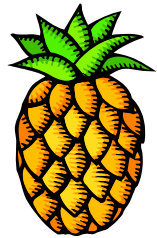


# *New Horizons* *Monthly Update*

*November 2009*



**NEW RESIDENTS:** **Barbara Hess, Suite 433**, of Winchester is the mother of three daughters. After her daughters were grown, Barbara and her late husband moved to New York City. Seventeen years later, they returned to Winchester where Barbara worked at Winchester Savings Bank, and then later received her brokers license and went on to sell real estate until her retirement at the age of 79. Barbara especially enjoys knitting, crocheting, sewing, arts and crafts and is an active member of the Jenks Center. We welcome Barbara to her new home.

**CURIO DISPLAY:** Our curio display is a holiday collection of wooden handcarvings by Bill Lloyd and residents Dick Holland and Jim Pavao. Please stop by during the months of November and December to view their fine craftsmanship.

**NO RENT INCREASE!** For the 14<sup>th</sup> consecutive year, New Horizons is pleased to announce that the board of trustees, at its recent October meeting, voted to waive any increase in basic monthly fees (only) for all current residents for 2010! Our community is truly unprecedented in this regard. Typically, assisted living communities increase monthly service fees at least annually, usually based on cost of living adjustments of four percent or more. As a not-for-profit facility, New Horizons is pleased to maintain its rates through substantial ongoing subsidies from Cummings Foundation.



**GIVING THANKS:** Following a tradition that works very well at both New Horizons in Woburn and Marlborough, staff may not accept any sort of gratuity from any residents at any time. Indeed, the only means by which residents may offer anything directly to New Horizons' staff is through the Staff Holiday Fund. This year there are 66 full and part-time employees on our dining room, kitchen, housekeeping, maintenance, activities, and administrative teams, who will share the proceeds of this fund *in direct proportion to the number of hours they have worked during the previous 12 months*.

This fund does not in any way include or benefit the community relations director, executive and associate directors, wellness director, or home care staff. A special envelope and pre-printed donation insert will be included with the November mailing for those who wish to send a contribution directly to the corporate office, or sealed envelopes may simply be left at the Front Desk. Checks may be made payable to *NHC Staff Holiday Fund*. All donations are confidential, but will be acknowledged in writing by the Foundation office. We appreciate your interest.

**SALUTE TO VETERANS!** Veterans Day November 11 was an opportunity to proudly honor and give thanks to the women and men who have served our country in the armed forces. As a special tribute to New Horizons' veterans, Director of Veterans Services **Ralph Garvey** will present all of our New Horizons veterans a token of appreciation for their service to our country on **Tuesday, November 17, at 10 AM in Terrace Lounge**. All residents are invited to attend.



The New Horizons community extends a special "Thank You" to resident **Helen Taylor** for her generous donation of the ceremonial American flag purchased specifically for use at this year's Veterans ceremony. Helen's donation honors the memory of the late John F. Dobbin, Brigadier General, Marine Corps, and the late Louis Dobbin, First Lieutenant, Marine Corps. John, Helen's brother, was a World War II *and* Korean War veteran. Helen's nephew, Louis, was a Vietnam veteran. We are pleased to accept this donation in their memory.

**NOVEMBER IS ALZHEIMER'S AWARENESS MONTH:** Worldwide, an estimated 16 million people have Alzheimer's disease, 4.5 million of them Americans. For every person with Alzheimer's, there is often at least one other person who directly cares for him or her, and a host of healthcare workers, advocates, volunteers, and support workers in the picture, as well. The cause of Alzheimer's disease remains unknown, and there is presently no cure. Ongoing research, however, offers answers to many questions. The pooling of knowledge and increased international funding will one day help identify the cause, allowing better ways to treat Alzheimer's and hopefully leading to a cure.



**HOLIDAY TREE LIGHTING:** Our annual holiday tree lighting will be held in the Front Lobby on **Friday, December 4, at 6:30 PM**. Light refreshments will be served, and pianist Mark Tavenner will engage the holiday spirit with his musical selections. Stop by and enjoy this annual favorite.

**HO, HO, HOLIDAY OPEN HOUSE:** Join us on **Sunday, December 6, at 2 PM** for our festive holiday celebration. Family members and friends of all ages are invited to this merry afternoon of entertainment and refreshments, including our popular "make-your-own ice cream sundae bar!" This annual holiday gathering features a very special guest. Santa will be making a special visit and will pose for photos with residents and families.

**INTERNET CONNECTION:** We are excited to announce that the New Horizons resident computer now has broadband Internet connection, courtesy of Comcast. This is a high speed connection, that replaces the original dial-up connection. To use it, just turn on the computer and double-click the Internet Explorer icon. Happy browsing!



**FLU AND COLD SEASON IS HERE:** Reminders to all staff and residents -- if you have a cold or the flu, use tissues and discard them appropriately. Please *do not* blow your nose into cloth dining room napkins. Wash hands thoroughly and frequently to help prevent the spread of germs. If you are feeling ill, please also make use of a designated "Sick Table" in each dining room. Although your regular tablemates will miss your company for a short while, they will certainly appreciate your consideration in helping them preserve their own health.



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