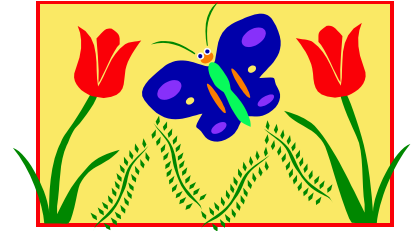


New Horizons
Monthly Update
March 2010



NEW RESIDENTS: **Carol Johnson, Suite 372**, moved from her condo in Rockport and returned to her old neighborhood, where she raised her five children in their family home on Warren Avenue. Happy to be closer to her family and old friends, Carol is quickly making new friends in her new home. **Dorothy Hennessy, Suite 346**, was born in Long Island, NY, and also raised her three sons there. After retiring to Florida, Dorothy most recently lived in Winchester before moving here. Dorothy enjoys bingo, cards, reading and music. A warm welcome to both Carol and Dorothy in their new home.



CASINO DAY: Bring your lucky charms for our annual Casino Day on **Thursday, March 25** from 1 PM to 3 PM in the Terrace Lounge. Each resident who attends will receive \$100 in chips for gambling. Try your luck at the roulette table, money wheel, beat the dealer, and black jack. At 2:30 PM, residents can use their “chip” winnings and bid toward great prizes at our post-gambling auction. Mark your calendars for this exciting event!

PASSOVER: Beginning at sundown on **Monday, March 29**, and throughout the eight days of Passover, the dining rooms will offer special Passover dishes such as matzo ball soup to mark the holiday. We wish you a most happy Passover!



HAPPY EASTER: Our home-cooked, special Easter dinner on **Sunday, April 4**, will be the standard guest rate of \$15 for adults and \$7.50 for children younger than eight. The menu will include traditional Easter dishes of baked ham, roast leg of lamb, hot cross buns, and a special dessert. Residents, who will be out on Easter Sunday, are requested to notify Nancy Edwardsen, dining room supervisor, at their earliest opportunity to help us efficiently plan for guests in the dining room. Residents wishing to invite guests for New Horizons’ delicious holiday fare are requested to make reservations with dining room staff by **Monday, March 29**. To allow food service staff the opportunity to spend a portion of the Easter holiday with their families, the day’s evening meal will be Gourmet-to-Go parcels, containing extra-special goodies. Happy Easter!



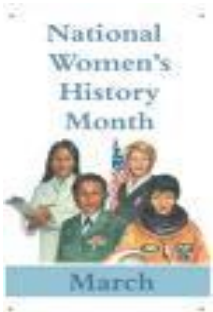
AMERICAN RED CROSS BLOOD DRIVE: New Horizons will host its annual Blood Drive on **Monday, April 19**. To prepare and set-up for the drive that begins at 11:30 AM, Terrace Lounge will only be available for activities in the morning that day.



APRIL WELLNESS EVENTS: Wednesday, April 7, at 10 AM in Terrace, Lounge Dr. Sanjeev Francis and Dr. Robert Schainfeld from Mass General Hospital will discuss good health habits in preventing heart and vascular disease.

Wednesday, April 14, at 10:30 AM in Terrace Lounge **Nicole Gearty** will be speaking with our residents about the importance of oral health. Poor oral health and untreated oral disease can have a significant impact on quality of life. Residents may be interested to know that Nicole, a senior in Dental Hygiene Health Sciences Program at Bristol Community College, is also the daughter of dining room staff member Donna Gearty.

WOMEN'S HISTORY MONTH: The theme for National Women's History Project 30th anniversary celebration is *Writing Women Back into History*. A visit to the project's website, www.nwhp.org, offers readers the history of the movement to bring women's contributions to the national curriculum, along with many resources. When the organization began its lobbying efforts in the early 1980's, accomplishments of women were routinely included only in college curricula and in a very small percentage. Today, a Google search for "women" + "history" provides over 121,000,000 results, testimony to the diligent efforts of those striving to make historical records accurate.



FOR YOUR DINING PLEASURE . . . Our spring/summer home-cooked menu cycle begins **Sunday, April 4**. This menu has many new and different items, which do not appear on the current fall/winter menu. Some items are sure to please, and a few are a little adventurous, but all will be delicious. Our food service team is delighted to hear your many wonderful suggestions for our menus. We encourage all residents to provide a favorite recipe or new suggestion at any time. We are always happy to improve your dining experience!

MARCH IS NATIONAL NUTRITION MONTH[®] designed to focus attention on the importance of making informed food choices, developing sound eating habits, and incorporating physical activity. In keeping with this healthy theme, did you know that cocoa packs a powerful antioxidant punch? According to the American Dietetic Association, this plant-based food contains naturally-occurring antioxidants/flavanols. The good news is that people benefit from these antioxidants when they eat plant foods such as fruits, vegetables, nuts, beans, and whole grains. In fact, recent findings suggest that components of cocoa may impact the cardiovascular system, kidney function, brain health, immune system, diabetes and blood pressure.



RECYCLING NEWS: As energy-saving fluorescent light bulbs become standard, it is important to be aware that the fluorescent bulbs contain mercury. Residents are encouraged to recycle any old compact fluorescent light bulbs (often with a corkscrew shape) through New Horizons by simply bringing them to the Front Desk. If a bulb breaks, don't vacuum or pick up the debris, which may release mercury dust into the air. Ideally, leave the room for 15 minutes. Then, wearing gloves, place fragments into a plastic bag, seal it, and bring it to the Front Desk for recycling.



Call the SMARTLINE 781-932-1181 for daily menu and activities!