



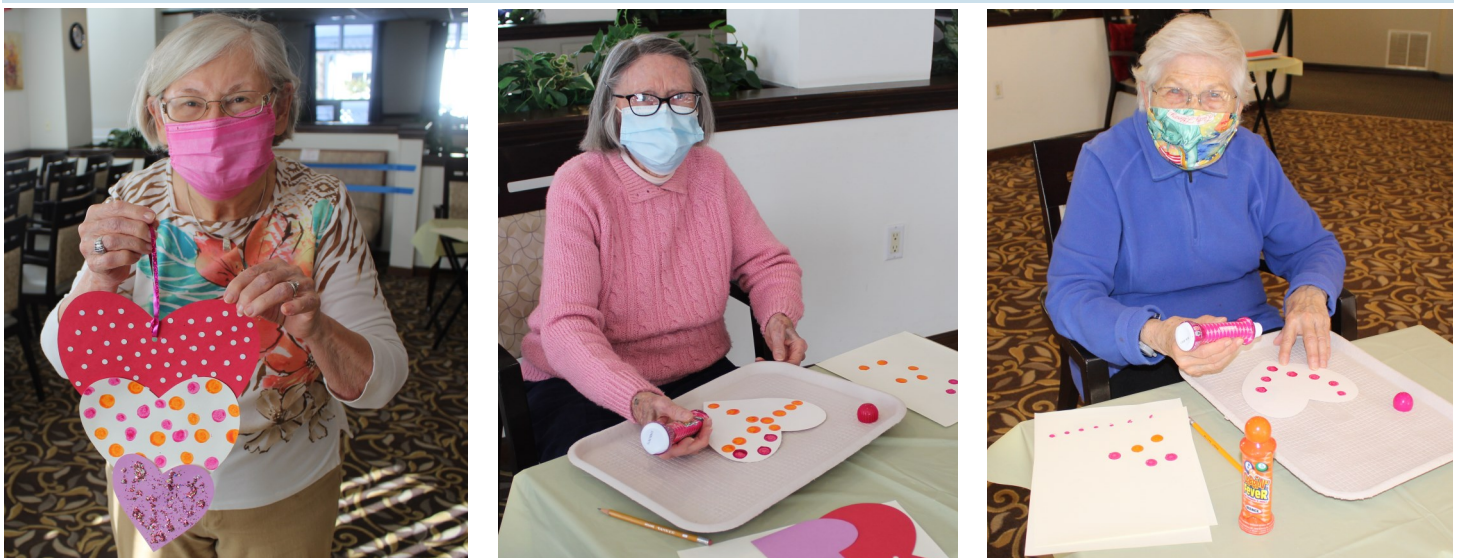
# Community Connection

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

March 2021



**VACCINE CLINIC:** Bouvier Pharmacy returned to our campus in February to administer the Moderna COVID-19 vaccine to 515 New Horizons community members. (Pictured, left to right) Residents **Asuncion** and **Manuel Sedo**, **Frank Johnson**, and **Jim Halliday** are thrilled to be among the residents and staff who received their shots.



**SHARE THE LOVE:** (Left to right) Residents **Ilga Richters**, **Mary Casaceli**, and **Alysse Farlow** embrace the Valentine's Day spirit by creating festive crafts in the O'Connor Common. Doing themed art projects is just one way we stay active and have fun during these cold winter days.



@newhorizons.marlborough



New Horizons at Marlborough

**MOLLY'S CORNER:** The Memory Care Program continues to be a place where creativity, engagement, and fun thrive. Residents particularly enjoy our regular art classes as well as discussion and discovery groups, whose topics focus on resident interests, themed “national days” like national pizza day, Black History Month, and such popular books as “The Art of Making Money.” Our daily reading groups often morph into animated discussions about what it was like to grow up during a particular historical time period.

We recently welcomed several new residents to our program, and were delighted to see how welcoming residents were to one another as they inquired about the new arrivals’ families, their interests, and even what they like to eat.

There has been a bit of dancing going on as we sing along with our Monday musical guests. Residents are quick to teach staff the art of ballroom dancing (which looks a little different with social distancing) and often talk about the days of gathering with friends on a Saturday night to share laughs.

The Super Bowl was a big hit. We enjoyed snacks and shared a common wish that Tom Brady would once again lead New England to victory. Residents also feasted on Chinese food to celebrate the Lunar New Year. We hope the Year of the Ox will bring good luck to all. We received the second dose of the COVID-19 vaccine, which has brought relief and optimism to our community.

We welcome each day as an opportunity to learn, relax, share, and laugh. A darts competition has begun among residents and staff, which brings plenty of laughs—especially when the darts go nowhere near the dartboard. Austrian philosopher Victor Frankl once noted, “The meaning of life is to give life meaning.” Each day, we strive to provide a meaningful day with warmth and smiles.



**PT VERSUS OT:** Physical therapy (PT) in the home focuses on improving the patient’s mobility and managing pain in order to create a safe environment and promote independence. PT will assess your balance, strength, endurance, joint mobility, pain, and overall safety. A physical

therapist can also assess your need to use a walker, cane, or wheelchair. He or she will work with you to establish goals and perform therapeutic exercises and activities designed to improve your mobility level.

Home-based occupational therapy (OT) helps people who have had a decline in function return to a regular level of activity and regain independence. OT addresses daily personal care activities, such as getting dressed, preparing meals, and laundering clothes. It focuses on education, modifications, and training designed to facilitate a return to independent daily living.

Contact your doctor if you think you might benefit from a PT or OT evaluation. He or she can call Aveanna Home Health at 508-421-6800 for a referral.

**RESIDENT**

**REFERRALS:** Did you know that residents and associates who refer people to New Horizons can earn a \$2,000 bonus if the referral becomes a resident? Contact the director on duty for program details.



**Upcoming Events**

**Mark Your Calendar!**

March 04	Resident Ron Barclay gives a piano concert in the Atrium	2:00 PM
March 08	Mike Elliot’s Memory Lane Program	10:00 AM, 11:00 AM, and 2:00 PM
March 14	<i>Set your clocks ahead an hour ~ Daylight Savings begins</i>	
March 17	Cruise to Dublin: St. Patrick’s Day with Mark West in the Atrium	4:30 PM