



Independent and Assisted Living in Woburn, MA



Monthly Update

October 2020

INTRODUCING

Courtyard Suites

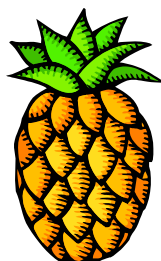
NEW HORIZONS RESIDENTS WILL BE WELCOMING NEW NEIGHBORS...

We recently received news that Hearthstone Alzheimer Care will not be renewing its lease with New Horizons. Although we will miss this longtime client, this unexpected development has presented us with the wonderful opportunity to expand our community by adding 17 new apartments.

Courtyard Suites, as they will be known, will consist of over-sized studio and two-room apartments, all of which will be fully renovated. We invite you to share the good news with any friends who might be interested in having an early opportunity to select among Courtyard Suites' unique floor plans and features. We anticipate being ready for occupancy in November.

Another benefit of this evolution of our community is that the picturesque courtyard that was previously reserved for Hearthstone's exclusive use will now be available for the enjoyment of all New Horizons residents. In addition, we will now have access to the two elevators located on the second floor, allowing us to travel more easily between all floors.

Read all about Courtyard Suites on www.newhorizonsatchoate.org and in [this Woburn Advocate article](#).



NEW RESIDENTS: Kay Griffin, Suite 220, joins us from her home in Arlington, where she had resided since birth. During her 45-year career with Prudential Insurance, Kay had a very active lifestyle. She enjoyed skiing, playing tennis, golfing, dancing, and traveling. She has traveled the world, spending time in at least 25 different countries. Her favorite thing to do, however, is to spend time with her family and friends.

Elizabeth "Lib" Knight, Suite 249, is the mother of three daughters and lived in Winchester for most of her life. She developed close ties to the community through her work at Winchester Town Hall and Winchester High School and her active involvement with the Jenks Center. Among her many interests are reading, quilting, and sewing.

Virginia DeRosa, Suite 478, spent the first part of her life in Baltimore, where she met and married her husband. The pair then moved to Arlington, where they raised their five children, prior to settling in Woburn. Virginia is thrilled to dote on her nine grandchildren and seven great-grandchildren. A hairstylist by trade, and a quick wit to boot, she was known to comment to her clients, "I'm a beautician, not a magician!"

NEW STAFF: Susan Bangi and Ann Nkoba-Kabwa have joined our Wellness team.

We extend a warm welcome to Kay, Lib, Virginia, Susan, and Ann.

SAVE THE DATE: There will be a flu clinic, open to all residents, **Tuesday, September 22, 1:30-3:30 PM** in Rumford Dining Room. More details to follow.



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 six-week fall/winter menu cycle. We hope the changes will bring some warmth and comfort to the chilly season. Featured items will include Chicken Marsala, Roasted Winter Squash, Lasagna with Mozzarella Sticks, Beef Stroganoff, Shepherd's Pie, Apple Crisp, and Pumpkin Pie.





EVENT SCRAPBOOK:

(top row, left) Residents **Charlie Gazzara** and **Claire Scully** work on improving range of motion, strength, and muscle tone while taking part in twice-weekly outdoor activity led by **Hilary Celentano** (top row, right).



Pictured at a recent outdoor concert (left to right, bottom row): Residents **Lew Pepe**, **Alice Hawley**, **Janet Sethares**, **Ginny Gimilaro**, **Hope Verras**, and **Mary Weismann** enjoy the entertainment by **Joey B Bop** (right).



October is Breast Cancer Awareness Month

The **Breast Cancer Awareness** campaign strives to increase public understanding of breast cancer and promote early detection. There is no proven way to prevent breast cancer, but early discovery can greatly increase the chances of survival. This program encourages all women to visit a healthcare professional for regular mammograms and clinical breast exams, and to perform self-exams, to improve the chances for early detection and successful treatment.

Mark Your Calendar!

October 12	Columbus Day
October 31	Halloween
November 1	Daylight Saving Time Ends

IN MEMORIAM:

We are very saddened by the loss of our resident, **Eleanor Boormeester**. Our thoughts are with her family and friends.