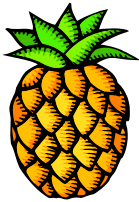




Independent and Assisted Living in Woburn, MA

Monthly Update

January 2017



**NEW RESIDENTS:** **Lois Lineal, Suite 439**, moved here from West Palm Beach, Florida to be closer to her daughter, Lisa, who lives in Winchester. Originally from New York City, Lois raised her four children there before moving to Connecticut, where she and her husband started their own publishing company. This world traveler visited many destinations during her time with the International Executive Service Corps. Lois likes playing word games, working on the computer, and reading.

**Peg Nelson, Suite 239**, is a true Woburnite who joins us from the house she was born in on Prospect Street. The mother of three children, Peg worked for a time in the payroll department at Hood Rubber in Watertown and has been active in many organizations and clubs, especially Meadow Brook Golf Club and St. Charles Alumni Society. Peg enjoys word games, her iPad, and televised sports.

**Dot Monson, Suite 488**, was born in Buffalo and made her home in Winchester for more than 60 years. This mother of five children has 13 grandchildren and two great-grandchildren. After her children were grown, Dot worked at Saltmarsh Insurance Agency in Winchester as a bookkeeper and salesperson. In retirement, Dot paints, does crafts, and plays word games, especially Scrabble.

*We extend a warm welcome to **Lois, Peg, and Dot** in their new home.*

**NEW STAFF:** Welcome **Kendy Dafinice, Delia Fraser, James Miller-Rox, and Katelyn Wackrow**, all from Woburn, to our dining room crew, and **Linda Champa**, also of Woburn, to our front desk department.

The generosity and goodwill shown through contributions to the *Staff Appreciation Fund* sprinkle much cheer into the holidays. The staff wishes all residents and their families much happiness this holiday season and a joyous New Year.



**THE SPIRIT OF THE HOLIDAYS:** When children from St. Charles School visited New Horizons to sing Christmas carols, they were surprised to learn that many of our residents (some of whom are pictured here) also attended St. Charles School. Residents, left to right, are **Maureen Noble, Frank McCall, Kay McKittrick, Claire McCall, Mary McElhinney, Agnes Carson, Norma Pecora, Jean McElhinney, Marie Connolly, and Barbara Hamilton** join the talented, youthful carolers from St. Charles.

**IN MEMORIAM:** We are very saddened by the loss of resident **Virginia Canney**. Our thoughts are with her family and friends.



**EVENT SCRAPBOOK:** Our annual **Holiday Open House** was enjoyed by residents, family members, staff, and friends. Posing with Santa (*top*) are **resident Joan (Seaver) Pierce** and multiple generations of her family, and (*bottom*) executive chef **Rick Greene** with his seven grandchildren.

**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 any assistance, please visit the Front Desk.

**Resident Information Sheet:** This form is used by responding emergency personnel when 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.

**Health Care Proxy:** Is your agent still actively involved in your wellness? Is your alternate health care proxy still a viable 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?

**STAFF WINTER PARTY:** New Horizons' annual staff winter party is scheduled for **Friday, January 20**. To allow food service staff the opportunity to participate in this evening, 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 so New Horizons' staff can enjoy an evening that recognizes their dedication and hard work.



**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 for his work and was the youngest person to receive the honor at that time. In 1983, the national holiday became law, and it was first observed in 1986. It is now observed in all 50 states, some of which combine the holiday with a statewide Civil Rights Day.

#### ❄️ UPCOMING EVENTS – SAVE THE DATE ❄️

<b>December 24 – 31</b>	4:30 PM	Chanukah Lighting of Chanukiyah	<i>3rd Floor Living Room</i>
<b>December 25</b>		Christmas Day Dinner	<i>Rumford Dining Room</i>
<b>December 31</b>	6:30 PM	New Year's Eve Champagne Toast	<i>3rd Floor Living Room</i>
<b>January 1</b>		Happy New Year!	
<b>January 16</b>		Martin Luther King Jr. Day	

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