

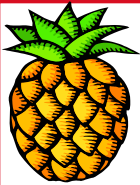


New Horizons
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Independent and Assisted Living in Woburn, MA

Monthly Update

December 2019

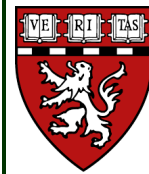


NEW RESIDENT: **Mary Antworth, Suite 484**, was born in Boston and spent most of her life in Arlington, until her move five years ago to Crescent Park in Woburn. She first joined the workforce as a customer service representative in the insurance industry, while the last 18 years of her career she worked as a bookkeeper. A special memory for Mary is the many summers she and her husband spent camping in Center Ossipee, NH, where all were welcome, including nieces, nephews and even neighborhood children. Of her many interests, Mary especially enjoys reading, card games, bingo, and watching sports on TV.

NEW STAFF: Please welcome **Margaret Achille**, who joined our wellness team as well as new dining room staff member **Lyndsey Davis**.



HOLIDAY OPEN HOUSE: Join us on **Sunday, December 8, at 2:00 PM** for our ho-ho-holiday open house. Family and friends of all ages are invited to enjoy our famous make-your-own ice cream sundae bar, face painting, and crafts. Santa will make a special visit and pose for photos with residents and families. Come share the holiday spirit with us!



ACCORDING TO A NEWSLETTER FROM HARVARD MEDICAL SCHOOL: All seniors should measure blood pressure in both arms. A difference of 10 points or more may mean a 38 percent greater chance of having a heart attack. Be sure to check with your doctor regarding a difference in pressure.



CHRISTMAS DINNER: The food service elves are busy planning a holiday dinner for residents and guests on **Wednesday, December 25** in Rumford Dining Room. This festive mid-day meal costs \$20 per guest and \$10 for children aged eight and younger. To assist in our preparations, please inform Dining Room Supervisor **Jenna Messina** by **Monday, December 16** if you will have any guests or if you expect to be out for dinner that day. To allow New Horizons' staff the opportunity to spend a portion of the Christmas holiday with their families, the evening meal will consist of Gourmet-to-Go parcels containing extra-special goodies.



CELEBRATING HANUKKAH: The eight-day "Festival of Lights," or "Festival of Rededication," begins at sundown, **Sunday, December 22**. Residents of all faiths are welcome to join the daily **4:30 PM** menorah lighting ceremony in the third-floor living room. Eight candles represent the eight days during which the lamp of a rededicated Jewish temple miraculously stayed alight on just a single day's worth of sacred oil. A ninth candle is used to light the others. The observance dates back to the second century B.C.E., after a small band of Jews defeated the Greek army that desecrated the temple.

STAFF APPRECIATION FUND: Each December, all full- and part-time staff of New Horizons—except the four-member management team and the executive chef — benefit from the Staff Appreciation Fund. For the first time, however, the former Winchester Home Care/Lahey staff who were unable to share in this fund are now eligible as New Horizons employees. Staff receive a proportionate share based on their annual number of hours worked. We sincerely appreciate the generosity shown by so many residents and families who have contributed already. For those still wishing to contribute, please drop off donations at the Front Desk. Your holiday gift to this fund is the only occasion when any New Horizons staff may receive a gratuity and will truly help make the season bright for our dedicated team. Please speak with **Christine Coakley**, executive director, if you have any questions.

**THANK
YOU**



EVENT SCRAPBOOK: Mayor Scott Galvin and New Horizons trustees emeriti **Larry Guiseppe, Kathy Lucero, and Deacon Phil Hardcastle** joined St. Charles School third-graders to participate in a special ceremony honoring our resident veterans for their military service. *Front row: Guy Mistretta, Al Audette, Pat DeVasto, and Frank Matarese; second row: Sam D'Agostino, Wally Larsen, Ed Hatch, Peter Gailis, Joe O'Keefe, and Charlie Gazzara; (not pictured: Jim Hurley and Bernie Walsh).*



Every year, we host a client appreciation day at our on-site Choate Medical Center. Pictured left are residents **Toulia Wouralis** and **Alice Hawley** as they serve up hot apple crisp with whipped cream and farm fresh apples to the center's clients and visitors. An apple a day keeps the doctor away!

A CRIBBAGE TOURNAMENT was held for the first time at New Horizons. The tournament brought plenty of laughter and smiles. Winner **Sally Casey** and semifinalist **Peter Gailis** are pictured to the immediate right. Left to right beside them are **Lillian Doucet, Lois Lineal, Sally Casey, and Al Audette.**



ANNUAL TREE LIGHTING: The holidays are fast approaching! Ring in the season with our festive tree lighting in the living room on **Friday, December 6, at 6:30 PM.** This holiday favorite will feature musical entertainment by pianist **Mark Tavenner.**



DECORATIONS: Residents are welcome to decorate their front doors with an item of seasonal, personal, or religious significance. Please note that natural trees and greenery are not permitted on the door or within the apartment, as they are considered fire hazards. Instead, please adorn doors and apartments with non-flammable decorations.

STAFF APPRECIATION: The staff holiday breakfast is scheduled for **Thursday, December 19, at 10:00 AM** in Rumford Dining Room. Residents are invited to present checks to staff members. Residents should notify **Christine, Lisa, or Barbra** if they wish to participate.

IN MEMORIAM: We are saddened by the loss of **Fred Capua**, who called New Horizons home for 18 years. Our thoughts are with his family and friends.



Mark Your Calendar!

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| December 6 | Annual Holiday Tree Lighting | 6:30 PM, 3rd Floor Living Room |
| December 8 | <i>Holiday Open House</i> | 2:00–4:00 PM, Living and Dining Rooms |
| December 19 | Staff Appreciation Breakfast | 10:00 AM, Rumford Dining Room |
| Dec 22–Dec 30 | Hanukkah/Lighting of Menorah | 4:30 PM, 3rd Floor Living Room |
| December 25 | Christmas Day Dinner | Rumford Dining Room |
| December 31 | New Year's Eve Champagne Toast | 6:30 PM, 3rd Floor Living Room |

Happy holiday wishes from the staff of New Horizons!

