



# Community

**New Horizons at Marlborough, LLC**  
**Serving Metrowest Seniors Since 1994**

*This is home!*

**August 2018**



**AUTHOR! AUTHOR!** Cummings Foundation co-founder **Bill Cummings** made a big impression on 80 New Horizons residents who came to hear him discuss his new book, *Starting Small and Making It Big*. It chronicles his entrepreneurial journey – from selling ice cream from his bike, to turning profits on refurbished boats, to converting a marginal fruit juice company into a million-dollar business. It also tells the story of how Bill and his wife, Joyce, created a *billion-dollar* philanthropic enterprise using personal wealth they generated from a real estate empire.

Bill gave New Horizons residents personal insights about the satisfying experience of writing a book. He confided that the process also gave him occasion to grit his teeth, noting, “One adviser made me take out 100 pages; take out stories I like to tell. I kept the ones that teach people something.” His giving-back spirit is lauded by resident **John McKinney**, who appreciates the way the Foundation runs New Horizons: “Old people many times are treated as if they were small children. All the staff here respect everyone; they’ll stop and smile and greet you.”

Resident **Edie Venti Orr** (pictured with Bill Cummings signing her copy of his book) relates closely to the author, as they grew up in the same Medford neighborhood. She also identifies with his management style: “I like his philosophy – put the power of the people in their hands – allow them to show their stuff!”

*Starting Small* is available for purchase at New Horizons’ front desk and at [Cummings.com/book](http://Cummings.com/book). All book proceeds benefit the nonprofit Cummings Foundation.

**STAR-SPANGLED CELEBRATIONS!** Left to right: a rousing performance by the New Horizons Chorus brings residents to their feet; residents **Morris** and **Cecilia Karol** enjoy patriotic parfaits; CSA **Katelyn Reynolds** and Dining Room Associate Manager **Amanda Ferreira** show their red, white and blue spirit!



**RESIDENT ACTIVITIES FORUM** Since February, we have been busy meeting your requests! We added Sunday Protestant services to the chapel, got a new wheelchair/scooter-accessible bus, expanded the Shoppers’ Shuttle, introduced Chair Yoga, added a fourth Watercise class, brought classes to the Art Studio, added day-time documentary films, attended local school productions, heard from political candidates, sang karaoke, and played board games. Your suggestions from the **July 18** forum will generate even more great activities.

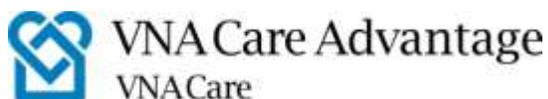
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**JOY:** “She’s a joy to be with!” says resident **Mary Hanrahan**. “And she’s aptly named,” adds **Laura Myers**. Fitness instructor **Joy Esper** – and her frequent canine companion, **Juna** – bring smiles to residents who greet the duo en route to classes. Joy shared, “The other day I was walking down the hallway, and

somebody stopped me and said, ‘Joy, I just want to thank you!’ That’s worth a million dollars. This group is such a pleasure to work with!” After eight years as New Horizons’ original activities and fitness director, Joy moved on. She then returned as a certified personal trainer and leader of group exercises for over-55 clients. She says that her most popular class is Mind and Body Relaxation (*pictured*): “It draws 35 to 40 people of all levels. It’s safe – in a chair – and works muscles with range of motion, yoga, and meditation. What you put into it is what you get out: increased strength. and endurance. It’s just amazing!” **Tom Ribadeneyra** testifies to that, saying, “Sitting in a chair and getting tired out – it’s pretty good!” Joy also offers Balance Training, Circuit Training, and Fitness Center Assistance. In addition, she works with private clients, such as **Rod Myers**, a Joy success story. He and his wife, Laura, were recently spotted “cutting a rug” at a Friday wine and cheese event! Says Joy, “The residents do all the work; I just show them how.”



**VNA Care offers free Keep Well Clinics**

The clinics allow you to meet one-on-one with a community health nurse at no cost. The nurse provides blood pressure and other health screenings, addresses your health questions, and provides support in making healthy lifestyle changes. Starting this month, VNA Care resumes **Keep Well Clinics** on the **first Wednesday** of every month at these times:

- 9:00 AM – 10:00 AM      370 Robin’s Nest**
- 10:15 AM – 11:15 AM    400 Bill Miller Room**
- 11:30 AM – 12:30 PM    420 Lobby Office**



**DON’T MISS IT!** We’re celebrating *you* at our 24<sup>th</sup> annual harvest fest on **Grandparents Day, Sunday, September 9, 11:00 AM to 3:00 PM**. It’s free for all residents and children under five. Guest tickets, which include all food and activities, are \$10 through **August 31** and \$20, thereafter. Sign up outside the 400 Concord Dining Room or Meadows mailrooms. or email your reservations to:

[resserv@cummings.com](mailto:resserv@cummings.com).

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 ✨ **Mark Your Calendar!** ✨  
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<b>August 2</b>	Karaoke with <b>Judy</b>	2:30 PM
<b>August 7</b>	<b>Dick Pearson</b> Supreme Court Lecture	2:00 PM
<b>August 9</b>	Cooking with the Chef	10:00 AM
<b>August 9</b>	Saxophonist <b>Brian Kane</b>	2:30 PM
<b>August 10</b>	<b>Ray Valente:</b> 400 Wine & Cheese	3:30 PM
<b>August 16</b>	New Resident Reception with Opera singer <b>Mary Colarusso</b>	2:30 PM
<b>August 20</b>	<b>Richard Hughes:</b> Silent Movies	2:00 PM
<b>August 21</b>	<b>Bob Craigie:</b> Creative Cell Phone Use	2:00 PM
<b>August 26</b>	Guitarist <b>Jeff Thomas</b>	2:00 PM
<b>August 28</b>	<b>Hearthstone Presents:</b> Meet Me at the Movies	2:00 PM
<b>August 30</b>	<b>Kindred Lecture:</b> Self – Valuing Our Imperfections	6:30 PM

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