



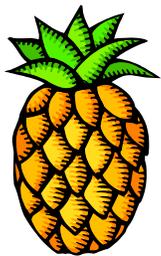
Independent and Assisted Living in Woburn, MA

Monthly Update

September 2019

NEW HORIZONS CELEBRATES 29 YEARS: The 29th anniversary gala was an elegant and festive occasion for more than 250 residents, guests, and trustees. Congratulations to all, and special thanks to the food service team for the delicious fare. **Isabel Bloch, Helen Higgins, and Joan Woodford** were honored as 10-year residents. **Christine Coakley** and **Rick Greene** celebrated 25 years working at New Horizons. **Amanda McCabe** celebrated her 20th anniversary at NHC, and **Bruce Bloomfield, Jenna Messina, and Dana DeMambro** celebrated their 10-year employment anniversaries.

Pictured enjoying the festivities (clockwise from top right): Posing with Executive Director **Christine Coakley** are honorees **Jenna Messina, Dana DeMambro, Rick Greene, and Amanda McCabe; Isabel Bloch** with her daughter, **Emily Bloch**.



NEW RESIDENT: Marie Price, Suite 371, joins us from Place Lane Condominiums here in Woburn. Marie was born and raised in Arlington, and upon marriage moved to Woburn, where she and her husband raised their eight children. For more than 20 years, Marie worked at Ambrose School in Winchester in the field of early intervention for children with special needs. She was also involved with Nexus, a human services agency based in Woburn, where she served on the board until just recently. Marie, a former commercial artist, enjoys dabbling in art, reading biographies, and walking.

We extend a warm welcome to Marie.



RESIDENT WELLNESS PRESENTATION:

Come join us **Thursday, September 5, at 10:00 AM,** in Terrace Lounge for an **Interactive Oral Health Session** presented by **Shalini Lahoty, RDH,** a public health dental hygienist. This presentation will discuss denture care, dry mouth, diabetes, nutrition, and oral care.



MANGIA: Have you ever visited Boston's Italian North End during an Italian festival? The North End is the place to be for outdoor food, fun, and even live music! From far and near, visitors and locals come together almost every summer weekend for festivals or feasts, celebrating honored saints from the old country. On **Tuesday, September 10,** New Horizons will have its own Italian Feast, featuring tableside entertainers and *delizioso* authentic Italian fare at the midday meal in Rumford Dining Room. *Buon appetito!*



EVENT SCRAPBOOK — RESIDENT LUAU: Pictured enjoying the delectable meal (*left to right counterclockwise*): Residents **Toula Wouralis, Ginny Gimilaro, Eleanor Boermeester, and Barbara Gumuchian; Malcolm Robinson, Jane Robinson, and Pinky Samoiloff; Muriel Penna and Toula Wouralis; Alice Hawley and Myrna Krutt.**



LAZY DAYS OF SUMMER: Many residents enjoyed a recent cruise on the Charles River. Pictured here are: (*top, left to right*) **Ann Awizus, Charlotte O’Neil, Mary Gorman, Maureen Noble, and Barbara Slattery;** (*bottom*) **Barbara Slattery (left) and Charlotte O’Neil (right).**



During the school year, many New Horizons residents and fourth grade students from Hoover School in Melrose participated in a pen pal program. This wonderful intergenerational initiative, created and coordinated by

their teacher, Lauren Graham of Woburn, was a huge success. The residents and students corresponded for the school year and developed special friendships. Pictured are resident **Ruth Benedikt** and her pen pal, **Caroline.**



BRAIN PILLS ARE HOGWASH: A recent report from the AARP Global Council on Brain Health (GCBH) indicates Americans may be wasting lots of money each year on brain health supplements. A GCBH study found no evidence linking the products’ use to the prevention or mitigation of cognitive decline, dementia, or related neurological diseases. In addition, it suggested that some brain health supplements might actually be dangerous. For those looking to prevent early memory loss, the prescribed course is to avoid brain health supplements and adopt a healthier lifestyle.



Mark Your Calendar!

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| September 2 | Labor Day |
| September 5 | Wellness Presentation: <i>Interactive Oral Health Session at 10:00 AM</i> |
| September 8 | National Grandparents Day |
| September 10 | Italian Feast with Dynamic Duo at 11:30 AM |
| September 23 | First Day of Fall |