



# Community Connection

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

January 2022



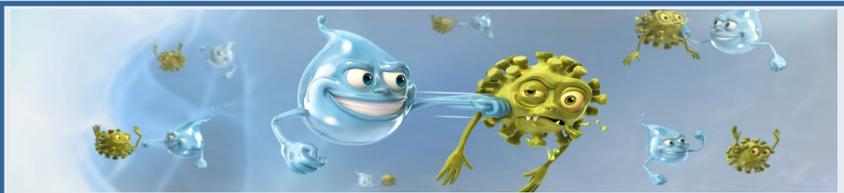
**IT'S TRADITION** for New Horizons to gift holiday poinsettia plants to all residents. Staffers enjoyed making the rounds to deliver these beautiful blooms nearly as much as our residents enjoyed getting them. Pictured (left to right): residents **Henry and Grace Paltrineri, Patrizia Cassidy, Laura Myers, and Dick Ustick.**



**'TIS THE SEASON** for holiday decorating! Residents had a blast crafting custom wreaths and ornaments and helping to decorate our tree. Pictured above (left to right): **Peg Bouvier, Sally Campbell, Asuncion Sedo, and Ruth and Bruce Chaffee.** Below (left to right): **Elaine Rutherford, Georgianna Condry and CSA Emily Morais, Purchasing Administrator Sarah Morin and Joyce Naas, and Ute Park.**



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**FIGHT THE FLU:** This year, it is especially important to protect yourself from the flu, given the percentage of hospital beds currently occupied by individuals fighting COVID-19 infections. Weekly flu reports are available at [Mass.gov](https://www.mass.gov).

Hand hygiene and immunization are the first lines of defense against flu germs. If you haven't done so, it's not too late to contact your doctor or [Bouvier Pharmacy in Marlborough](#) to make an appointment for a flu shot. Flu symptoms can include:

- Fever
- Fatigue
- Muscle or body aches
- Chills
- Runny nose
- Cough

If you develop these symptoms, please 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.



**FUN FACT:** Did you know that putting your flowers in the fridge at the end of the night helps to keep the blooms crisp and slow down the process of water loss? This is just one of the helpful hints residents like **Joan Western** (above, left) learned from local florist **Judy Proteau** (above, right) while putting together beautiful flower arrangements.



**TAX INFORMATION:** Massachusetts allows a personal income tax deduction for rent. Residents receiving assisted living services may also qualify for medical deductions. To learn more, please visit [Mass.gov](https://www.mass.gov) and [IRS.gov](https://www.irs.gov).

New Horizons does not calculate the proportion of monthly service fees (meals, housekeeping, activities, etc.) in relation to rent, and recommends that residents discuss tax matters with their accountants or lawyers to determine the appropriate deductions.

Please note that New Horizons does not provide a summary of payments. All residents are advised to refer to their mailed monthly statements for this information.

## Upcoming Events

*Tune in to channel 918 for the latest information*

January 1	New Year's Day Event	TBD
January 6	Alberta Fullem's 100 <sup>th</sup> Birthday	TBD
January 8	Dan Ginsberg on Harmonica	2:00 PM
January 10	Shoe Industry History Talk by Bob Kane	2:30 PM
January 17	Health Talk with Theresa Johnson	2:30 PM
January 19	Field Trip	TBD
January 24	Jewelry Making	2:30 PM
January 31	Barbara Mohar Music Appreciation Talk	TBD



**HOLIDAY CONCERT:** Resident **Ron Barkley** (pictured above) performed his annual Holiday Concert for enthusiastic residents and staff, many of whom sang along to the classic carols. Thank you, Ron, for sharing your talent with your large, loyal, and appreciative audience!

To view this newsletter in color or download a printable copy, visit [www.countrycommunities.com](https://www.countrycommunities.com).

**New Horizons ~ 400 Hemenway Street, Marlborough, MA 01752 ~ 508-460-5200**