Welcome: Your new neighbors this month are Asna Aronie (400/117) from Concord, MA; Albert and Lynda Beard (370/317) from Carolina Shores, NC; and Shirlee Macomber (400/282) from Ashland, MA. Please join us in welcoming these new residents to our community.

Staff Updates: New Horizons is most pleased to welcome two new staff members: Resident services assistant Peggy McCarthy joins our resident services team. Peggy comes to us with a master’s degree in Eldercare Management. Her grandmother (Jeanette McCarthy) was one of our pioneer residents when New Horizons first opened in 1994. Don Rushford will be joining the maintenance team on February 18 as residence team leader and brings extensive experience in facilities management. He will be responsible for the completion of residents’ service calls and overseeing preventative maintenance in your apartments. Please welcome both Peggy and Don to New Horizons.

It’s Time to Spring Forward: Remember to set your clocks forward one hour before retiring on Saturday night, March 8. Eastern Daylight Saving Time begins two weeks earlier this year. A sure sign that spring is around the corner; we can look forward to longer days, warmer weather, and beautiful spring flowers!

National Women’s History Month: “Women’s Art, Women’s Vision” is the theme for the 2008 National Women’s History Month celebrated in March. This theme was chosen to honor the originality, beauty, imagination, and multiple dimensions of women’s lives. The history of women and art is the quintessential story of amazing women’s accomplishments acclaimed at the time, but written out of history. By raising awareness, together we can help ensure that these accomplishments are never forgotten.

Art Matters: Women Artists — Until the 20th Century . . . Join art educator Jane Blair on Wednesday, March 19, at 3:00 PM for a new look and discussion about women who have created art from the Renaissance through the 19th century. Ms. Blair received a bachelor’s degree in Fine Arts from Boston University and a masters degree in Fine Arts from the University of Illinois. She presently teaches art at DeCordova Museum Art School in Lincoln. As an educator, Ms. Blair teaches art studio disciplines, art history and appreciation, computer art, photography, and graphic illustration. Her specialties include clay and plastic sculpture, life casting, drawing and painting, and 3-D design.

Easter Buffet: The Food Service team is planning a grand buffet for Easter Sunday, March 23, for New Horizons residents. If you wish to invite guests to the buffet, please make reservations by March 14 with Jenna Mondor or Barbara Fuller. The holiday meal charge is $20 for adults and $5 for children under the age of 8. Note: Meal tickets are not valid for the holiday buffet. Residents expecting to be out on Easter Sunday are requested to notify Jenna or Barbara at their earliest opportunity, so we may plan more efficiently for guests in the Concord Dining Room. The Meadows: Broadmeadow Dining Room will be closed on Easter. Meadows residents on the dinner plan who wish to join in the Easter Buffet may contact Jenna or Barbara to reserve a seat. Due to space limitations, reservations will be “resident only” for Broadmeadow diners. We wish you a very joyous Easter holiday!
FOR YOUR DINING PLEASURE . . . Our spring/summer home-cooked menu cycle begins **Sunday, March 30**. This menu has lots of new or different items, which do not appear on the current fall/winter menu. Some items are definite palate pleasers, and a few are a little adventurous, but all will be delicious.

New Horizons strives to provide a top-notch dining experience every day, and we thank residents for the many menu suggestions received throughout the year. We encourage all residents to provide a favorite recipe or new suggestion at any time. We are always happy to improve your dining experience. The next scheduled Food Service Committee meetings are:

- **420 Broadmeadow Dining Room**  
  **February 19 at 10:00 AM**
- **370 Breakfast Nook**  
  **February 20 at 2:00 PM**
- **400 Concord Dining Room**  
  **February 20 at 3:00 PM**

Committee suggestions will be carefully considered for inclusion, either as chef’s specials or as standard items in the upcoming menu cycle. Jenna and Moira will contact committee members to confirm the meeting location and provide an advance copy of the spring/summer menu.

**SPRING INTO FITNESS:** Exercise is more than lifting weights and walking. Whether seeking solitude in a quiet walk alone, or enjoying a group exercise class with peers, the benefits of exercise are many, including increasing strength, confidence, and poise. Exercise also keeps the body working more efficiently and feeling better! The Hemenway Health Club is a wonderful choice because of the many different forms of fitness that are offered. The diverse programs offer residents the opportunity to take advantage of the unique features of our 40-acre campus, both indoors and out. Residents may choose a class or classes that best suit their needs. Please call Elyse at #0 if you would like more information about the health club, or pick up an enrollment form at the Front Desk. The schedule of classes is posted in your mailroom.

