

New Horizons COMMUNITY CONNECTION August 2010



HIGH HOLIDAYS: Rosh Hashanah (Jewish New Year) begins at sundown, **September 8**, and the following 10 days are a solemn period known as the *Ten Days of Repentance*. Jewish belief refers to the *Book of Life*, in which every person's acts, words, and thoughts are recorded during the year. During Rosh Hashanah, this book is "opened," and all deeds are examined. Each individual's fate for the coming year is then determined based upon their deeds. The holiest day of the year, Yom Kippur, follows Rosh Hashanah. It begins at sundown, **September 17**, and is known as the Day of Atonement or "Sabbath of Sabbaths." This holiday is devoted to prayer, fasting, and requests for forgiveness of wrongdoing. Jewish tradition tells that judgment of every man, woman, and child is inscribed in the *Book of Life* and sealed on Yom Kippur. The day closes with hope for forgiveness and prayers for health and happiness for the coming year.



Services and events for this High Holiday season are posted in each mailroom and the Bill Miller Room. Please sign up for complimentary transportation to Temple Emanuel in Marlborough at the Town Center.

COME ONE, COME ALL! New Horizons' 16th Annual Country Fair is **Sunday, September 12**. Reserve your tickets now at Town Center or on the sheets posted in the mailrooms of *The Meadows*. All residents receive complimentary admission to this event. Family members of *Meadows* and New Horizons residents may purchase tickets in advance for the reduced rate of \$15 for adults and \$5 for children. After **September 3**, all tickets will be sold at the standard \$20 charge. Offering a menu of delicious BBQ fare and summertime favorites, the New Horizons Country Fair has it all -- live music by the New New Orleans Jazz Band, children's games, crafts, face painting, and more! We expect more than 800 people at this special event. We strongly encourage family members, friends, and *Meadows* residents to bring their own lawn chairs for picnicking and family gatherings in "*The Grove*," located along 420 Hemenway Drive.

GALLERY GREATS: Premiering at the Country Fair, and continuing throughout the week of **September 12-18**, New Horizons will host displays of the many accomplished artists and crafters in our community. Sculptures, paintings, needlework, and other media will be arranged in the lobbies. All *Meadows* and New Horizons residents desiring to show artwork are encouraged to drop a note at the Front Desk for **Lynn Marie Lange**, who will gladly assist with your display.



CIVIC PRIDE: Resident **Irene King** announces that for the sixth year, the resident quilting class will sell raffle tickets for its annual creation at the Country Fair. This year's quilt is a Maltese Circle pattern, and its

proceeds will again benefit the Friends of the Marlborough Senior Center. Tickets are \$1 each, or six for \$5, and the raffle will conclude in October. Look for the quilt on display in the lobby during the fair. Also, raffle ticket sales for the still life painting, *Tin 'n Things*, by resident **Beverly Rinck**, will conclude at 4:00 PM and the lucky winner of that raffle will be announced at the end of the magic

show. Chances are \$5 each, available now through any community services associate, and the sales benefit the Marlborough Boys and Girls Club.



COMMUNITY PRIDE:



Long-time New Horizons resident **Mary Lombardo** is often heard telling prospective residents and their families, “You can look at as many communities as you want, but you won’t find one better.” Before Mary moved here seven years ago, she did indeed visit many assisted living competitors. She also extols that her health, stamina and overall happiness have improved dramatically with well-balanced and tasty meals, daily fitness and all the friends she has made while living here. Her pride in the community is now bursting as she was instrumental in helping us achieve full occupancy. Mary, along with fellow resident ambassadors, **Frances Denzel** and **Alberta Fullem** can rightfully feel proud that the enthusiasm they share with prospective residents is indeed infectious and has greatly contributed to our recent success.

PLANNING AHEAD FOR FLU SEASON! As the Commonwealth has strict guidelines for vaccine ordering, New Horizons must have an approximate count of those residents desiring to receive their flu vaccine on-site in the fall. A sign-up sheet for *Meadows* and New Horizons will be posted in Town Center on **September 1** to help ensure that Care Solutions receives an adequate vaccine supply for our community.



MENU SUGGESTIONS: New Horizons strives to provide a top-notch dining experience every day, and we thank all residents for the many menu suggestions received throughout the year. The next scheduled Food Service Committee meetings are:

- 400 Concord Dining Room
- 370 Breakfast Nook
- 420 Broadmeadow Dining Room



- Tuesday, **September 14** at 2:00 PM
- Wednesday, **September 15** at 2:00 PM
- Thursday, **September 16** at 11:00 AM

Committee suggestions will be carefully considered for inclusion, either as chef’s specials or as standard items, in the upcoming Fall/Winter menu, which is scheduled to begin **October 1**. **Moira Healy, Brock Rafferty,** and **Ken Lortie** will contact committee members to confirm the meeting location and provide a copy of the menu from last year for review.

HELLO NEIGHBORS - Greetings from Hearthstone Alzheimer Care on the New Horizons Campus:



Since 1992, Hearthstone has specialized in creating innovative programming for the memory impaired. With our roots in Massachusetts, we are proud to say that we are considered an international pioneer in the Alzheimer’s field. Our research-based, award winning coordinated care approach – called “I’m Still Here™” – utilizes non-pharmacologic interventions such as environmental adaptations, meaningful activities and specialized communication techniques to create an enriched environment where our residents can achieve a sense of self and truly thrive.

As a key member of the New Horizons campus, Hearthstone is available as a resource to you and your loved one. We offer social day programs as well as residential placement. Contact Kristine Taylor, Executive Director or Melissa McCarthy, Director of Marketing (508-481-9898) for questions about Alzheimer’s, as well as consultations, assessments, and education on Alzheimer’s and other related dementias.

RENTER’S INSURANCE: Although we believe most residents carry insurance coverage for loss or damage to their personal property, all *new* residents are required to carry *liability* coverage. Recently, a resident’s liability insurance saved the resident thousands of dollars, paying for damage to other apartments that was the resident’s financial responsibility. (Running water had overflowed a sink in the resident’s apartment, and caused damage to the other apartments.) We recommend that *existing* residents consult their insurance agents about purchasing liability coverage, to protect themselves against a potentially costly liability claim.