



Community Connection

New Horizons at Marlborough
Serving Metrowest Seniors Since 1994
A Turning Point in Senior Living!

February 2025



RESIDENTS “VISIT” EGYPT DURING GLOBAL PASSPORT MONTH: As part of our Global Passport Month tour, residents enjoyed activities including Egyptian-themed food, documentaries, presentations, belly dancing, and henna tattoos. Above, pictured left to right: a guest henna tattoo artist, resident **Hillary Landau**, Driver **Sarah Habel**, and resident **Mary Lee** show off their henna artwork.



TASTY TREATS: Cooking activities help our Memory Care residents exercise cognitive, motor, and social skills. Recently, residents helped make oreo cookie balls, a perennial favorite. Above, left to right: Dining Room Staff **Mahalia DeGramment Silva** and residents **Claire Morrison** and **Calliope Carmosino** pose for pictures after rolling out the cookie dough.



NATIONAL HEART MONTH: The American Heart Association designates February as American Heart Month.

We often think of heart disease as a male condition, but it's also the leading cause of death for US women. Women's heart attacks also often take longer to diagnose and treat because they are more likely to experience symptoms other than chest pain, such as neck and jaw pain, shortness of breath, nausea, lightheadedness, and dizziness.

Visit www.heart.org to learn more.

A Selection of Upcoming Events

- Feb 13 370 Valentine's Day Party
- Feb 14 420 Valentine's Day Party
400 Valentine's Day Dinner
- Feb 16 Elvis Tribute Artist
Walker cleaning at lunch
- Feb 17 Presentation: Happiness for Seniors
with **Henry Quinlan**
- Feb 18 Bouvier Pharmacy Walker Tune-Up
Clinic
- Feb 19 Willard House & Clock Museum
Outing*
- Feb 20 Cooking with **Chef Paula**
- Feb 22 Music with The Romeos

*sign up with Debbie ext. 5227



**LIVING
BETTER
LONGER
WITH FOX:**

New Horizons is pleased to announce a new partnership with Fox, an organization dedicated to providing in-home therapy to geriatric patients.

Residents or family members interested in learning more about in-home physical, occupational, or speech therapy may call New Horizons Nurse Administrator **Chris Warner** at extension 5252 or 508-460-5252 (from outside the New Horizons campus).



SNOW SEASON: To assist the snow team with prompt storm cleanup, we remind all residents to make sure that they and their visitors are aware of the **special snow parking plan**. This procedure is posted at the entry to each building. In addition to parking in designated areas, visitors must complete a dashboard tag (also found at each building's entrance), and all resident cars must have identifying stickers affixed to the left-side rear window. We appreciate everyone's cooperation with the snow parking plan.

If you have an appointment and need your car cleared off after a storm before maintenance has had the opportunity to take care of it, please call the front desk to put in a request to have your car cleared earlier.



MEET OUR NEW RESIDENTS

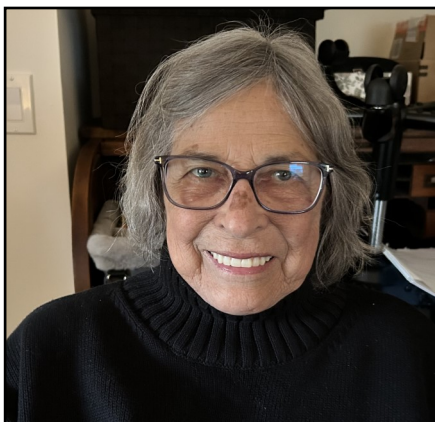


PAUL AND SUSAN KARPOWICZ: Paul was born in Brighton and grew up in Belmont, while Susan was born and raised in Hicksville, New York. Paul attended Northeastern University and Susan attended C.W. Post College, now a part of Long Island University. They met while working in the advertising department at the Middlesex News. Paul and Susan have traveled extensively, visiting countries including France, England, Germany, and Italy. They are enthusiastic Patriots fans and have visited 13 different NFL stadiums, including the Louisiana Superdome when the Patriots played the Chicago Bears in Superbowl XX.



CAROL PODOLSKY: Carol was born and grew up in Brockton. When she married her late husband **Paul**, a teacher and school principal, they moved to the coast of North Carolina. She has two children and four grandchildren.

Carol enjoys plants and watching TV. She is also an avid reader and has a collection of World War II books.



JANETTE SAUNDERS: Janette was born in Connecticut. She and her late husband raised her two children there as well. She worked as a cardiac ICU nurse, a job she very much enjoyed.

Janette enjoyed traveling to Ireland and Italy. She also enjoys sewing, macrame, stenciling, and photography and is looking forward to meeting new friends at New Horizons. You may see her around campus walking her small white fluffy rescue dog, **Biscuit**.