



Community Connection

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

July 2020



FLOWER DONATION: Hudson resident **Mike Yerardi** donated an assortment of flowers for planting. (Left to right) New Horizons residents **Ellen and Bill Dowling, Aparna Ghosh, Bud Sheldon, and Sophia Kim** were among the beneficiaries of this thoughtful gift.



MEADOWS MASKERS: (Clockwise, from bottom left) Residents **Sue Abrahamsen, Sandy Campbell, Ann Sassi, and Ann DiMilla**, have now cut, sewn, stitched, and ironed more than 1,800 masks, all of which have been donated to local hospitals and families in need. The self-proclaimed Meadows Maskers have put in countless hours honing their skills and are now able to produce up to 150 handmade face coverings each week. The team has even branched out to include masks for children, as well as sleeves for N-95 masks, in their repertoire. These women are an inspiration and continue to make a true impact. Donations of fabric, pantyhose, and elastic are both welcome and appreciated.



ART MATTERS: As a child, resident **Frank Johnson** loved to draw military tanks and airplanes. His father, who was a photographer, encouraged him to draw, and posters of WWII were Frank's inspiration. After studying engineering, he became a sales manager, and was able to impress one of his clients by drawing a centrifugal pump. It was so well rendered that he closed the deal and made a sale! Upon retiring, Frank took an art class and learned how to use pastels, watercolors, and oil paints. He also worked as a docent for the Bruce Museum in Greenwich, CT before relocating to New Horizons. Stop by Artist Alley to see some of Frank's artwork on display.

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SUMMER HEALTH TIPS

Stay hydrated: Drink plenty of water and avoid consuming excessive amounts of dehydrating beverages—coffee, alcohol, soda—or eating too much of sugary, salty, and starchy foods.

Beat the heat: When going out in the sun, apply sunscreen, take frequent breaks in the shade, and wear light clothing, a hat, and sunglasses.

Know the signs: Call your doctor if you experience signs of dehydration, including a fever higher than 101°, confusion, weakness, vomiting for more than a day, or diarrhea for more than two days.



Grafton High School senior **Sigrid Hiser** wanted to connect with new people, even in the midst of the coronavirus pandemic. For the past few weeks, she has been communicating with several of our residents via Zoom. Her most recent acquaintance is resident **Glen Ransden**,

with whom she bonded over a shared interest in history. Sigrid was wowed by Glen's extensive collection of WWII memorabilia and his stories about his father, who was a reconnaissance photographer during the war. He is also in possession of numerous albums of impressive aerial and ground shots, ranging from the liberation of several concentration camps to the D-Day invasion. Glen hopes to share his collection with Sigrid and her mother in person when it is deemed safe to resume nonessential visitation. Mom and daughter both consider themselves students of WWII; they have even visited France to tour gravesites from the war.



GARDEN BEDS: Enjoying the great outdoors, residents **Ed Ringel** and **Mary Egan** are tilling the soil at the 420 patio garden. A host of flowers, herbs, and vegetables can be seen growing in these planters.

Cummings
\$20MILLION
GRANT PROGRAM

To date, Cummings Foundation has awarded more than \$280 million in grants to nonprofits based in greater Boston. Through its **\$20 Million Grant Program**, it seeks to provide vital funding to mostly local charities that are working to improve the lives of community members through education, healthcare, human services, and social justice programs. Among this year's Cummings grant recipients is Marlborough-based Employment Options, an agency that provides important career and wellness services for individuals struggling with mental health issues. The

complete list of 130 local nonprofits just awarded grants of at least \$100,000 each is now available on the Grant Recipients tab at www.cummingsfoundation.org.



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