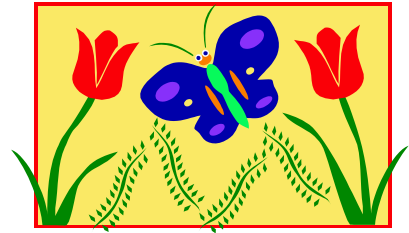
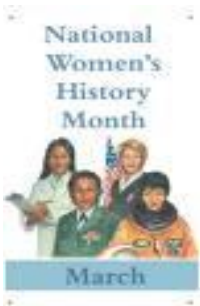


# New Horizons Community Connection March 2010



**THIS IS HOME!** With Valentine's Day and Mardi Gras falling in the same week this year, residents and staff alike had lots of fun celebrating and enjoying the festive meals prepared for both Broadmeadow and Concord dining rooms.

**WOMEN'S HISTORY MONTH:** The theme for National Women's History Project 30<sup>th</sup> anniversary celebration is *Writing Women Back into History*. A visit to the project's website, [www.nwhp.org](http://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.



**PASSOVER:** Beginning at sundown on **Monday, March 29**, and throughout the eight days of Passover, the Concord Dining Room will offer a special Passover entrée at lunch and dinner. On **Tuesday, March 30**, at **4:00 PM**, a Seder service for *Meadows* and New Horizons residents and their guests will be held in Assembly Hall, followed by a traditional Passover meal. If you would like to attend, please sign up in Town Center by **Monday, March 22**. We wish you a most happy Passover holiday!



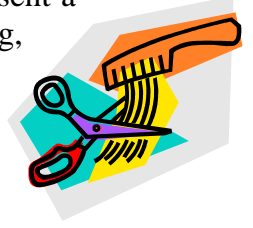
**EASTER BUFFET REMINDER:** Your food service team has planned the New Horizons Easter buffet for **Sunday, April 4**. We hope that you will invite your family to share in this cherished tradition! Whatever your plans may be for that day, please notify Barbara at your earliest opportunity, so that we may plan more efficiently for guests in the Concord Dining Room. **The Meadows:** Broadmeadow Dining Room will be closed on Easter. If you normally have Sunday dinner in Broadmeadow Dining Room, please join us at the Town Center for the sumptuous buffet. We wish you a very joyous Easter holiday!





**CURIO CARVINGS:** Be sure not to miss the curio display featuring the wood carving artwork of residents **Arthur and Ambrosina Coache**. Mr. Coache will be presenting an informational talk on **April 15** at 2:30 PM in Assembly Hall describing his hobby and explaining how the love for the craft was cultivated in their lives.

**BEAUTIFUL YOU!** The Salon staff invites you to visit for a Spring Makeover of ... *you!* Many wonderful services are available at the salon to help you shake off the winter and present a fresh face with the new season including hair care (wash, set, cut, blow-dry, styling, color and permanents), manicures, pedicures and wax treatments. Drop by and see Randy, Cassie, Marge, Rose and Simone of **Appearances Salon** or Nancy and Mary from **New Image Salon**. The Salon is located in the 400 building, around the corner from the Care Solutions assisted living offices. *Residents are encouraged to charge salon services to their monthly bill and are reminded that tipping is not permitted.*



**PHONE DIRECTORY DISTRIBUTED:** Your community service associate recently distributed the annual resident directory for placement in your *Living At* reference book. Please review your listing and notify the Front Desk of any necessary changes or edits. We appreciate your timely feedback to keep our records accurate!

**GOIN' GREEN FOCUS: Household Goods Recycling of Massachusetts** is a not-for-profit organization in Acton that provides household items to individuals and families in need at no charge. This year, over 3,000 neighbors in Eastern Massachusetts will benefit from the support of this company. Residents or family members seeking to donate gently used home goods and/or furniture should call **978-635-1763** or visit the organization's website at [www.hgrm.org](http://www.hgrm.org) for more details. Pick-up service is available, too, and a great resource when moving to, within, or from New Horizons.

**FALL AWARENESS** The Centers for Disease Control released numbers relating to the incidence of falls among the elderly in 2009. Of the 47,000 reported falls, 87% were attributed to walker (mis)use, or walkers not appropriately fit to their users. 33% of walker-induced falls and 28% of cane-related falls resulted in hospitalization, with up to 42% of nursing home admissions being the result of falls. If you would like to check the appropriate fit of your walker or to confirm that you are using your cane properly, be sure to stop by the **Physical Therapy Center** and speak to Erin.



**CLEANING THE HALLS:** The scent of fresh paint is in the air these days as you walk through the hallways of *The Meadows*. Yes, spring cleaning has begun...but we need your help! All hallways are required to be clear of trip hazards such as doormats and decorations. Should you have an alcove near the entrance to your suite, you are welcome to place a small decoration in that space, but do take care that the decoration does not splay out into the hallway. Apartment doors should be free of nails (use a wreath hanger or wire tie to your doorknocker to hang decorative items) and washed clean from time to time. If you have particular difficulty in removing marks, or if you notice that your door is damaged, please report this issue with a service call request so that we may take care of the problem for you at nominal expense. After all of your hard work, be sure to enter the **SPRING DOOR CONTEST!** On **April 7**, our team of judges will observe *all Meadows* apartment doors and prizes will be awarded in each of the following categories: *Springtime*, *New England's Best*, and *Crafted with Love*. Good luck!



**WELCOME:** Your new neighbors this month are **Muriel Branz** (420/370) from Portland, ME, and **Eugene Downing** (400/257) from Ayer. Please join us in welcoming these new residents to our community! The New Resident Reception, featuring Wendell Crocket, will be held in Assembly Hall on **March 25 at 2:30 PM**.