



## February Newsletter from Springhouse

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**The next Care to Care Support Group will be held on Wednesday, February 13, 2013 at 6:30 pm. The topic is: "Beating the Winter-Time Blues."**

**Our CEU Breakfast Series will take a break until April. Have a great winter!**

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**February 2013**

### **Learn How to Downsize Your Home, but Not Your Wallet!**

Springhouse Senior Living and Movers & Stagers invite you to a special presentation on February 13th or March 6th. Learn how to move from a large house to a smaller apartment from the experts. You will find out how to time the listing of your home to maximize sell-ability, stage your home to attain highest price and use a moving coordinator to pack, move, unpack and set you up in your new home! Please call [\(617\) 522-0043](tel:(617)522-0043) to reserve your space for either date. This event begins at 12:30 on both dates and lunch will be provided.

### **Snowflakes for Sandy Hook School**

Springhouse residents wanted to help make a difference for the students at Sandy Hook Elementary School and we found the perfect way to show our support. The Sandy Hook Parent-Teacher Association and Connecticut Parent Teacher Student Association decided to create a "winter wonderland" for Sandy Hook Elementary students as they returned to school in a new building. Springhouse staff and residents created over 50 hand-cut and painted snowflakes to send to Sandy Hook. It was a



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pleasure to be able to take a step towards the healing process by creating these one-of-a-kind snowflakes to help bring joy into the new elementary school.

Snowflakes were made by residents of all three communities at

Springhouse, as well as by staff and volunteers. We hope we made a difference to the students at Sandy Hook!



## 15 Superfoods for People Over 50

According to an article on [AARP.org](http://AARP.org), there are 15 foods you should be sure to incorporate into your diet to stay healthy. Here are the top five.

1. Apples contain soluble fiber, which may help lower cholesterol and slow the uptake of glucose. They're also a super source of potassium, antioxidants and vitamin C.



2. Asparagus is high in lycopene, which has been found to protect the prostate and help reduce the risk of prostate cancer. Asparagus also contains vitamin A, important for the immune system and eye health.

3. Blueberries are high in soluble fiber, vitamins C and K and antioxidants and the mineral manganese.

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.

4. Broccoli is high in fiber, antioxidants and vitamins such as A, C, B9 (folate) and K. That means your eyes, red blood cells, immune system, bones and tissues all benefit from this vegetable.

5. Butternut squash brims with beta-carotene, which is important for eye health. The heart also benefits from the vitamin C in this winter squash and its high fiber content, which helps lower cholesterol and maintain good blood sugar levels.

The list also includes dark chocolate, coffee, fava beans, Greek yogurt, green kale, oatmeal, olive oil, pears, quinoa and salmon. Check out more details at [aarp.org](http://aarp.org) and take advantage of the health benefits these foods contain and eat up!

### **Apollo Men's Club Performance**

The Apollo Men's Club will hold a performance at Springhouse on Tuesday, March 5, 2013 at 7:30 p.m. Founded in 1871, the Apollo Club is the second oldest continuously active men's singing group in the country. They have a membership of approximately 30 Boston-area business and professional men. The Club's purpose is simple: to share with our audiences the pleasure of men's voices singing songs, old and new -- folk songs, love songs, show tunes, sea chanteys and selections from the rich classical and semi-classical music repertoire. This performance is free and open to the public. Please call [\(617\) 522-0043](tel:(617)522-0043) to reserve your spot!