- **Exercise:** All equipment in the 420 Fitness Center is available for use without charge by any resident of New Horizons and also by any Meadows resident who is an enrolled member of the Hemenway Health Club. Join the more than 200 residents who already take advantage of the Fitness Center. The Aerobics Room is also a great place to start your own exercise group! In addition, televisions with VCRs are available to play your personal exercise tapes.

- **Mind and Body Relaxation Class:** In a seated position, you will participate in a variety of safe stretches, as well as various forms of meditation, yoga and Tai Chi. This is the perfect class for all to join and leave relaxed and refreshed.

- **Swim:** The indoor heated pool is ready and waiting – rain, shine, or snow! Residents participating in the fitness program enjoy watercise, water walking, swimming with friends, and splashing around with visiting grandchildren or other relatives. Jump in and enjoy the 86 degree water!

- **Walk:** Walking the “Hex” offers a wonderful opportunity to stay in shape, especially during inclement weather. Five times around the Hex is one mile! Faster walkers are encouraged to use the second floor of the Hex, where they will typically encounter fewer people to hinder their pace. Residents are also invited to walk on the paved sidewalks and roadways, enjoying the splendor of the neighboring conservation land. In addition, walking trails in the surrounding woods, established by the Boy Scouts, are for avid, sure-footed walkers. Residents are strongly encouraged to use these trails only with a partner, as the paths are unpaved and on uneven ground. Check out the large, color trail maps in the 370, 400, and 420 buildings.
CHINA AMNESTY: We have noticed a shortage of china during mealtimes. If you have borrowed the Homer Laughlin china from any of the dining rooms, please return these items to the dining areas immediately. As you know, The Meadows’ breakfast buffet is an all-you-can-eat, dine-in affair, and all meals in Broadmeadow and Concord dining rooms include unlimited helpings. Removing food of any kind from any dining area is always prohibited.

PLEASE HOLD . . . Residents have occasionally remarked that they felt rushed when calling the Front Desk. Please consider that the receptionist receives more than 500 phone calls on any given day, making it extremely impractical to provide information or engage in extended conversation. It is the responsibility of the Front Desk attendant to summon the nurse for medical emergencies, record service calls for maintenance, maintain reservations for all dining rooms on the campus, answer and redirect calls, and greet visitors. It is one of the busiest areas in the community that accommodates the needs of residents, staff, and visitors alike. Please dial #4 (New Horizons) or 370 (Meadows) to access the Information Center for information regarding events on campus, transportation schedules, menu, or weather.

RESIDENT DIRECTORY: The strictly confidential 2008 Resident Directory with the apartment and telephone numbers of your neighbors is enclosed for your convenience. Please insert it into your “Living at The Meadows” or “Living at New Horizons” handbook.

KNOCK, KNOCK - WHO’S THERE? As you know, New Horizons is a community that welcomes family, friends and visitors. We do not monitor who comes in or out of the buildings, so you should keep your door locked at all times. If your apartment number is listed on your keychain, you should consider removing it. It is also important to keep your keys with you at all times to avoid misplacing them. The back door to the 400 building along 370 Hemenway Drive is available for use by residents who have been issued keys and by staff who have been authorized to enter. Please be conscientious, and do not let unknown persons into any locked entrance.

IMMEDIATE AVAILABILITY! Do you know someone who would enjoy the easy lifestyle, new friendships and busy social calendar that your community provides? New Horizons will reward you with a $2,500 referral fee if your friend becomes a new resident. Any resident or resident family member is eligible. Please speak to Beatrice or Fred for more information. To plan an immediate or spring move, an Application Workshop will be held on Wednesday, February 27, from 1:00 PM to 4:00 PM. Members of our multi-disciplinary team will be ready to assist your friend or acquaintance with our ‘simplified’ application process.

TAX INFORMATION: Massachusetts allows a deduction on personal income taxes to individuals who pay rent. Although New Horizons does not calculate monthly service fees in terms of proportionate costs for rent and services, a recent study of comparable area rental apartments indicates that a studio might rent for $1,325 per month, a one-bedroom for $1,665 per month, and a two-bedroom for $2,224 per month. These estimated figures are rent only, while New Horizons’ monthly service fee includes all utilities, three meals daily, housekeeping, linen service, activities and events, and multi-disciplinary team services. A maximum $3,000 annual rent deduction is allowed (or $1,500 if married, filing separately). Along these lines, it might be appropriate to consider that a typical New Horizons resident could deduct that full amount as attributable to yearly “rent.”