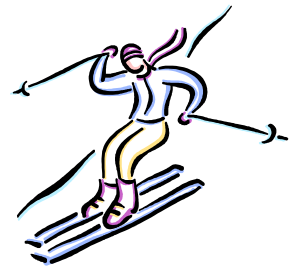


New Horizons

Monthly Update

February 2010



NEW RESIDENT: Lois Ward, Suite 447, is a retired social worker and the mother of six daughters. Lois enjoys the theater, movies, and watching figure skating (especially the upcoming winter Olympics). **Eleanor Farrell, Suite 390**, is a retired telephone operator. An active lady, Eleanor enjoys arts and crafts, bingo, scrabble, trips out, reading, movies, and more! **Tom O'Rourke, Suite 430**, was born in Woburn at the former Choate Hospital. Tom resided at our sister facility in Marlborough prior to his return to Woburn. Tom enjoys jigsaw puzzles, exercise and computer. A warm welcome to Lois, Eleanor and Tom in their new home.



WELLNESS EVENT FOR FEBRUARY: Tuesday, February 16, at 10:00 AM in Terrace Lounge. Muscular therapist Alice Paar presents “Comfort with Pillows and More,” a presentation focused on self-care. Alice will demonstrate the use of pillows to facilitate better sleeping. You will also learn different ways that you can treat acute and chronic pain, as well as how and when to use heat and cold to alleviate pain.

CURIO DISPLAY: Our curio display during the months of February and March will be resident **Joe Gibson's** sensational collection of handmade music boxes and Americana items. This curio case is located next to Christine's desk (off the main lobby.) Anyone with a collection or talent that might be exhibited in the curio cabinet is encouraged to see Magdalena Osgood.

LOBBY DISPLAY: Our lobby display for *March* will be “*Family Heirlooms.*” Cherished items passed on to you by family members, or something else that you strongly associate with your family, would be perfect for this display. Please *promptly* see Magdalena Osgood by **Friday, February 19.**

VALENTINE'S DAY . . . Celebrate this romantic holiday in style! Join your fellow Valentines for a delightful afternoon *High Tea*, with chamber music and tasty refreshments. Residents have the option to bring personal teacups and saucers to enjoy at this wonderful event. All are encouraged to join the fun on **Sunday, February 14, at 2:00 PM** in Rumford Dining Room. Here are some Valentine fun facts: There is a Valentine, Nebraska and a Valentine, Texas; the first mail-posted Valentine card was reportedly in 1806; and according to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.)



2010 WINTER OLYMPICS: This year the XXI Olympic Winter Games will be held February 12–28, in Vancouver, British Columbia, Canada. The 2010 Winter Olympics will be the third Olympics hosted by Canada. Previously, Canada was home to the 1988 Winter Olympics in Calgary, Alberta and the 1976 Summer Olympics in Montreal, Quebec. The number of nations that will enter teams in the 2010 Winter Olympics is projected to be more than 80. Nations making their Olympic debut at the XXI Winter games are: Cayman Islands, Colombia, Ghana, Montenegro, Pakistan, Peru and Serbia. There are 15 winter sports events that make up the 2010 Winter Olympics. The categories are: *ice sports* (bobsled, luge, skeleton (similar to luge), ice hockey, figure skating, speed skating, short track speed skating and curling); *alpine skiing and snowboarding* (alpine, freestyle and snowboarding); and *Nordic* (biathlon, cross-country skiing, ski jumping and Nordic combined).





MARCH FORWARD: On **Saturday night, March 13**, be sure to set your clocks one hour *forward* before retiring. (Eastern Daylight Savings Time begins at 2:00 AM on Sunday.) A sure sign that spring must be (somewhere!) around the corner, we can now begin dreaming of longer days, warmer weather, and beautiful colors!

TAX INFORMATION: Massachusetts allows a deduction on personal income taxes to individuals who pay rent. Although New Horizons does not calculate monthly service fees in terms of proportionate costs for rent and services, a recent study of comparable area rental apartments indicates that a studio might rent for \$900 per month, a one-bedroom for \$1,200 per month, and a two-bedroom for \$1,600 per month. These estimated figures are rent only, while New Horizons' monthly service fee includes all utilities, three meals daily, housekeeping, linen service, activities and events, and multi-disciplinary team services. A maximum \$3,000 *annual* rent deduction is allowed (or \$1,500 if married, filing separately). For additional information, please visit:

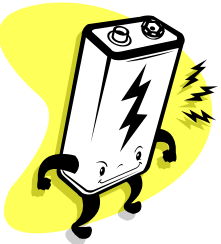


For Massachusetts tips: www.mass.gov/Ador/docs/dor/TaxTips/seniors09.pdf

For IRS Publication 502, Medical and Dental Expenses: www.irs.gov/pub/irs-pdf/p502.pdf

It is likely that many residents will qualify for a rent credit in Massachusetts and for medical deductions when receiving assisted living services. New Horizons recommends that residents discuss all tax matters with their accountant or lawyer to determine appropriate deductions.

GOIN' GREEN FOCUS – Battery Disposal: New Horizons has a battery disposal program, and we will gladly see that these batteries do not contribute to environmental contamination. Batteries include the everyday alkaline type used in personal electronics and the round button-cell type found in items such as watches and hearing aids. If you have batteries that you are ready to throw out, please bring them to the basket at the community services station. On a positive note, manufacturers are making an effort to “green up” their product selections, removing some of the most hazardous components from their batteries. Since the 1980s, mercury levels in alkaline batteries have dropped by about 97 percent, but environmentally-unfriendly metals such as nickel, lithium, and cadmium are still used.



FEBRUARY IS American Heart Month -- and not because of Valentine's Day! Since its congressional approval in 1963, the President has issued a proclamation to raise public awareness of heart disease. Even though most people primarily associate heart disease with men, it's also the leading cause of death among *women*. The American Heart Association's *Go Red* campaign aims to help women take action against heart disease. *Some things you can do to help your heart:*



- Choose more whole grains, legumes, fresh produce, low fat dairy products, lean meat, and poultry.
- Limit intake of fat, and choose heart-healthy fats over saturated fats and trans-fats.
- Limit your intake of sugars, sodium/salt, and alcohol.
- Include more fish in your diet
- Exercise portion control, and stop smoking.
- Become physically active for 30 to 60 minutes a day.

All residents are encouraged to stop by the Wellness Center for a complimentary blood pressure check this month or anytime during the year. New Horizons' blood pressure checks are, however, provided as a *courtesy* only and should never be construed as medical services or monitoring. Always consult your physician before beginning any type of diet or exercise program.

Call the SMARTLINE 781-932-1181 for daily menu and activities!