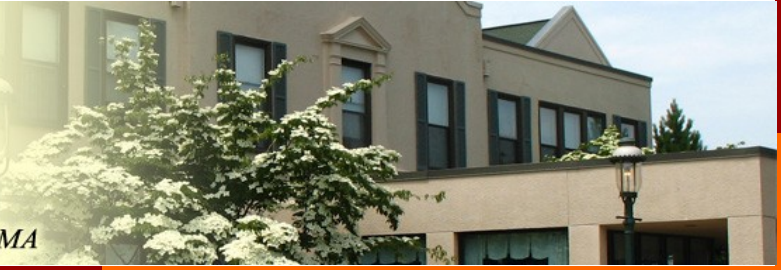




Independent and Assisted Living in Woburn, MA



Monthly Update

October 2016

ANNUAL TRUSTEE MIXER: Trustees will meet with residents in the Living Room for the annual "Trustee Mixer" on **Wednesday, October 19, at 6:30 PM.** New Horizons will bid farewell to three outgoing trustees: **Rev. Mary Bettencourt, Lawrence Guiseppe, and Dr. Pinky Jain.** Residents are invited to share refreshments and conversation with the community's trustees.



MANGIA! On **Tuesday, October 18,** New Horizons will have its own "Italian Feast," similar to the Italian festivals held in Boston's North End. It will feature tableside entertainers and *delizioso* authentic Italian fare at the midday meal in Rumford dining room. *Buon appetito!*



SAVE THE DATE: There will be a Flu Clinic, open to all residents, **Friday, October 7,** at 1:30 PM in Baldwin. More details to follow.



NEW RESIDENTS: **Marie Connolly, Suite 371,** joins us from her condominium in Tewksbury, but spent most of her life here in Woburn, beginning with her birth at Choate Hospital. Marie worked as an accountant for MITRE Corporation and enjoys bowling and going to the casino.

Rose Stryke, Suite 338, comes to us from her home in Woburn, where she raised her family. Three of Rose's four children were born at Choate Hospital. A retired bookkeeper, she has a wide variety of interests, but especially likes to play cards.

Marie Giaimo, Suite 472, is the mother of three daughters. After raising her children, she worked as a bank clerk. In her retirement years, Marie enjoys listening to music and reading and loves to socialize.

We extend a warm welcome to Marie, Rose, and Marie in their new home.

NEW STAFF: Welcome **Tom McHugh** to our maintenance team, and **Julia Blank, Pat Pintrich,** and **Maddie Russo** to the dining room staff.

EVENT SCRAPBOOK: Pictured left to right: **Dick Rowland, Jo Bottaro, Mary Weismann, Anna Eckberg, Maureen Noble, and Barbara McElhinney** were all smiles at our recent Luau Dinner.





EVENT SCRAPBOOK — *Left:* Residents (*left to right*) **Helen King, Helen Jonsson, Activities Coordinator Linda LeBlanc, Virginia Canney, Anna Cullen, and Jim Hanlon** enjoyed a picnic lunch at Salem Willows. *Right:* Resident **Ann Awiszus** (*front row, second from left*) is shown with a few friends from Arlington who stopped by for a visit. The ladies enjoyed coffee, pastries, and lots of laughs!



FALL/WINTER MENU:

The Food Service team has been busy planning seasonal recipes for the upcoming menu rotation. Starting in October, New Horizons' meals will follow a new fall/winter six-week menu cycle. We hope the seasonal differences will bring some warmth and comfort to the chilly season. Featured items will include Eggplant Parmesan Sandwich, Beef Stroganoff, Lasagna with Mozzarella Sticks, Chicken Croquettes, and Pumpkin Pie.

*October is
Breast
Cancer
Awareness
Month*

The **Breast Cancer Awareness** campaign strives to increase public understanding of breast cancer issues and promotes early detection. There is no proven way to prevent breast cancer, but early discovery can greatly increase chances of survival. This program encourages all women to get regular mammograms—clinical breast exams by a healthcare professional—and perform self-exams to improve chances that breast cancer will be found early and treated successfully.

IN MEMORIAM: We are very saddened by the loss of resident **Phyllis Caristo**, who passed away shortly before her 100th birthday.

Mark Your Calendar!

October 6	Oktoberfest Cocktail Party
October 10	Columbus Day
October 18	Italian Feast
October 19	Yearly Trustee Mixer
October 31	Halloween Costume Contest at Lunch

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