



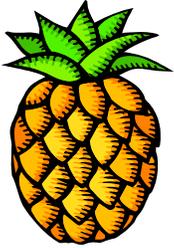
New Horizons
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Independent and Assisted Living in Woburn, MA



Monthly Update

January 2020



NEW RESIDENT: Phyllis O'Leary, Suite 348, joins us from Bristol, New Hampshire, where she spent many of her retirement years. She now returns to Woburn, her native hometown and the place she raised her children. A former RN, Phyllis worked as a private duty nurse in several area hospitals, and later became the school nurse at Woburn High School. She filled her days in Bristol with gardening, skiing, and travel. She also served as president of the Bristol Women's Club and was active in her local church and gardening club. We extend our best wishes to Phyllis and welcome her back to Woburn.

NEW STAFF: Please welcome **Debbie Adamo**, who recently joined our wellness team.

HAPPY HOLIDAYS AT NEW HORIZONS: Our annual Holiday Open House was enjoyed by residents, family members, staff, and friends. The event included photos with Santa, a make-your-own sundae bar, face painting, and crafts. The smiling faces with Santa are (*clockwise, from top left*) executive chef **Rick Greene** with his son and grandson; resident **Sis Phinney** with her daughter; resident **Ruth Fry** (seated, right) with her family; and resident **Ann Awiszus** (front left) with her family and friends.



Resident **Wally Larsen** greets Santa during his visit to New Horizons.



THANK YOU: The generosity and goodwill shown through the Staff Appreciation Fund brought cheer to the holidays. We wish residents and their families much happiness now and in the new year.



STAFF WINTER PARTY: New Horizons' annual winter staff party is **Friday, January 17**. To allow food service staff to attend, we will serve the regular dinner menu for lunch, and the evening meal will be a packaged Gourmet-to-Go meal containing extra-special goodies. Thank you for your flexibility, which will allow staff to enjoy an evening in recognition of their dedication and hard work.

NEW YEAR, NEW INFORMATION: The start of a new year is an appropriate time to review and update your emergency instructions and legal documents on file at New Horizons. We encourage you to confirm that they contain the most current information. If you require assistance, please visit the Front Desk.

Resident Information Sheet: This form is used by responding emergency personnel if a resident is transported to the emergency room. It includes emergency contact information, doctor's name, hospital of choice, and more. Although these sheets are maintained strictly as a courtesy, we encourage residents to notify New Horizons of any changes as they occur. To protect residents' privacy, the Resident Information Sheet does not contain any identifying medical insurance or Medicare membership information.

Healthcare Proxy: Is your agent still actively involved in your wellness? Is your alternate healthcare proxy still an appropriate backup? Does New Horizons have the name, email, and phone number of your agent so that he or she may be reached in an emergency?

Power of Attorney: Is your choice still able to serve as power of attorney?



MARTIN LUTHER KING, JR. DAY: The third Monday of January commemorates the birthday of Martin Luther King, Jr., who led the fight for civil rights through nonviolent activism, protesting racial discrimination in federal and state law. King was awarded the Nobel Peace Prize in 1964 at the age of 35, making him the youngest person to receive the honor at that time. The national holiday became law in 1983 and is observed in all 50 states, often in conjunction with a statewide Civil Rights Day.

❄️ **UPCOMING EVENTS – SAVE THE DATE** ❄️

December 25	Christmas Day Dinner	<i>Rumford Dining Room</i>
December 31	New Year's Eve Champagne Toast	<i>6:30 PM, 3rd Floor Living Room</i>
January 1	Happy New Year!	
January 20	Martin Luther King, Jr. Day	

Wishing you a new year full of health, happiness, and peace!