

# Community Connection



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

July 2019



**SEASONAL CELEBRATION:** What better way to get into the swing of summer than a Worcester Bravehearts baseball game? Pictured above, left to right: “bench warmer” **Carol Olsen**; “grandstanders” **Carol Bajor**, **Tom Ribadaneyra**, and **Jim Eldridge**; **Carol Bajor** gives an (unintentional) high sign.



**PATRIOTIC SONGSTER:** “Phenomenal!” That’s how one audience member summed up a performance by **Daniel Clark**. “The Singing Trooper” brought down the house with rousing musical tributes to servicemen

and servicewomen.



**BASTILLE DAY HONOR:**

Resident **Charlie Rogers** is receiving France’s highest award, in recognition of his distinguished World War II service. The National Order of the Legion of Honor presentation takes place **July 14** in Boston, at the French Consulate.

## Sustaining Grants Cummings Foundation

Fifty local-area nonprofits will benefit from \$15 million in long-term grants from Cummings Foundation. That’s in addition to \$10 million that the Foundation awarded in June through its annual **\$100K for 100** program. (Details at [www.cummingsfoundation.org](http://www.cummingsfoundation.org).) Among the Sustaining Grants recipients is the Marlborough-based Boys & Girls Clubs of MetroWest. The organization will receive \$300,000 over 10 years to enhance its services. Its focus is an after-school program used by more than 200 children a day at its Marlborough Clubhouse. On a smaller scale, New Horizons supports the organization through proceeds from our Country Fair photo booth.



**MARK YOUR CALENDAR** for **Sunday, September 8**. That’s the date for our 25<sup>th</sup> annual Country Fair. This popular harvest festival is held on Grandparents’ Day. There will be games, face painting, barbecue, popcorn, cotton candy, Busy Hands’ charity craft sale, a petting zoo, ice cream, and more! Watch for details in our next newsletter and on 918.

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**SUBSTANTIVE TOPICS:** Over the past several weeks, many weighty subjects have been covered through the combined efforts of Community Services and our campus partners. Pictured, left to right: Resident **Rose Westheimer** shared her intensely personal story of surviving the Holocaust; New Horizons bus driver **Lauri Pekkala** discussed life in the Secret Service (including guarding President **Ronald Reagan** and Britain's Prime Minister **Margaret Thatcher**); geriatrics counselor **Lisa Krinsky** conducted a sensitivity workshop related to LGBT elders; and VNA Care Advantage's **Margaret Robinson** addressed stroke prevention. In addition, Hearthstone presented a two-part talk on dementia.



**RESIDENT SATISFACTION SURVEYS/FORUM:** Thank you to all who responded to our survey. We appreciate your suggestions for improvements, as well as comments, such as this one, by **Lorraine Davis**: "Moving to 370 was one of the best decisions I've made in my lifetime. I have a beautiful apartment in an attractive, safe environment. Also made many new friends and now have a large extended family." Make your voice heard, and make a difference in your community at this month's Residents Activities Forum, **July 17** at 2:30 PM.



**SUMMER SAFETY TIPS**

1. **Hydrate:** Take advantage of the 400 building's refreshing "hydration stations."
2. **Avoid** drinking excessive amounts of dehydrating beverages—coffee, alcohol, soda—or eating too much sugary, salty, and starchy foods.
3. **Beat the heat:** When going out in the sun, apply sunscreen, wear light clothing and a hat, and take frequent breaks in the shade.
4. **Call your doctor** if you experience signs of dehydration: a fever higher than 101°, confusion, weakness, vomiting for more than a day, or

diarrhea for more than two days.

*Upcoming Events  
(Stay tuned to 918 for details)*

*Gone Fishin' Trip  
Concert Pianist Olga Vinokur  
Out to: Larz Anderson Car Museum*

*Piano Prodigy Kelly Pham  
Out to: Southwick Zoo  
Tenor Sax Player Matthew Pearl*

**↻ Mark Your Calendar ↻**

<b>July 4</b>	Celebrate the Fourth of July!	2:30 PM
<b>July 10</b>	Picnic at Nashoba Valley Winery	11:30 AM
<b>July 14</b>	<i>Vive la France!</i> Bastille Day croissants/festivities	10:00 AM & 2:30 PM
<b>July 19</b>	New Resident Reception with P.E. James	2:30 PM
<b>July 25</b>	Resident Art Show Opening	2:30 PM

To see this newsletter in color—or download a printable copy—visit our website, [www.countrycommunities.com](http://www.countrycommunities.com) .  
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