

# NEWBRIDGE ON THE CHARLES



Dr. Miriam and Sheldon G. Adelson Campus

February 21, 2020

Hello everyone,

Last week's environmental question was: *In terms of energy consumption, should lights be left on or turned off if you are leaving and then returning to a room within 15 minutes?* The answer is turning off your lights will save energy in every case. The myth of keeping the lights on because of "a surge of power" is simply not true. So, onto this week's question: *Do computers last longer when regularly left on?*

On Thursday, February 28, NewBridge will be celebrating the Sunshine State with a *Florida in February* party. You are invited to join the community life team for food, drink, and other forms of merriment. The festivities begin at 2 p.m. in the Copper Beech Room. Warm weather attire is encouraged.

For those of you who attended the February community meeting, Scott Ariel, the Executive Director of NewBridge's long-term chronic care hospital, spoke about the award-winning care available here. As promised, he will be hosting a follow-up conversation in the Beal Interfaith Chapel on March 5 at 1 p.m. The Medical Director for the hospital, Dr. Trimble Augur, will also be there to answer any specific questions you may have. There will be a tour of long-term chronic care afterward. Refreshments will be served.

I've been asked to remind everyone that the Massachusetts primary is coming up on Tuesday, March 3. If you are unfamiliar with voting in Dedham, our polling location is the town hall located a block away from the town center. We will be providing buses for those who wish to vote leaving NewBridge every two hours starting at 9 a.m. The last bus will leave NewBridge at 3 p.m.

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The Marcus Institute is collaborating with the Harvard School of Engineering and the Wyss Institute on a study involving an “exosuit,” a soft, wearable piece of technology designed to assist your legs when walking. They are looking for volunteers. The goal of the pilot project is to test the suit’s ability to improve gait and mobility in older adults. For more information, please refer to the enclosed flyer.

I wish to thank many of you who have made such wonderful suggestions for our upcoming trip to Israel. It seems that everyone has a favorite falafel stand—the quote of the week: “That one may be the best, but the one I’m recommending is going to be better.” Regardless, I don’t think I’ll have any trouble enjoying the food there.

Have a wonderful weekend,

Steve Colwell  
Executive Director  
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