

New Horizons Community Connection *January 2010*



SINCERE APPRECIATION: The entire staff of New Horizons extends a sincere thank you to residents and families for their kind and generous contributions to the annual Staff Holiday Fund.

NEW YEAR RESOLUTIONS: It's not too late to make goals for 2010! How about some fitness resolutions? Join the daily 8:30 AM Morning Walk and make new friends! Plunge into the warm waters of the indoor pool for Watercise or Water Walking! Look at the fitness calendar and choose a new activity. All Meadows residents are encouraged to join the Hemenway Health Club in order to enjoy the many classes and exercise equipment designed to help you accomplish your fitness aspirations! Your body will thank you!



SPECIAL DINING EVENTS: Durgin-Park Theme Night returns on **Tuesday, January 26!** Prepare for a fun food experience as we pay tribute to this Boston landmark. Never had the privilege of dining at Durgin-Park where the short-tempered servers were toned down from rude to just plain sassy? Check out their website at http://www.arkrestaurants.com/durgin_park.html to brush up on the culture and get ready for a unique evening! **“Dress to Impress” Valentine’s Day Dinner:** Our culinary team will work their way into your



hearts with a sumptuous feast on Valentine’s Day, **Sunday, February 14.** In the Concord and Broadmeadow dining rooms, we invite all residents to don their finest apparel and join us for a very special “dress-up” gourmet dinner.



MEATLOAF COOK-OFF! Move over, Bobby Flay and Rachel Ray...New Horizons is getting ready for its Great Meatloaf Cook-Off. All residents are welcome to submit a winning recipe to any dining room supervisor by **February 1.** More information will follow regarding the actual details of the contest; for now, dust off those cookbooks or jot down your tried-and-true family meatloaf recipes!

MEDICAL APPOINTMENTS IN THE WINTER: Please be aware that inclement weather may cause the New Horizons transportation shuttle to cancel on short notice. If you have an appointment on a day when snow is in the forecast, be ready to either cancel the appointment or have an alternate transportation plan at the ready! As a reminder, the established schedule for medical appointments appears in the *Living at New Horizons/The Meadows* reference book.

STORAGE BINS AVAILABLE: Need a spot of extra space to store those seasonal items? There are bins immediately available for Meadows residents in both the 370 building (standard size for \$275) and in the 420 building (large size at \$500). The 420 building also has an extra-large closet available, located on the fourth floor, for a fee of \$1,000. All rates represent *one-time* fees, covering the entire term of your residency.

IF I RAN THE ZOO ... The fish and turtles swim in the lobby pond to the delight of many residents and visitors. Perhaps you have even noticed how the turtles may climb on the stone wall and peek out at us! To ensure their well-being, we ask that you refrain from touching and/or pushing the turtles into the water. Additionally, as these popular members of our community are on a regular feeding schedule, please do not supplement their diet with food of your own. If you are concerned at anytime for the welfare of our aquatic friends, please inform the front desk attendant.



CARE SOLUTIONS CORNER:



When requesting nursing service, please remember that the primary roles for the nurse are to tend to medical *emergencies* and to conduct limited medication administration. Any spontaneous requests for assistance, outside of scheduled service plans, will be tended to in the order received and when time permits; please be sure to call #5 from your suite, between the hours of 8:00 AM and 4:00 PM, Monday through Friday, to speak with our dispatcher (outside callers use 508-460-5286). Requests after hours may be left on the voicemail at that extension.

STEPS FOR SAFETY: While it may be a bit of an inconvenience to have to enter through the main door each time you visit family or friends at New Horizons, reducing access to the building via doors three and four assists in curbing unwelcomed individuals. So, think of those extra steps as good for the community *and* good common sense! If residents would like to issue a key to a frequent visitor or family member, they may do so at their discretion and request copies through a service call to the front desk attendant. New Horizons will only distribute keys to residents.

GOIN' GREEN FOCUS – Battery Disposal: According to the editors of *The Green Guide* magazine, batteries can be classified into two basic types: wet-cell and dry-cell. The former are most often used in cars, and most are recycled by automotive retailers and mechanics. Dry-cell 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. While each of these small batteries contains far less toxic material than an industrial wet-cell battery, their use and handling merit concern since each person in the United States discards an average of eight dry-cell batteries per year—that's 2.4 billion batteries! Since button-cell batteries contain toxic heavy metals such as cadmium and lithium, they are often classified as hazardous waste and should not be thrown out with the garbage. If you have old dry-cell batteries that you are ready to throw out, please bring them to the basket at the community services station. New Horizons has a battery disposal program, and we will gladly see that these batteries do not contribute to environmental contamination. 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 metals such as nickel, lithium, and cadmium are still used.

WELCOME: Your new neighbors this month are **Robert and Joan Brawley** (400/214) from Harwichport; **Sister Therese Cahill** (420/157) from South Amboy, NJ; **Arthur and Ambrosina Coache** (400/287) from Rindge, NH; **Eileen Endyke** (382E) from Lawrence; and **Patricia Madden** (400/244) from Groton. Please join us in welcoming these residents to our community!

