

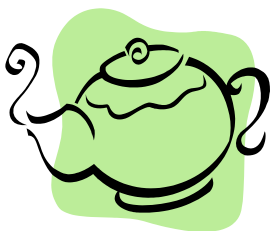
New Horizons
MONTHLY UPDATE
July 2010



NEW RESIDENTS: A warm welcome to **Hazel Van Putten, Suite 489**, who joins us from her home in Woburn where she has lived most of her life. Hazel served in the U. S. Navy during World War II, and then made her career at Dennison Manufacturing as a secretary. An active member of the First Congregational Church in Woburn, Hazel participates in bible studies, is a member of United Church Women and Eastern Star. We wish Hazel every happiness in her new home.

RESIDENT WELLNESS PRESENTATION: Tuesday, July 27, 10:00 AM. Stacy McDonough, PT, of New England Rehabilitation Hospital will present “**Energy Conservation Techniques & Use of Assistive Devices**” in Terrace Lounge. Ms. McDonough can assist with some minor adaptive equipment maintenance as well as demonstrate newer devices that you may find helpful.

CELEBRATING NEW HORIZONS: We will celebrate 20 years of operation with a Resident Gala Party on **Wednesday, August 18, from 5:30 PM to 7:30 PM.** Invitations will be sent later this month and each resident may invite up to two complimentary guests. Please be sure to write in any guests’ full names and return the invitation to the Front Desk. We look forward to seeing you at the party!



CURIO DISPLAY: If you love High tea, English tea, iced tea, or just plain tea, share your love with your friends at New Horizons. Resident teacups, saucers, and teapots will be on the display throughout the summer in the curio near Christine’s desk. If you would like to share your family china or a favorite dish that you display in your suite, please bring them to **Magdalena by Thursday, July 22.**

WELCOME NEW STAFF: **Elizabeth Campbell**, daughter of Trustee Joanne Campbell, has joined our dining room crew. **Samantha DiChiara**, Andrew DiChiara’s younger sister, is our new administrative intern, who will work throughout this summer. **Jennifer Booker** will also serve as an administrative assistant, in addition to maintaining her role as waitstaff.

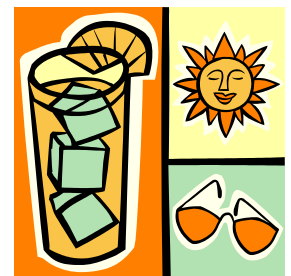
WE'RE LISTENING: The management team welcomes resident and family feedback at *all* times during the year, not just during the annual survey. Our suggestion box, located on the third floor near the mailboxes, is a convenient tool to convey an idea, criticism or compliment. Simply jot down your thought and place it in the box! While anonymity is certainly your prerogative, signing your slip will allow our team to respond to you directly. You are also always welcome to stop by the executive director's office, located next to the Front Desk, as a director-on-duty is typically available without an appointment. Most importantly, never hesitate to pass along an observation that you believe to be obvious or already reported. An assumption that management is already informed, often leads to delays in a problem being resolved. Finally, it is particularly important to report all maintenance issues promptly to the Front Desk so that our maintenance team can complete repairs in a timely fashion.



WINDOW ASSISTANCE: With the nice weather upon us, many residents may wish to open or close their windows as the temperature fluctuates. For those needing assistance, please do not hesitate to call the Front Desk. New Horizons' staff is more than willing to provide this courtesy service throughout the year. Many residents will soon see some brand new, more easily operated windows before Labor Day. About 160 new windows have been ordered.

GOOD HEALTH - - PROPER HYDRATION: Staying properly hydrated, especially on hot summer days, is vitally important to good health. Dehydration occurs when the body loses more fluid than it takes in, and is left without enough fluids to carry out its normal functions. Dehydration may be classified as mild, moderate, or severe, based on body fluids that are lost or not replenished. When severe, dehydration is a life-threatening emergency. Seniors and persons with illnesses are at higher risk. Indeed, dehydration is one of the most frequent causes of hospitalization among persons over age 65.

Symptoms of mild to moderate dehydration may include thirst, decreased urine volume, abnormally dark urine, unexplained tiredness, lack of tears when crying, headache, dry mouth, dizziness, and in some cases, insomnia. Severe dehydration, a medical emergency, can cause extreme thirst, very dry mouth and skin and mucous membranes, lack of sweating, sunken eyes, shriveled and dry skin that doesn't "bounce back" when pinched into a fold, low blood pressure, rapid heartbeat, fever and delirium or unconsciousness.



There is not a single daily volume of fluid intake that is appropriate for every senior, and under all conditions (e.g. during very hot or very cold weather, while exercising, if suffering from a temporary illness or dealing with a chronic condition). It is important to consult your doctor if you suspect your body is not maintaining its proper hydration levels.

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