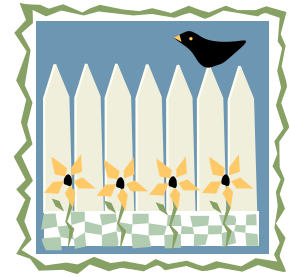


New Horizons MONTHLY UPDATE May 2010



NEW RESIDENTS: Claire O'Connor, Suite 385, moved here from nearby Place Lane in Woburn. The mother of eight, Claire has been an active volunteer at the Woburn Senior Center. She especially enjoys bingo, cards, puzzles and socializing. We extend a warm welcome to Claire in her new home.

MEMORIAL DAY SERVICE: On Thursday, May 20 at 10:00 AM, New Horizons will hold its sixth annual Resident Memorial Service, recognizing all former residents who passed away during the prior year. This poignant event invites all residents, families/friends, and staff to observe and honor the meaningful lives that touched our community. Deacon Phil Hardcastle will officiate.



MEMORIAL DAY (celebrated May 31 this year): Originally known as Decoration Day, because it was a time set aside to honor the nation's Civil War dead by decorating their graves, Memorial Day is a day of reconciliation and a time to come together to especially honor those who gave their lives in service to their country. The "*National Moment of Remembrance*," a Memorial Day resolution passed by Congress in December 2000, encourages all Americans at 3:00 PM, local time, to pause from whatever they are doing and observe, in their own way, a moment of remembrance and respect. Let us never forget those who have served -- and those who are presently serving -- our great nation through times of peace and conflict.

DAD'S SPECIAL DAY: In celebration of our dads, a special Father's Day mid-day meal is planned for **Sunday, June 20**. Residents are requested to make reservations by **Tuesday, June 15** for any guests invited to join them for this event. The inclusive price for guest meals is the same as other Sundays (\$15 per person, half-price for children younger than eight), but reservations are required. For a more comfortable dining experience for everyone, up to two guests per resident may be accommodated.



WELCOME NEW STAFF: Welcome **Anton Hristov** and **Erin Locke**, both of Woburn, as members of our housekeeping and dining room teams respectively.

RESIDENT SATISFACTION SURVEY: New Horizons' mission is always to provide a quality residential environment, with pleasant, effective service to all residents. In conjunction with our annual Resident Satisfaction Survey, to be held on **May 26**, this month we will be sending out a survey to the first emergency contact person of each resident to allow families to provide us with their feedback, as well. Thank you for your input!



WIRELESS "WiFi" INTERNET NOW AVAILABLE! Courtesy of Comcast, free internet service has been available to residents on the resident computer, located in Terrace Lounge for several months now. More recently, the Woburn chapter of BNI (Business Networkers International), a group that meets Wednesday mornings at New Horizons, donated and installed wireless internet "WiFi" equipment so that anyone with a portable laptop computer with wireless internet capability can use the internet there for free.



ALLERGY SEASON HAS ARRIVED. How do you to tell a cold from an allergy? Here are a few rules of thumb: Coughing is not usually associated with allergy symptoms, though coughing is associated with a cold. Your body will increase in temperature as a normal defense mechanism when fighting off cold viruses, but allergy symptoms never produce a fever. Sore throats are rarely a symptom of an allergic reaction to an airborne allergen, yet cold symptoms most often produce soreness of the throat after frequent coughing episodes. Allergic reactions will persist for a period of one week to a few months, or over the course of the allergy season, and allergy symptoms are more noticeable by the rapid onset of symptoms once exposed to specific irritating allergens. Common cold symptoms are gradual, begin as a head cold and progress to a full-blown chest cold, and usually last for 7-14 days. Since colds can be passed from one person to another, individuals with colds should take care to limit their exposure to others, etc. Allergic reactions are not transferred person to person. In both cases, hand washing, covering your sneeze with the inside of your elbow, and using disposable tissues will help prevent the spread of germs.



AT YOUR SERVICE: Thank you to residents who attended our recent foodservice meeting! Food service staff members were pleased to answer many of your great questions, including the clarification that lobster and fish are almost always bought fresh and never canned, except for tuna salad. Likewise, all our fruits and vegetables are bought and prepared fresh, with a few exceptions including frozen cut corn, peas and lima beans. New Horizons is very proud of its food services, which always include two course options, soup and/or salad, and a variety of desserts at every meal. As a reminder, residents may also always order from the "Always Available" menu, which includes turkey sandwich, peanut butter/jelly sandwich, grilled cheese sandwich, cottage cheese and fruit and scrambled eggs. We very much appreciate your input and suggestions!

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