



Community Connection

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

May 2019



EASTER BUFFET BUNNY HOPPING
 CSA Katelyn Reynolds (aka: The Easter Bunny) poses with residents **Veronique Turner (left)**, **Rita Harrison (above)**, and **Alan and Chris Mess (right)**.



FOOD for Thought



Many thanks to the 15 residents who gathered information from more than 325 diners for our latest Food Committee survey. Your constructive comments help us make continuous improvements to enhance your dining experience. Your food choice suggestions are under consideration as we put together the 2019 Fall/Winter Menu. Here is a sampling of the survey highlights:

- **400** - Residents describe the soups as “amazing!” Their favorite items include seafood, lox, quiche, salad, and vegetarian dinners. When it comes to ethnic foods and desserts, 400 residents appreciate variety.
- **370** - Residents enjoyed the spaghetti dinner and buffets. Like 400 residents, 370 residents are quiche fans. They also are fond of the abundant fresh fruit, omelets and breakfast sandwiches on croissants. They say the bacon is cooked to their liking—“nice and crispy.”
- **420** - Residents sum it up this way: “The Dining Room is the reason to live here!” “Waitstaff is polite, patient, and kind.” “The food is great!” They especially enjoy the soups, holiday spreads, eggplant parmesan and fish and chips.



MOTHER'S DAY BUFFET: Be sure to make your reservation for the **Sunday, May 12** event by the **Friday, May 3** deadline. Guest tickets are \$20 per adult and \$10 per child under eight. Please see Teresa or Amanda, or email your reservations to diningservices@cummings.com.



MEMORIAL DAY COOK-IN: We will celebrate the **Monday, May 27** holiday with a Burger Bar for 400 lunch.

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AROUND THE WORLD IN (ALMOST) 80 DAYS



"It taught us about places we'd never been to, like France and India." We received this high praise for the eight-week Explorer's Day passport program from resident **Ken Lundie**. He and his wife, **Carol**, became "frequent flyers,"

attending many of the international events. Ken was impressed by the informative travel videos on Italy. He complimented waitstaffer **Elizabeth Odunfa's** Nigeria presentation: "That was very interesting! She showed us the native dress and she let us touch the fabric." Carol added, "The whole program was a change from the usual." **Mary and Jim Cosgrove** echoed that sentiment. "All told," said Mary, "I thought it was pretty good – it was different."



A TREE "GROWS" ON MAIN STREET

The New Horizons Family Tree keeps growing. It is branching out, with a fifth generation added to our running count. With the addition of five great-great-grandchildren, our current tally is 2,845.



VNA Care Advantage
VNACare

NATIONAL STROKE AWARENESS MONTH

On average, every 40 seconds someone in the United States has a stroke. That's according to the American Heart Association. Learn how to lower your risk for a stroke,

how to quickly identify when someone is having a stroke, and how to help them. Join VNA Care nurses for a free talk and hypertension screening **Tuesday, May 14, 2:30 PM**, in O'Connor Town Common. "There's a lot you can do to lower your risk. Diet, exercise, and blood pressure all play a part," said **Beverly Salate**, preventative health director for VNA Care. This nonprofit lifesaving initiative is part of the Paul Coverdell National Acute Stroke Program in Massachusetts. For more information, please contact VNA Care at 508-460-5286 or stop by the VNA Care office in the 400 building by the swimming pool.



Upcoming Events (Stay tuned to 918 for updated information.)

Jazz History with Brian Kane
Day of Giving
Line Dancing with Shelley
Out to: Indian Hill Music (Woodwind Quintet)
Show & Tell with Kajal



Mark Your Calendar!

May 8	Luncheon Honoring Nurses	12:00 PM
May 12	Mother's Day Buffet	11:15 AM
May 14	VNA Talk: <i>Stroke Prevention</i>	2:30 PM
May 22	Luncheon Honoring Teachers	12:00 PM
May 25	Jeanette Leardi: <i>Busting the Myths About Getting Older</i>	2:30 PM
May 29	Daniel Clark, <i>The Singing Trooper</i>	2:30 PM

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

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