



Community Connection

New Horizons at Marlborough, LLC
Serving Metrowest Seniors Since 1994
A Turning Point in Senior Living!

March 2023



DRESS FOR DINNER AND DRINKS: Residents enjoyed cocktails, hors d'oeuvres, and live music on Valentine's Day. Each person received a special Valentine's Day rose. Pictured above, left to right: **Elizabeth Gebhard, Ken Harbison, Joe and Gloria Dzigas, Jemi Howell, Peg Webb, Judy Goodwin-Lennemann, and Sue Abrahamsen.**

Pictured below, left to right: **Jean Bush, Joann Straube, Claire Abbott, Vin Mesite, Donna Manning, Arnold Angermann, Veronique Turner, Barbara King, and Diana Hassa.**





HEARTS AND CRAFTS: Memory Care residents regularly take part in arts and crafts activities, which have many benefits, including encouraging socialization with fellow residents. Research by **Bruce L. Miller**, M.D., professor of neurology and director of the Memory and Aging Center at University of California, San Francisco, has shown that people with memory issues can continue to develop creative skills.

In February, memory care residents tried their hands at a Valentine's Day-themed craft. Pictured above, with their handiwork, from left to right: residents **Calliope Carmosino, Philip Messina, Josephine Gonsalves, Betty Walters, and Catherine Mullane.**



COLORECTAL CANCER AWARENESS MONTH: Colorectal cancer is the third most common cancer in the US. Tips for reducing your risk include watching your weight, eating plenty of fiber, limiting alcohol and tobacco, and, most importantly, working with your doctor to get screened regularly.

Upcoming Events

Tune in to channel 918 for the latest updates

*RSVP to ext. 5227

March 2	Coventry Brass Band	2:30 PM
March 4	Theater Outing: Sudbury Savoyards Performance of <i>The Grand Duke</i> *	2:00 PM
March 6	Purim Event: Let's Bake Hamentaschen	2:30 PM
March 8	Out to Lunch: Evviva Trattoria*	12:30 PM
March 9	Jazz Talks with Peter Gerler	2:30 PM
March 12	Portrait in Jazz with Brad Ellenburg	2:30 PM
March 15	Outing to The Butterfly Place*	1:30 PM
March 16	Gary Landgren Honky Tonk Piano	2:30 PM
March 17	Singer Ruth Harcovitz and Green Beer!	2:30 PM
March 20	Lecture with Speech Therapist Jenelle Young	2:30 PM
March 29	Out to Solomon Pond Mall*	1:30 PM



SPRING FORWARD:

Daylight Saving Time begins on **Sunday, March 12**. Remember to turn your clocks ahead before you go to bed on Saturday night!



PARKINSON'S LECTURE: As part of our Monday lecture series, Dr. **Anindita Deb** of the Parkinson's Disease and Movement Disorder Clinic at UMass Memorial Hospital gave a presentation to

residents about symptoms, treatment, and support for people with Parkinson's disease and their caregivers.