



Community Connection

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

January 2021



FESTIVE FUN: Residents and staff worked together to transform our shared spaces into a festive winter wonderland. (*Top row, left to right*) Associate Dining Room Manager **Teresa Moore** and resident **Sally Campbell** put the final touches on our holiday tree; resident **Doris Steinman** and Community Service Associate **Linda Clancy** wrap gift-like wall decorations; Community Service Associates **Emily Morais** and **Pam Theis** hang a festive wreath; and Dining Room Manager **Amanda Williams** sports a whimsical hairstyle straight out of Dr. Seuss' Whoville. (*Bottom row, left to right*) Maintenance Tech **Tom Manell**, General Worker **Mike Burnell**, and Carpenter **Larry Bertucci** set up our holiday tree; Community Services Director **Vartkes Hovsepien** and resident **Catherine Ellis** trim the tree; and resident **Marion Burgess** poses with a decorative gift in the lobby.



'TIS THE SEASON: New Horizons continued its yearly tradition of gifting poinsettias to residents. (*Left to right*) resident **Cheryl Shelton**; Housekeeper **Fabby Lobo**, residents **Peg McDermott**, **Jim Brennan**, and **Beverly Rinck**, and Community Service Associate **Marianne Lafreniere**; **Fabby Lobo** and resident **Zabel Fay**; resident **Sr. Jane Amirault** and **Marianne Lafreniere**; and resident **Peg Olson**.



FOLLOW US ON FACEBOOK AND INSTAGRAM to find yourself, friends, or family in our posts. Share the fun we have at **New Horizons at Marlborough**.



MOLLY'S CORNER: Happy New Year! December has been a great deal of fun for the residents and staff of New Horizons' Memory Care Program. We've all enjoyed singing festive songs while decorating the unit and sharing our favorite holiday memories.

Thank you to the families for sharing memories and stories about your loved ones. The things we learn from you help us so much to keep each resident's story alive.

As part of our monthly memory care news, we would like to spotlight our community service associates, who greet our residents with a smile and a kind word each day. We are pleased to introduce you to **Katelyn Reynolds** (pictured above).

Katelyn joined New Horizons' dining room staff at age 15. Four years later, after graduating from high school, she moved on to a community service associate position. With a goal of having a career working with older adults, she continued working at New Horizons while pursuing a Bachelor of Psychology and Criminal Justice at Worcester State College (with the assistance of a Cummings Foundation scholarship). Katelyn went on to earn a Master of Social Work from Anna Maria College in 2020. We are so fortunate to benefit from her expertise and dedication.



FIGHT THE FLU: This year, it is especially important to protect yourself from the flu. Weekly flu reports are available on the Mass.gov website.

Hand hygiene and immunization are the first lines of defense. If you haven't done so, it's not too late to ask your doctor for a flu shot. Most pharmacies provide flu clinic services.

Flu symptoms can include fever, chills, cough, runny nose, muscle or body aches, and fatigue. If you have these symptoms, contact your doctor for advice.

Because many flu symptoms mirror those of COVID-19, it is important that residents experiencing them self-quarantine and contact the director on duty for guidance.



STAFF SUPERHERO: Dining Room Manager **Amanda Williams** was recently honored with an Impact Award in recognition of the critical role she recently played in safeguarding a resident's wellbeing. Through keen observation and decisive action, she identified and drew attention to a medical emergency, ultimately helping to save a life. Thank you, Amanda, for your exceptional dedication to our residents.

Read more in *Community Advocate*: <https://www.communityadvocate.com/2020/12/04/new-horizons-at-marlborough-employee-honored-for-saving-seniors-life/>.



As soon as they are available, we will provide links in your monthly statements to both federal and state tax information websites.



*Happy New Year
2021*



Upcoming Events

Tune in to 918 for the latest information.

1/01/2021	Music with Russ Carlton	11:00 AM
1/01/2021	Harpist Jesus Zamora (420 Building)	4:00 PM
1/07/2021	Violinist Lynne Canavan	6:00 PM
1/11/2021	Pianist Mark West (Memory Care)	10:00 AM

To view this newsletter in color or download a printable copy, visit our website, www.countrycommunities.com.
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