



April Newsletter from Springhouse

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April 2013

Special Springhouse Concert

Springhouse resident Fenwick Smith will perform a concert here for the first time this April. Fenwick is an accomplished flutist and has performed for 28 years with the Boston Symphony Orchestra.

The next Care to Care Support Group will be held on Wednesday, April 10, 2013 at 6:30 pm. The topic is:
"Care Giving, Challenges and Successes."

CEU Breakfast Series

Please join us on
Wednesday, April 3, 2013

"Eligibility Options for
Community Mass Health"

Presented by
Patricia D'Agostino,
Attorney at Law,
Margolis and Bloom

Breakfast 8:00 a.m.
Presentation
8:30 a.m. - 9:30 a.m.

CEU available for social work
only.

Fenwick Smith joined the Boston Symphony Orchestra as second flutist in 1978, and played his final concert as a member of the Orchestra on August 27, 2006. During that time he spent five years as acting assistant principal flute of the BSO, and first flute of the Boston Pops Orchestra. Fenwick graduated from the Eastman School of Music in 1972, where he was among the last students of the great American flutist Joseph Mariano. He was also strongly influenced by colleague Doriot Anthony Dwyer, and friend James Galway, whom he came to know while living in West Berlin. Fenwick is also a faculty member of the New England Conservatory where he is a studio teacher and chamber music coach.

This concert will be held on Sunday, April 28, 2013 at 2:00pm. Fenwick Smith will perform with his accompanist Sally Pinkas. This performance is free and open to the public. Please call [\(617\) 522-0043](tel:6175220043) for additional information.



Contact Us

Allen House Wish List

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If you are receiving this newsletter and know someone who would enjoy reading about Springhouse news, simply forward this newsletter to their email address and ask them to click on the "Join Our List" button directly above this box.

Allen House, the memory care neighborhood at Springhouse is looking for some special items to make the neighborhood more complete. If you have any gently used items, or want to purchase a new item especially for Allen House, please contact Rebekah Levit at rlevit@springhouseboston.org. The Allen House wish list includes:

- Popcorn Maker
- Books: Novels, Coffee Table books, and Cookbooks
- Knex or other Building Sets

We appreciate your generosity!



Could Sleep Aids be leading to Hip Fractures?

A recent article by Harvard Medical School linked hip fractures in seniors to sleep medications. The study involved more than 15,000 people who were on average 81 years old and were documented by Medicare to have had a hip fracture between July 2007 and December 2008. Nearly 11 percent of the residents with hip fractures took medications including Lunesta and Ambien.

The people who took the prescription sleep medications were 66 percent more likely to sustain a hip fracture than those who did not. Nonbenzodiazepenes have been known to alter memory, attention, and balance, which may be why there is a greater risk of physical injury when taking the medication, the researchers wrote. Based on the findings, medical professionals should try to treat sleep problems using nondrug strategies first, such as increased daytime activity and discouraging daytime napping, according to the researchers. This study found an association between sleep medications and the risk of fractures, but could not prove that the drugs cause fractures.

Lesley Intern Makes a Difference

For several years Springhouse has enjoyed being an internship site for Master's level students in Lesley University's Expressive Therapies and Mental Health Counseling Program. This year we've welcomed Erica Curcio who is in her first internship and second year of the Expressive Therapies program at Lesley where she studies in Art Therapy. Two days a week Erica brings specialized expressive therapy groups to the residents of Springhouse and also meets with residents on an individual

basis.

Though fine art is her main focus, Erica has experience working in a bakery as a cake decorator and brings a special form of "Bake Therapy" to Springhouse. Each



Sunday morning in our Assisted Living at Ledgemont Erica's "Cupcakes, Cakes and Pies" group meets to roll out dough, mix up batter, and decorate confections using the same techniques Erica learned in a professional bakery. A recent favorite creation of residents and staff alike were mini pies with chocolate and strawberry filling! Erica also co-leads our "Express Yourself!" group with another Lesley University intern in Assisted Living at Ledgemont. This group uses a variety of expressive therapy techniques including art, music, writing and storytelling to encourage the residents to express their feelings and promote a strong sense of community.