



Community Connection

New Horizons at Marlborough
Serving Metrowest Seniors Since 1994
This is home!

August 2021



NATURE TALK: Resident and skilled wildlife photographer **Bob Cooke** (pictured, left) recently held a nature photography talk in O'Connor Common, where he shared beautiful shots of the varied animals and scenery he has come across during his global travels. **Ann Addeo** (pictured, right) was among the residents who were completely captivated by Bob's work.



FUN-FILLED DAYS: The good times never cease in Memory Care, whether residents are doing arts and crafts, posing with silly glasses, preparing for a balloon toss, painting their nails, or even singing karaoke. Above, left to right: **Bernie Harris, Joe Maguire, Eileen Devaney, and Rita Wall.** Below, left to right: **Josephine Carroll, Doris Steinman, Thomas McAllister, and Rita Sixsmith.**



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FEATURED ART: Resident **Allen Boemer** crafted these impressive pen-and-ink scenes. He first developed an interest in buildings while in high school, and attended Washington University School of Architecture. Over the years, Allen has often gifted his friends with sketches of their homes. The drawings featured at New Horizons portray houses found throughout New England. Stop by Artist Alley to see the full display.



BONUS CHOOSE YOUR NEIGHBORS:

We are inviting all residents and their families to help us spread the word about available residences at New Horizons. As a thank you for helping to bring more wonderful seniors to our community, a \$2,000 credit will be applied to the referring resident's account when our new neighbor moves in. Please see a director for the details of this referral program.



DIY: Residents **Sue Abrahamsen** (left) and **Sharon MacKinnon** (right) have enacted a plan to keep those pesky rabbits from feasting on our bean stalks. The pair built a 9' x 3.5' fence using some wire mesh and wooden stakes. Let's hop this works!

CRAFTS: Resident **Joan Nancoz** (left) and CSA **Pam Theis** created patriotic wreaths using festive clothespins and red, white, and blue paint. Have an idea for a craft? Contact Chris at x5227 to share your idea and join in on the fun.



Centers for Disease Control and Prevention (CDC) estimates that at least 27 percent of adults in America aged 65 and higher have diabetes. In total, diabetes affects more than 34 million people in the United States. Diabetes keeps the body from properly using the energy gained from eating food. The symptoms of diabetes, such as thirst, unusual weight loss, or increased fatigue, may seem harmless at first. If left untreated, however, diabetes can result in serious health problems. Early diagnosis and treatment can significantly reduce complications.

Our goal at New Horizons is to help affected residents control their diabetes and prevent potentially serious complications. To this end, we have put in place a diabetes assistance program, wherein Aveanna nurses are available to check a resident's blood sugar based on the resident's doctor's order. These checks can be performed one or more times per day. The nurses will assist the resident by administering insulin either by syringe or insulin pen. Residents must provide and dispose of their own sharp containers. To learn more about New Horizons' diabetes assistance program, please contact the director on duty.



2021 COUNTRY FAIR: This year's fair will be a week-long event, beginning on Grandparents Day, **Sunday, September 12**. Highlights of the fall-themed celebration will include live musical performances, adorable animals, seasonal crafts, fresh apple pie, and more.