



Community Connection

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

June 2017



NATIONAL GARDENING WEEK is the first week of June. Planting is in full swing in our resident garden plots. **Patricia and James Eldridge** (left) got into the swing of things, getting all decked out in their gardening gear to prep the plot outside their suite. A reminder: now is the time to transplant your wintering plants from the New Horizons greenhouse to the comfort of your air-conditioned apartment.

Remember: the greenhouse becomes a hot house in the summer months, with temperatures topping 90 degrees. If you need any advice about the care and feeding of your houseplants, please consult with our honorary greenhouse manager, **Elizabeth Gephard**.



Congratulations to all of our 2017 graduates!

Felipa De La Cruz-Cicero
James Dragone
Olivia Larson

Alyssa Monti
Andre Morais
Jordan Simpson

Joseph Tunnera



SERVICE WITH A SMILE: Kitchen staffer **Shayla Terrasi** and Cook **Jermirio Cardoso** share a happy moment after a job well done. **GLOWING FOOD REVIEW:** Thank you, **Pat Correia**, for giving our food a top rating: *"Food is excellent! Up there with the best restaurants! Such a choice!"* **DINING NOTES:** Bring your appetite for our special **Father's Day surf 'n' turf dinner on Sunday, June 18.**



VIVA CINCO DE MAYO! *Top, left to right:* Our colorfully clad residents and staff **Rita Harrison** beaming from beneath her Mexican hat; Assistant Dining Room Manager **Amanda Ferreira** with resident **Jane Douglas** shaking their maracas. *Bottom, left to right:* a smile from a sombrero-wearing **Tony Falone**; **Alberta Fullem** poised to break a piñata!





WE'VE GOT ECLECTIC MUSIC. New Horizons residents enjoy all kinds of performances, ranging from the heavenly sounds of longtime favorite, harpist **Rebecca Swett**, to some mean rock 'n' roll by local guitarist and recording artist, **Jeff Thomas** (posing above with **Simone McGrath**). Jeff has shared the stage with such musical luminaries as Bob Dylan and Paul McCartney.

THANK YOU, BOB! As New Horizons' trailblazing Executive Director, **Bob O'Connor** steered a steady course through myriad changes over 23 years, always keeping the residents' interests above all else. The entire Cummings Foundation and New Horizons community wishes you the best in your retirement!



SAVE THE DATE!

Sunday, September 10, Grandparents Day, is the day that we say "thanks" to all grandparents, during New Horizons' **23rd ANNUAL COUNTRY FAIR**. All generations are welcome to celebrate this fun-filled day on the New Horizons grounds. Stay tuned for details.



VNA Care Advantage

VNA Care

Don't miss our
**VNA MONTHLY
BLOOD PRESSURE CLINICS**

Wednesday, June 7:

9:00 AM 370 Robin's Nest
10:05 AM 400 Bill Miller Room
11:15 AM 420 Lobby

MAINTAINING HEALTHY BLOOD PRESSURE

Do you know your blood pressure reading? Do you get it routinely checked? According to *Everyday Health*, more than half the over-55 population develops high blood pressure, or hypertension. Here are five tips from **Mayo Clinic** to keep your blood pressure down:

1. Exercise regularly
2. Watch your waistline
3. Eat a healthy diet
4. Reduce your sodium intake
5. Limit your alcohol intake

Mark Your Calendar!

June 2	John Root Lecture on Hummingbirds	2:30 PM
June 6	D-Day Commemoration	2:00 PM
June 9	Bird Talk with Charlotte Holly	10:00 AM
June 9	Guitarist Tom Yates	2:00 PM
June 13	Joe Foster on Guitar	2:30 PM
June 16	The Sherborn "MusicMakers"	2:00 PM
June 20	Mel Stiller on Piano	2:00 PM
June 23	Sister Mary Jane "Mission in Ethiopia"	2:30 PM
June 27	Janet Parnes as Dolly Madison	2:00 PM
June 28	Hearthstone Caregiver Support Group	6:00 PM

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