



Community Connection

New Horizons at Marlborough, LLC
Serving Metrowest Seniors Since 1994
A Turning Point in Senior Living!

February 2020



HERE'S TO 2020: Residents Sally Campbell and Laura Myers ring in the new decade with a champagne toast (*image courtesy of Elizabeth Gebhard*); Rob Natoli and his String Swing Trio are in perfect harmony with jazz fans Peg Bouvier and Joe Dinardo.

CELEBRATE VALENTINE'S DAY IN STYLE



Dress up—or accessorize, like **Marjorie Davis**—for our semi-annual **Dress for Dinner** (400/420) and **Dress for Drinks** (370/Villas/Cottages). Violinist **Lynne Canavan** will entertain in 370 and 400, and keyboardist **Ray Valente** will provide the musical backdrop for 420 diners. Watch 918 for details.



BIRD LOVER Susan Abrahamsen mesmerized fellow residents with a slideshow presentation showcasing both her vast avian knowledge and spectacular photographs. If you would like to share your expertise with the community, please contact **Debi** at extension 5227.

GIVING BACK: Check out our new [Giving Back](#) page, which includes a video of **Andy** accepting Boys & Girls Clubs of MetroWest's Community Partner Award on behalf of Cummings Foundation: countrycommunities.com/.

facebook

FIND US ON FACEBOOK: Click the logo to the left to find yourself, your friends, or relatives in our posts. See what fun we have at New Horizons at Marlborough!

IN GOOD HANDS: Arlene Lemieux agreed to fill in for her rabbi for “a week.” He took a job in California, and 25 years later, she still has her dream job. “I always wanted a congregation of my own,” explains Arlene. “I fell in love with being here.” The spiritual leader presides over New Horizons’ Jewish services, holidays, and life cycle events. “I feel very humbled to do this,” she says. “I’ve met the most wonderful people and made lifelong connections.”



Arlene’s congregation feels the same way about her. “We have nothing but good things to say about her,” says **Rose Westheimer**. “She’s a very caring person. She conducts a lovely, interesting service.” Arlene adds, “This is more than just a place to come on a Friday night and do a service—it’s a very special part of my life. And I couldn’t do it all without **Marion Rabinowitz**.”

For more than 10 years, Arlene has relied on Marion to cover alternate Friday Shabbat services. Marion has her own special connection to New Horizons: her parents were once Cottage residents, and she is our piano tuner.



Pictured: Arlene (left) holds a shofar, a ram’s horn used at Rosh Hashanah and Yom Kippur services; Rose and Paul Westheimer (right) light a menorah.



February is traditionally a month for all things heart-related. It was designated **American Heart Month** in 1963 to encourage heart-healthy habits and promote awareness of heart disease.

Aveanna can help you monitor and maintain your heart health with free blood pressure clinics the third Wednesday of each month. (This month’s clinic will be held **February 26**.) Nurses will take your blood pressure from **9:30 to 10:00 AM** in the 400 Billiard Room.

Although there is debate about how aggressively to treat high blood pressure in adults aged 70 years or older, the definition of healthy adult blood pressure does not change: a “normal” reading is at or below 120/80, and high adult blood pressure starts at 140/90. The top number, systolic pressure, measures when the heart beats and is pumping blood. The bottom number, diastolic pressure, measures when the heart is at rest between beats. Your primary care physician or cardiologist may prescribe a number of blood pressure medications appropriate to your health and age. Taking those medications as prescribed is the best way to keep your BP stable. Always consult your physician with questions about medications and your health.

 **Mark Your Calendar*** 

**Watch community channel 918 for Black History Month events, other event updates, and details.*

February 2	Super Bowl Sunday Tailgate Party	6:30 PM
February 4	Semi-Annual Chapel Memorial Service	1:30 PM
February 8	Harpist Jesus Zamora	2:30 PM
February 11	Honor Flight New England presentation	2:30 PM
February 14	Dress for Dinner/Dress for Drinks	<i>Various Times</i>
February 18	Pianist Ron Barclay	2:30 PM
February 21	Flashback Band	2:30 PM
February 26	Dinner and a Movie	4:00 PM
February 27	Michael Elliot Memory Lane Program	2:30 PM

Hearthstone Caregiver Support Group (at Hearthstone) February 12, 6:00 PM

To view this newsletter in color or download a printable copy, visit our website, www.countrycommunities.com.
 New Horizons ~ 400 Hemenway Street, Marlborough, MA 01752 ~ 508-460-5200