

New Horizons Community Connection May 2010



A PASSION FOR THE ARTS: Professional artist and teacher, resident Beverly Rinck, whose many still-life works grace the Breakfast Club and hallways at 370, has offered her pastel still-life entitled *Tin 'N' Things* to New Horizons for a charitable fundraiser. The beautiful composition, which portrays the intricate warmth and peacefulness of simple objects using the colors Beverly is typically moved to capture (browns, creams, oranges and blues, among others), can be viewed in the lobby of 400 Hemenway. Raffle tickets may be purchased now and through the day of the upcoming Country Fair on Grandparents Day (September 12) for \$5 each through the community services staff. All proceeds will be donated to the Boys & Girls Clubs of Metrowest. Thank you, Beverly! Also, mark your calendars for **Wednesday, June 16, 5:00 – 7:00 PM**, to enjoy a wine and cheese art gallery reception at the 370 Breakfast Club for Beverly and her students from both the Assabet After Dark educational program and the Hudson Senior Center.

MEMORIAL DAY (observed May 31 this year): Originally known as Decoration Day, because it was a time set aside to honor the nation's Civil War fatalities by decorating their graves, Memorial Day is a day of reconciliation and a time to come together especially to 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 voluntarily and informally observe in



their own way a moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps." Let us never forget those who have served -- and those who are presently serving -- our great nation through times of both peace and conflict.

JUNE WEDDINGS: During the month of June, the lobby curio case will feature wedding memories. We welcome residents' keepsakes as part of this special exhibit. In years past, we have put on view invitations, photos and even gowns! All such items should be given to **Lynn** (and clearly labeled) by **Friday, May 28**. Be sure to visit this traditionally beautiful display!



FATHER'S DAY: Dads will celebrate in style on **Sunday, June 20**, at New Horizons' *Surf and Turf Extravaganza* in the Concord and Broadmeadow dining rooms. Please make guest reservations with Barbara no later than **Friday, June 11**.



RESIDENT SATISFACTION SURVEY 2010: We are grateful for the comments and ratings received from this year's resident satisfaction survey at New Horizons! We are enclosing a survey for family members to complete with this month's mailing. On **Wednesday, May 19**, community services staff will distribute a survey to residents of *The Meadows*. Once all of the surveys have been tallied, look for posted results along Main Street.

THE “FUN DEPARTMENT” IS RECRUITING! Do you have a flair for fun? Do you enjoy being the sparkplug that gets others excited about upcoming events? Then we need *you!* Please notify **Sandy** if you are interested in assisting us in planning our calendar of summer fun. We would love to have a brainstorming panel of eight residents-- two residents each from the 370, 420 and 400 buildings, as well as two representatives from the Cottages.

SUMMERTIME TIPS- *Plants:* As outside temperatures begin to rise, remember to bring any of your less hardy houseplants home from their winter vacation in the greenhouse to the air-conditioned comfort of your apartment. The greenhouse is not air-conditioned, and even with our ventilation system and sunscreen, temperatures will rise to more than 90 degrees during the day. Most houseplants prefer an environment between 70 and 80 degrees. Please speak to **Helen Horn, greenhouse manager**, if you are unsure whether or not your plant should remain in the greenhouse during the summer months. ***HVAC:*** Now that the air-conditioning system is running full-time, please be mindful of energy conservation and keep windows closed when you are calling for cool air. ***Hydration:*** It is easy to get distracted with all that the beautiful weather brings; but do not neglect your daily intake of water for optimal health! Especially if you increase your minutes spent exercising or walking in the hot weather, it is extremely important to drink enough fluids each day to replenish your system.



CONGRATULATIONS, GRADUATES! Please join us in congratulating New Horizons staff members **Meaghan Barker, Matt Cardona, Amanda Fusco, Michael Guzman, Cara Anne Hedderig, Raymond Joyce, Amy Lynch, Sarah Morin and Alyssia Paige** who will soon be graduating from high school. New Horizons is very fortunate to have such responsible, bright, and talented young people on staff. As an admiring resident recently wrote, “I have often compared my experience in the Broadmeadow dining room to the wonderful attentive service at the Wayside Inn.” We wish our graduates the very best in their future endeavors, and thank them for their continued service to New Horizons.



A NOTE FOR MEADOWS RESIDENTS...Look for *The Meadows Messenger* with important updates about the very comprehensive on-site healthcare available from Care Solutions and Hearthstone Alzheimer Care. This special bulletin will be delivered to your apartment and posted in the mailrooms.

EVENTS and FEATURES -- PLEASE MARK YOUR CALENDAR:

- May 28:** Wedding Curio Case items due
- May 31:** Memorial Day
- June 9:** “All Eyes on You” presentation by Care Solutions for National Eye Safety Awareness Month *in Assembly Hall* 10:00 AM
- June 16:** Art reception *at 370 Breakfast Club* 5:00-7:00 PM
- June 20:** Father’s Day (reservations due by June 11)