Seniors Since 1994**  
*This is home!*

**July 2017**



## CELEBRATING THE FOURTH!

Fourth of July hamburgers and hot dogs are coming. We'll be serving up Fourth of July fare, including hot dogs and hamburgers with every condiment you can imagine, for our regular Concord Dining Room lunch goers.

## 100th TOWN CHORUS

Residents were treated to a rousing performance by this all-female group. The four-part chorus was formed in 1949 in Westborough, the 100th town incorporated into the Commonwealth.



**PASSING THE TORCH:** We welcome our new executive director, **Andy Eick**, and congratulate **Cheryl Rank**, R.N., on her promotion from health service director to associate director. Andy wishes to thank the many residents, family members, and employees who have been so welcoming since his arrival. He looks forward to continuing the great work done to serve our campus residents each and every day.



**YOUR OPINIONS COUNT:** Thank you to everyone who took the time to fill out our annual New Horizons Resident Satisfaction Survey. A summary of the results indicates that we have made excellent strides in many key areas, and you also offered up constructive opportunities for improvement in some areas. Those areas will assuredly have our focus going forward. Here is a sampling of your comments:

- *The facility is always warm and inviting.*
- *There's a smiling face around every corner.*
- *New Horizons presents a very positive first impression that never changes.*
- *The pool has greatly helped me—physically, spiritually and emotionally.*
- *The housekeeping staff is friendly and very efficient!*
- *[Dining room servers] are friendly, kind, thoughtful and attentive—not only to residents—but to the guests.*
- *Meals are quite good! The chefs do a fine job!*
- *The music and arts programs are outstanding.*
- *Can't believe how wonderful the staff is!*

**WELCOME, SISTERS OF ST. ANNE:** We're completing work on 26 newly-constructed apartments at 406 Hemenway and eagerly await the arrival of our new neighbors later this month.



**HORSING AROUND:** *Left to right:* residents gather on the veranda to greet the ever-popular mini horses; Janet VERNY makes a new friend; a group pose with Russ LANG in the forefront; CSA Linda Clancy celebrates Robert Rubin's Racemania winning horse with CSA Jenn Gonzalez Ribeiro.



**SCRAPBOOK** (left to right): CSA Linda Clancy with Anita Rizzo; Sylvia Safferson, Linda Clancy, and Mary York; Ute Park creates a colorful painting with CSA Jenn Gonzalez Ribeiro; the finished product.

**\$100K for 100 Cummings Foundation** Cummings Foundation just awarded 100 grants of \$100,000 each through its sixth annual *\$100K for 100* grant program. Among the Marlborough-based recipients are Addictions Referral Center, Good Shepherd's Maria Droste Services, and Special Olympics Massachusetts. The largest-ever Cummings Foundation grant was for \$50 million to the internationally known Cummings School of Veterinary Medicine in North Grafton. The school is responsible for our popular monthly "Paws for People" program.

**COUNTING DOWN TO NEW HORIZONS' 23rd ANNUAL COUNTRY FAIR!** Sunday, September 10, Grandparents Day, will be fulfilled with games, a petting zoo, the Busy Hands crafts sale, and plenty of food, including picnic fare, popcorn, ice cream, and cotton candy. More details to follow.



**VNA Care Advantage**  
VNA Care

**Summer Hydration Tips**

1. Unless your doctor advises otherwise, drink at least eight 8-ounce glasses of water a day.
2. Wear light clothing, a hat, and sunscreen, and take frequent breaks in the shade when out in hot, sunny weather.
3. Avoid excessive amounts of dehydrating drinks, such as coffee, alcohol, and soda, as well as sugary, salty, and starchy foods.
4. Call your doctor if you experience these signs of dehydration: a fever higher than 101°, confusion, weakness, vomiting for more than a day, or diarrhea for more than two days.



Take a tip from **Veronique Turner** (pictured at the Front Desk) and take advantage of the 400 building "hydration stations."

**Mark Your Calendar**

<b>July 1</b>	Paws for People	10:30 AM
<b>July 4</b>	Patriotic Afternoon	2:00 PM
<b>July 5</b>	Art Matters	2:00 PM
<b>July 15</b>	Mini Horses	1:30 PM
<b>July 17</b>	Swing with <b>Ray Valente</b> on Keyboards	2:30 PM
<b>July 19</b>	New Resident Reception <i>Luau</i>	2:00 PM
<b>July 28</b>	Trip to Tower Hill Botanical Garden	9:30 AM
<b>July 28</b>	Elvis Impersonator <b>Robert Black</b>	2:00 PM
<b>July 30</b>	Pianist <b>Ethan Stone</b>	1:15 PM