



Independent and Assisted Living in Woburn, MA

New Residents



Gwen Borden, Suite 345, was born in Brooklyn, NY and graduated from the former Tilden High School. With a triple major in English, History, and Education, Gwen originally began her career as an educator.

At the age of 43, she earned a Master of Social Work from Adelphi University, in Garden City, NY. Gwen served as the founding director of the first bereavement center on Long Island, NY. Her many years as a social worker in private practice included providing grief counseling in the aftermath of the September 11 attacks.

This mother of two has traveled extensively across the United States, Canada, and Europe. Back in the day, Gwen was quite athletic, enjoying golf and tennis. These days, she enjoys playing bridge and staying active with exercise and walking.

Mary Kenngott, Suite 373, joins us from her home here in Woburn. Mary grew up in Arlington and attended Salem State College, followed by Boston University as a graduate student. She started her 25-year teaching career at Goffstown High School in New Hampshire.

Mary met her husband Arthur at a party, and following a short courtship, they went on to enjoy 35 years of marriage. In addition to her teaching career, she taught English as a



Second Language for 19 years and continues a warm friendship with a former student.

A skilled quilter and knitter, Mary also enjoys reading mysteries, listening to classical music, and watching public television.

End of Life Wishes

If you have a document known as a **MOLST** or a **DNR** stating your end of life wishes, please provide us with a copy. This is to ensure your wishes are honored. Should you have any questions, please contact one of our nurses, Tricia Umstead or John McDonough.

Resident Photo Album

Residents posed coming off the New Horizons bus following a successful visit to the Harvard Museum in Cambridge.

Pictured below (left to right) are **Ray Pothier**, **Kathy Heller**, **Sally Cavanaugh**, staff member **Lucille Collins**, bus driver **Charlie Lombard**, **Ann Lehan**, **Pam Amidon**, and **Victor Skowronski**.



Bev Connolly (pictured left) was all dressed up and full of smiles on her way to attend her grandson's wedding in Gloucester.

She has a long relationship with New Horizons. Bev's sister, **Ida**, was a resident from 2004-2015 and affectionally referred to her as "my kid sister."



Bev was a frequent visitor during those years and, in April of 2025, she continued the family tradition, becoming a resident herself.

John Murphy (center), son of former resident **Ethel Murphy**, is paying it forward. After his mom passed away, he offered to become a volunteer cribbage teacher to residents. Pictured below is one of John's recent classes with residents (left to right) **Pat Gay**, **Pauline Foley**, **Rose Dean**, and **Barbara Gillespie**.



Scam Warning Signs

We are grateful to Marian Ryan, Middlesex County District Attorney, who visited our community to educate residents and staff on the growing threat of being taken in by a scam or other fraudulent activity.

Of the many scenarios she shared, she highlighted that it is common for scams to be conducted via phone. She stressed that insurance companies and banks never call and ask for your personal information. She explained that scammers often pressure victims to make quick decisions, and it is critical to



never share any personal information such as your social security number, account numbers, or date of birth. She also noted that if a caller wants you to pay with gift cards, it is always a scam.

Another common scam is when the caller tells you that something has happened to your loved one, and you need to send money. For most, it is human nature to be trusting, but in the case of a phone call from an unknown person, it is best to be cautious and even suspicious. No matter how real the call *may* seem, her advice is to “just hang up.”

Dates to Remember

- *October 12 - Columbus Day & Indigenous Peoples' Day*
- *October 31 - Halloween*
- *November 1 - Daylight Saving Time Ends*
- *November 1 - Mayor's Senior Appreciation Dinner at Woburn Memorial High School*

Reminder: Keep Us in the Loop

With the holiday season quickly approaching, we ask that residents and families keep us updated on their whereabouts. Any absence from the building, be it for a weeklong getaway or an overnight trip, should be communicated to the front desk or a director.



In addition, if a resident's primary contact is going to be away, we would like to make a note so we can reach out to an alternate contact if needed.

IN MEMORIAM: We are deeply saddened by the unexpected death of **Bill Locke**. His helpful nature will be missed by residents and staff alike.

We also remember former resident **Terry Smith**, who passed away this past week.



Visit the [New Horizons at Choate](#) Facebook page to see photos and updates from our community!