



Community Connection

New Horizons at Marlborough, LLC
Serving Metrowest Seniors Since 1994

November 2018



GOOD THINGS COME IN THREES when it comes to celebrating New Horizons' 24th anniversary! Our three events—370/Cottages/Villas **Dress for Drinks** and 400 and 420 **Dress for Dinner** —brought out splendidly attired residents in high spirits. We already are polishing the silver for next year's **BIG 25th** silver celebration. *Pictured, left to right, resident **Takouhi McCarthy** enjoys a glass of wine accompanied by violinist **Lynne Canavan**; derby-sporting **Bill Sullivan** with a smiling **Judy Goodwin**; **Carol Baily** and **Alysse Farlow** co-toast.*



HONORING OUR VETERANS will be the focus of a **noon luncheon on Friday, November 9**. Thank you to all the veterans who served and to everyone who made sacrifices for our country. *Below, our 2018 New Horizons veterans group picture.*



NOVEMBER IS ALZHEIMER'S AWARENESS MONTH:

An estimated 16 million people live with Alzheimer's disease worldwide. For every

one of them, there is at least one person who directly cares for him or her, as well as a host of healthcare professionals, advocates, volunteers, and support workers. Thank you to the expert Hearthstone team for providing such excellent care here at New Horizons to those affected by Alzheimer's.



THE NEW HORIZONS SOCK HOP begged the question: Who put the bomp in the bomp bah bomp bah bomp? (Bobby sox and saddle shoes were optional.) *Pictured: Activities Coordinator **Sheree Frazier** leads the dance line of community services associates and residents.*



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TURKEY DAY BUFFET: Our splendid all-you-can-eat **Thanksgiving Day** feast takes place **November 22, 11:15 AM - 1:00 PM**. Children under eight dine for \$10. Tickets for other guests and residents not on the dinner plan are \$20 until **November 16** and \$30 thereafter. Please email your reservations to **Teresa** or **Amanda** at: diningservices@cummings.com

STAFF APPRECIATION: Ask any of New Horizons' more than 150 dedicated staff members what the best thing about working here is, and the answer will be, "I love the residents." If you would like to acknowledge the great service and kindness shown to you throughout the year, please donate to the annual Staff Appreciation Fund. It is distributed in December based on the number of hours each employee worked during the year. You may fill out the form in this month's mailing, or leave a sealed envelope with a director or at the Front Desk. Gifts are confidential, but will be acknowledged in writing.



NEW ON-SITE HEALTH SERVICES: We are pleased to bring more health care options to New Horizons residents:

- **Dr. Matthew Butler**, a podiatrist, will see patients the first Tuesday of every month from **1:00 PM to 3:00 PM** in the Wellness Center. Call 585-303-8188 for an appointment, or see **Cheryl Rank, RN**.
- Current patients of **Dr. Vinay Kumar**, or those looking for a new physician, may visit with two of his Charles River Medical Associates assistants at the Wellness Center on Wednesdays.
- Nurse Practitioner **Brett Ekstrom** and Medical Assistant **Colleen Prentiss** are available every Wednesday from **8:00 AM** until **noon**. Call 508-251-1525 or see **Cheryl**.



VNA Care Advantage
VNA Care

Meet VNA Care's New Associate Resident Service Director for New Horizons: Lisa Fortin, RN, BSN



Many of you know Lisa. She has worked as New Horizons' charge nurse, providing staff education and training while working closely with personal aides in their daily tasks of caring for residents. "I look forward to growing in my new position and working with the VNA staff to provide service excellence for the residents and their families," said Lisa. Her 30 years' nursing experience includes 28 as a Marlborough Hospital nurse, caring for patients in the emergency room, intensive care unit and medical/surgical telemetry floor. She received her RN from Quinsigamond Community College and BS in Nursing from Worcester State University.

For more information about VNA Care's services for New Horizons residents, please call the Wellness Office at 508-460-5286, or stop by the office, adjacent to the pool.

Mark Your Calendar!

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| November 2 | Golden Tones Chorus | 2:30 PM |
| November 3 | <i>Out to Northborough Harvest Craft Fair</i> | 12:30 PM |
| November 9 | New Horizons Chorus/400 Wine & Cheese | 3:30 PM |
| November 10 | Guitarist Dan Kirouac | 2:30 PM |
| November 14 | <i>Out to Lunch: The International Golf Club</i> | 11:45 AM |
| November 17 | Colonial Figure Skaters | 2:30 PM |
| November 25 | <i>Out to Regis College: The Nutcracker</i> | 11:15 AM |
| November 26 | Holiday Deco Day | - All Day - |
| November 28 | Hearthstone Caregiver Support Group | 6:00 PM |
| November 30 | Red Hats: Holiday Card-Making | 2:00 PM |