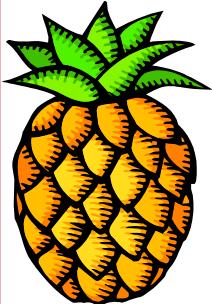




Independent and Assisted Living in Woburn, MA

Monthly Update

December 2020



NEW RESIDENTS: **Marilyn Lewko, Suite 485**, is the mother of six children who have blessed her with 16 grandchildren and eight great-grandchildren. Throughout her career at home party sales firm Philippine Imports, she demonstrated great skill as a salesperson. She continually received the salesperson of the month honor, which won her countless trips to destinations all over the world (her favorite being England). Among Marilyn's many interests are knitting, reading, and bingo.

Lucy Aslanian, Suite 432, and her twin sister were born and raised in New Bedford. When Lucy met her husband at an Armenian Church Fair, "it was love at first sight." In addition to raising her son, Lucy worked as an art teacher at a number of schools over the years.

Now the proud grandmother of two, she enjoys spending time with her family.

We extend a warm welcome to Marilyn and Lucy.

NEW STAFF: Please welcome **Doreen Nakibuuka**, who joined our wellness team, as well as new dining room staff members **Eric Paradis** and **Gio Quiles**.



MERRY CHRISTMAS:

As we approach Christmas Day on **Friday, December 25**, we share a couple of seasonal quotes:

"What is Christmas? It is tenderness for the past, courage for the present, hope for the future." ~Agnes M. Pharo

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most." ~Ruth Carter Stapleton



HAPPY HANUKKAH: The eight-day "Festival of Lights," or "Festival of Rededication," begins at sundown, **Thursday, December 10**. Eight candles represent the eight days during which the lamp of a rededicated Jewish temple miraculously stayed alight on just a single day's worth of sacred oil. A ninth candle is used to light the others. The observance dates back to the second century B.C.E., after a small band of Jews defeated the Greek army that had desecrated the temple.

STAFF APPRECIATION FUND: Each December, all full- and part-time staff of New Horizons—except the four-member management team and the executive chef—benefit from the Staff Appreciation Fund. Staff receive a proportionate share based on their annual number of hours worked. We sincerely appreciate the generosity shown by so many residents and families who have contributed already. For those still wishing to contribute, please drop off donations at the Front Desk. Your holiday gift to this fund is the only occasion when any New Horizons staff may receive a gratuity and will truly help make the season bright for our dedicated team. Please speak with **Christine Coakley**, executive director, if you have any questions.

THANK YOU



Al Audette - Army Aircorp



Sam D'Agostino - Marines



Peter Gailis - Army



Charlotte Gatewood - Navy



New Horizons Thanks All Veterans

We are particularly proud of the contributions to our nation made by the veterans living in our community today.



Ed Hatch - Coast Guard



Jim Hurley - Airforce



Charlie Gazzara - National Guard



Wally Larsen - Navy



Jim Murray - Marines



Bernie Walsh - Navy

TIPS FROM A HARVARD MEDICAL SCHOOL NEWSLETTER:

All seniors should measure blood pressure in both arms. A difference of 10 points or more may mean a 38 percent greater chance of having a heart attack. Be sure to check with your doctor regarding a difference in pressure.



HONORING OUR VETERANS: New Horizons was proud to honor its 10 resident veterans this Veterans Day. In the days prior to their special day, community life director **Jack McDonough** met with the veterans individually to learn about their experiences while in the military. On display in our living room are quotes obtained during those interviews, along with a photo board featuring each resident. In addition, the veterans received a plaque bearing their name, branch of service, and a notation that a donation had been made in their honor to New England Center and Home for Veterans.



EVENTS SCRAPBOOK: Pictured (above, right): Resident **Toula Wouralis** volunteered her time to make beautiful flower arrangements for the dining rooms.



HAPPY ANNIVERSARY: Waitstaff member **Deb Morrissey** joined New Horizons nearly 21 years ago. Initially part of the housekeeping team, she later transitioned to serving in the dining room. When not at New Horizons, she enjoys the company of her grandchildren. Thank you, Deb, for your dedication and reliability over these many years.



DECORATIONS: Residents are welcome to decorate their front doors with an item of seasonal, personal, or religious significance. Please note that natural trees and greenery are not permitted on the door or within the apartment, as they are considered fire hazards. Instead, please adorn doors and apartments with non-flammable decorations.

IN MEMORIAM: We are saddened by the loss of **Helen Jonsson** and **Dot Monson**. Our thoughts are with their families and friends.