

NEWBRIDGE ON THE CHARLES



Dr. Miriam and Sheldon G. Adelson Campus

August 5, 2022

Hello NewBridge Community,

It looks like we are in for another stretch of hot weather this weekend. I guess that is what we should expect during the summer, but just a reminder to stay hydrated and keep cool.

I have already received some questions about flu vaccines come the fall. We will again be coordinating a clinic with Dedham Pharmacy. More info will follow as we get closer and similar to last year the pharmacy will offer flu vaccines and any available COVID-19 vaccines at that time.

You received a flier this week inviting you to breakfast in Assisted Living. All next week we are giving you the opportunity to have breakfast in the social environment of the Meadow View restaurant. We hope to learn a lot during this trial week— we look forward to your feedback. If you haven't already signed up call the hotline at x49218 and reserve a spot. The ala carte breakfast fee in AL is \$12. Please sign-up quickly as space is limited. For your convenience I have attached the menu – enjoy your meal!

Currently, here in IL, we have zero positive residents! We have consistently had a very small number of cases so this is wonderful news. Thank you all for doing your part to keep our community safe.

As a reminder: for all your engineering, housekeeping, and IT needs please call One Stop Shop at 4-9500. Lately, I have received a lot of direct requests, and though I am happy to help, I think I slow the process down!

On Sunday, September 18, from 9:00 – 10:30 a.m., Hebrew Senior Life will again sponsor Needham's *Jog Your Memory* 5K run and 1.5 mile Family Walk. This grassroots community event, right in our backyard, benefits Alzheimer's caregivers

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and attracts hundreds of local families affected by memory loss. As such, it's a wonderful opportunity for residents and staff to take part in something special and represent NewBridge in the local community. In the past, many IL members participated in both the Walk and the Run – our own Dr. Blanche Alter won her age group in 2021! There is no cost to participate, and NewBridge team T-shirts will be available for all. To sign up, please get in touch with Emily Sigal at 4-9035 by September 12 and she'll take care of the registration for you. For more information, visit the event website at <http://www.jogyourmemory5k.org/>.

The boys had a great time at the beach this past weekend. Although, I think the highlight was the carnival that just so happened to be there. I think their favorite ride was the ferris wheel as they giggled at their mom who is not such a big fan of heights.

Stay Cool.

Matt