



Community Connection

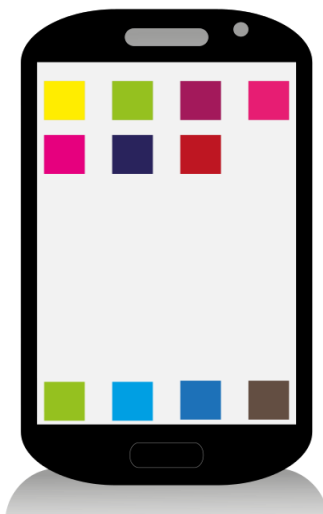
New Horizons at Marlborough
Serving Metrowest Seniors Since 1994
This is home!

October-November 2024



SPOOK-TACULAR FESTIVITIES: Residents gathered on the 31st for a Halloween celebration in the O'Connor Town Common. They enjoyed fall-themed snacks and Halloween-themed anecdotes from resident **Carl Bertolino** (pictured above, left) about his family connection to the song *Monster Mash* and his time as the owner of a costume rental business. Meanwhile, resident **George Tramontano** (above, right) was also in the moo-d to dress up. Activities Coordinator **Amber Goldberg** awarded prizes for best costume to **Ken Lundie** (below, left, as Baby New Year) and witch **Ruth Durand** (pictured below, far right, with, from left to right: **Judith Grief**, **Joan Ferguson**, and **Joan Nancoz**).





IMPROVE CONNECTION WITH

WI-FI CALLING: New Horizons continues to work with local officials and network providers to advocate for improved cellular service. In the meantime, residents with smartphones can now boost their cell phone call coverage by connecting to the expanded Wi-Fi network throughout the 400 building.

Please note:

- You must connect to the wireless network and enable Wi-Fi calling in a setting on your phone. For assistance, please visit a Tech Help session on Sundays and Wednesdays from 1:00 to 2:00 PM.
- Wi-Fi calling only works with smartphones, such as iPhones or Androids. *It does not work with basic call and text-only cell phones, such as flip phones.*

November Calendar Upcoming Events

November is Alzheimer's Awareness Month

- | | |
|------------------|--|
| Nov 8 | Line dancing lessons with Rachel |
| Nov 9 | Comedian Dan Altano |
| Nov 11 | Presentation: The Marlborough Veterans Memorial with Matt Sargent |
| Nov 13 | Outing to Concord Museum* |
| Nov 14 | Cooking with Chef Paula
Jeopardy with Mark |
| Nov 15-16 | 370 Craft Fair |
| Nov 16 | Music with Bonnie Hope Bellerose |
| Nov 20 | Out to lunch at Colonial Inn Concord* |
| Nov 21 | Dinner and a Movie:
"It Ends with Us"* |
| Nov 26 | Guitarist Bob Jordan |
| Nov 28 | Macy's Thanksgiving Day Parade
Afternoon showing of
"The Sound of Music" |

*sign up with Debbie at ext. 5227



STAFF APPRECIATION: If you would like to acknowledge the service and kindness shown to you throughout the year by our staff members, please contribute to the annual Staff Appreciation Fund. Each staff member will receive a share based on the hours he or she worked this year. *Please note:* The senior management team is excluded from the distribution.

To contribute, please address payment to "New Horizons Staff Appreciation Fund" and leave a sealed envelope with a director or at the front desk. Your confidential gifts will be acknowledged in writing. Pictured above, left to right, just a few of our many dedicated and friendly staff members: Driver **Bruno Dias Aguiar**, Dining Room Staff **Larissa Morais Leme** and **Brenda Sanchez**, and Community Services Associate **Maura Kavanagh**.



THANKSGIVING

RESERVATIONS: We have a limited number of reservations available for residents who would like to share Thanksgiving dinner with friends or family in our 400 or 420 dining rooms. Please call

dining room manager **Teresa Moore** at ext. 5281 to inquire about availability. Reservations will be accepted on a first come, first served basis.



Paige Lamica, PA

HOUSE CALLS: Many New Horizons residents are taking advantage of the Home-Based Primary Care program available from Reliant Medical Group.

Reliant is a regional practice with multiple locations and more than 500 primary care providers and specialists in Central and Metrowest Massachusetts.

Patients over 65 have the option to see their PCP in their homes, rather than dealing with the hassle of finding transportation to a medical office. The team is led by Physician Assistant **Paige Lamica**. Each patient is seen by an advanced primary care provider and a team that includes nurses, a care manager, and other support staff. If you need additional services, such as lab work, radiology tests, or referrals to a specialist, your team will help coordinate and arrange those services. To make an appointment, call 508-425-5857.



“
**When I am an old woman
I shall wear purple,
With a red hat which
doesn't go,**

”

From “Warning”
by Jenny Joseph

WEB ART WITH THE RED HAT SOCIETY: Many senior communities have Red Hat Societies, inspired by the famous Jenny Joseph poem. Memory Care residents have a monthly Red Hat meeting, allowing them to socialize and take part in an activity that exercises both their brains and fine motor skills. In keeping with Halloween-themed activities for the week, at October’s meeting, residents used puffy paints to make spooky spider webs. Pictured above with their artwork, left to right: **Charlene Milton, Cecilia Karol, and Callie Carmosino.**

MEET OUR NEW RESIDENTS



LOUIS AULD: Louis was born in Conneaut, Ohio and raised in Hudson, Ohio. He attended and later taught at Oberlin College, where he met his wife, **Elizabeth** (known as “Biz”), who also worked there. They later lived in Guilford, Connecticut for 43 years.

Louis’ academic achievements did not end at Oberlin. He earned a master’s degree in French from UCLA and a doctorate in the same subject from Bryn Mawr College. He also served for two years in the US Army.

Louis and Biz have two children and three grandchildren. He enjoys playing the piano. In his earlier life, he traveled to France for both academic research and leisure as often as he could.



BETSY BRAGG: Betsy was born and raised in Boston, Cambridge, and Needham. She married **Tomas Lindsley**, whom she met at a Quaker Friends meeting in 1964. Their family grew to include two children and three grandchildren. Betsy attended Smith College and Stanford University, where she earned a master’s in Counseling and Education.

A classroom teacher for 45 years, she also served in several other positions related to human services and international aid.

In 2006, Betsy attended a program at Hippocrates Health Institute, lost considerable weight, and dedicated herself to educating others about preventing obesity, chronic disease, and malnutrition. She is interested in doing informational presentations about food and health for her fellow residents.



ANDREW AND HOLLY LUTZ: Andrew and Holly met at Springfield College while engaged in a snowball fight. (Holly makes sure to mention that she hit him first!) Andrew grew up in the Catskills region of New York, while Holly hails from Long Island. They have been married for 58 years.

Andrew and Holly were both teachers. Andrew also coached baseball, wrestling, and soccer. They have two daughters and three grandchildren. They came to New Horizons to be near one of their daughters, who lives in Framingham.

Andrew enjoys golfing and watching sports on TV, while Holly likes doing puzzles and singing.