



Community Connection

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

July 2022

Take Me Out to the Ball Game

Residents went to see a WooSox baseball game at Polar Park in Worcester, always one of our most popular summer outings. The new stadium offers great amenities and food to enjoy while catching a ball game.

Left to Right: **Beverly Supranowicz, Mary Lee, Barbara Stone, CSA Kaleigh Morales, Sister Jane Amirault, Carol Daley, Charlotte Holly, Veronique Turner, Beverly Hutch, Peggy Webb, Merrill Thompson, Zabel Fay, Irene Kiley, Activities Coordinator Chris Furman.**



Honoring Veterans

Noah Kreatz (left) and **Ian Agudelo** (right) founded the Veterans Preservation Project to educate the public about the sacrifices of military veterans. They visited on the anniversary of D-Day, along with their traveling museum collection of veterans' uniforms, to give a presentation to residents, including our veterans' group, about the landing at Normandy and the events leading up to it. Noah and Ian are pictured here with the uniform of a man who tested the atomic bombs dropped in Hiroshima and Nagasaki.



Furry Fun!

New Horizons visited an alpaca farm in Harvard, MA, where we learned all about the care and feeding of these beautiful animals. One baby alpaca took a special interest in snuggling with our residents! Pictured, left to right: **Erla Shaffer, Veronique Turner, Barbara Druvins, Jeanne Poulin-Adams, Joan Nancoz.**



@newhorizons.marlborough



New Horizons at Marlborough



Many residents volunteer their time in a variety of ways to help make New Horizons a true community. We held our first annual Resident Recognition Awards to recognize the people who help run the greenhouse and chapel services, give lectures and musical performances, and so much more. Thank you for all you do for your fellow residents! Pictured, left to right: **Elizabeth Gebhard, Sister Elaine Potvin, Genevieve Bagdis, Sandra Campbell, Alberta Fullem, Megan Desnoyers.**



Memory Care residents enjoyed posing for sketches by caricature artist **Don Landgren**. Pictured, from left to right: **Lillian Clancy, Michiko Pancoast, Bernie Harris, and Frank Lyons.**

July Calendar Upcoming Events

- July 4** Independence Day Celebration with **Mel Stiller**
- July 7** **Robert Black** as Elvis
- July 11** Concord Players perform Skits
- July 14** The Singing Trooper Sgt. **Daniel M. Clark** performs
- July 16** Flashback Band evening concert
- July 17** Trombetta's Ice Cream Truck visits all buildings
- July 18** Paint Along with **Lauren Hancz**
- July 25** Animal Adventures Exotic Animal visits

Congratulations to New Horizons employee **Kyle Morgan** on his May graduation from Saint Anselm College.

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.