



Community Connection

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

July 2021

GREEN THUMB members met to develop a plant maintenance plan for the 30 grow bags, filled with beans, tomatoes, cucumbers, peppers, and herbs, that have been assigned to their care. They will be responsible for watering, pruning, staking, and fertilizing these plants until harvest time.

Pictured, left to right: Green Thumb members **Veronique Turner, Helen Precourt, Arnold Angermann, Sandy Campbell, Lydia Whitcomb, and Sue Abrahamson.**

Members not pictured: **Sharon MacKinnon, Barbara Terry, Elizabeth Gebhard, Doris Brugger, and Lorraine Lesieur.**



APPRECIATING OUR TEACHERS AND NURSES: Former educator **Carol Bajor** (left) and former nurse **Yolande Finneran** (right) are just a couple of the residents our community honored during national Nurses' Week and Teacher Appreciation Week in May.

We celebrated these occasions with a special luncheon and the gift of a beautiful plant. We thank all our former nursing and education professionals for sharing their stories and for their many years of teaching and healing.



SUNNY DAYS: (left to right) Residents **Barbara Guimond, Ann Addeo, Phyllis Tremblay, Frank Johnson, Claire Condry, Mary Casaceli, and Mary Rebh** can often be found enjoying the sun or some outdoor entertainment.



SUMMER HEALTH TIPS

Stay hydrated: Drink plenty of water and avoid consuming excessive amounts of dehydrating beverages (coffee, alcohol, soda) or eating too much of sugary, salty, and starchy foods.

Beat the heat: When going out in the sun, apply sunscreen, take frequent breaks in the shade, and wear light clothing, a hat, and sunglasses.

Know the signs: Call your doctor if you experience signs of dehydration, including a fever higher than 101°, confusion, weakness, vomiting for more than a day, or diarrhea for more than two days.

NATIONAL PICNIC DAY: Every day is a picnic when you're with friends! Residents donned snazzy shades as they enjoyed a picnic-themed lunch. Pictured above, left to right: resident **Jim Halliday**, waitstaff **Jorge Mayorga** with resident **Sandra Johnson**, and **Garry Campbell**.



CUTE AND CUDDLY: Residents had a great time when Animal Craze Traveling Farm stopped by with a baby goat, piglet, and bunny. The animals received lots of hugs and kisses while in the arms of (pictured, left to right) residents **Rita Sixsmith**, **Doris Steinman**, **Sally Hilda-Erickson**, **Jean Pannell**, and **Joe Maquire**.

Cummings \$25 MILLION GRANT PROGRAM

LOCAL GIVING: To date, Cummings Foundation has given more than \$300 million in grants to nonprofits based in greater Boston. Through its **\$25 Million Grant Program**,

it seeks to provide vital funding to mostly local charities that are working to improve the lives of community members through education, human services, and social justice programs. Among this year's Cummings grant recipients are Marlborough-based Alliance Health at Marie Esther, Better Day Adult Social Day Program, and UMass Memorial Health-Marlborough Hospital. The complete list of 140 local nonprofits just awarded grants of \$100,000 to \$500,000 each is now available at www.CummingsFoundation.org.



EARN REWARDS: We are inviting all residents and their families to help us spread the word about available apartments at New Horizons. As a thank you, a \$2,000 credit will be applied to the referring resident's account when our new neighbor moves in. Please see a director for the details of this referral program.