

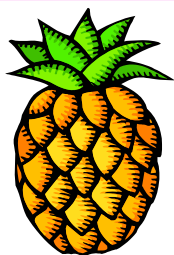


Independent and Assisted Living in Woburn, MA



Monthly Update

February 2017



NEW RESIDENTS: Gloria Cushing, Suite 420, comes to us from Arlington, where she was born and raised. Gloria made her career in the banking industry and retired as a branch manager. A seasoned traveler, she has enjoyed multiple Caribbean cruises, along with trips to Italy, Ireland, Scotland, and England. Gloria is very active and has many interests, including knitting, exercising, and spending time with family and friends.

Kathleen Sundberg, Suite 376, joins us from Winchester, but is a native of County Cavan, Ireland. Kathleen arrived in America at the age of 20. She made a career at U.S. Trust Bank (now Citizens Bank), where she began as a receptionist and retired as vice president of the lending department. A very social person, Kathleen is also an avid sports fan.

NEW STAFF: Marcio Dasilva, of Woburn, joined our dining room crew.

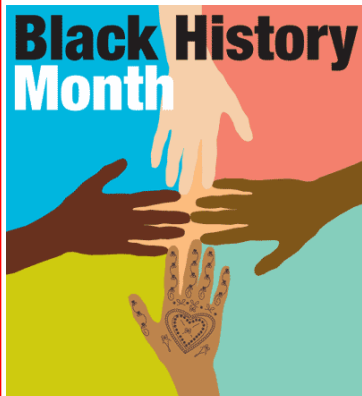
We extend a warm welcome to Gloria and Kathleen in their new home and wish Marcio much success in his new position.

FEBRUARY IS ...

American Heart Month Protect yourself and loved ones from heart disease and stroke by understanding the risks and taking these precautionary steps.

- ♥ Be physically active for at least 30 minutes most days of the week.
- ♥ Know your **ABCS**: Ask your doctor if you should take an Aspirin every day, and find out if you have high Blood pressure or Cholesterol. Seek effective treatment if you have these conditions. If you Smoke, request help to quit.
- ♥ Eat a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fats.
- ♥ Take control of your heart health by following your doctor's prescription instructions.

All residents are encouraged to stop by the Wellness Center for a free blood pressure check this month or anytime during the year. New Horizons' blood pressure checks are provided only as a *courtesy* and should never be construed as medical services or monitoring. Always consult a physician before beginning any type of diet or exercise program.



Black History Month In February, the nation recognizes African Americans' significant contributions to the fabric of the past and present-day society. In 2017, the theme is *The Crisis in Black Education*, which focuses on the crucial role of education in the history of African Americans. African American history is rich in centuries-old efforts to provide access to and opportunities for education: the slaves' surreptitious endeavors to learn; the rise of black colleges and universities after the Civil War; unrelenting battles in the courts; the black history movement; the freedom schools of the 1960s; and local community-based academic and mentorship programs that inspire a love of learning and thirst for achievement. Addressing the crisis in black education should continue to be a priority in America.



AFTERNOONS AT NEW HORIZONS: Whether enjoying a card game, a word game, or coffee hour with friends, the “bridge” is the place to be for late afternoon socializing.



CHINESE NEW YEAR: Buddhist legend says that before Buddha departed from earth, he asked all animals to meet him on New Year’s Day to say farewell. He named a year after each of the twelve animals that came, and 2017 is the Year of the Rooster. New Horizons will celebrate Chinese New Year on January 28 with a delicious luncheon of specially prepared Chinese foods.



EVENT SCRAPBOOK: *Top:* Residents **Norma Pecora** and **Marie Gaiamo** enjoyed a fabulous afternoon of Christmas craft activities with Girl Scouts. *Bottom:* residents **Carolyn Sullivan**, **Regina Michalak**, and **Mary McFayden** had fun at the Christmas sing-a-long in the living room.



IN MEMORIAM: We are very saddened by the passing of resident **Peg Nelson**. Our thoughts are with her family and friends.



DRESS FOR DINNER Join us for a festive and elegant dinner event on **Thursday, February 16**. Invitations will be delivered to each resident, and there will be a community posting. We encourage you to dress formally for this special evening, however, doing so is completely optional.

UPCOMING EVENTS – SAVE THE DATE

January 28

Chinese New Year Luncheon

February 2

Groundhog Day

February 5

Super Bowl Sunday

February 14

Valentine’s Day

February 16

Dress for Dinner



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