



Springhouse July Newsletter

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July 2013

The next Care to Care Support Group will be held on Wednesday, July 10, 2013 at 6:30 pm.
The topic is:
"Managing Caregiver Stress"

"What is Alzheimer's Disease?"



What is Alzheimer's disease?

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Staff members of Springhouse Senior Living were introduced to this video and wanted to pass it on. It is a realistic and easy to understand explanation of Alzheimer's disease and memory loss. Please take a moment to watch. Here is the link:

<http://www.youtube.com/watch?v=9Wv9jrk-gXc>

Resident Bocce Players Introduce Game Night

The Independent Living residents at Springhouse have taken on a new after-dinner activity, the game of Bocce. Inspired by the warm weather, our residents wanted to find something fun to do outdoors after-dinner when the hot weather has cooled down for the day. Residents gained support from the activities committee and purchased a bocce set. This started out as a trial run to see

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how many people were interested, and has now grown to incorporate players and spectators, and takes place three nights a week! Springhouse is happy to have the perfect grassy area for this game to be played, and we wish all of our players good luck!



Updates from our Activities Department

The past few months have been quite busy for the activity department!

Whitney Tropeano, our new Assisted Living Programming Coordinator has brought new life and energy to the AL programs. With a background in personal training, Whitney's exercise classes have been a hit with both AL and IL residents attending. She's also been experimenting with many exciting new activities such as "Dance with Me," "Smoothies & Stories," scavenger hunts and times for residents to play piano music for one another.

The Independent Living residents have been busy welcoming many new neighbors. We recently learned that the husband of one of our newer residents has worked on Governor Michael Dukakis' campaign. Gov. Dukakis was tickled to learn this news and has accepted an invitation to join our IL residents for dinner and a "bull session" on July 9th.

Over the past several months, Allen House Activity Coordinator Melody Boyd has been focused on finding ways to promote lifelong learning. Each week she picks a theme, such as a place, a person, a sport, or a genre of art or music and finds ways to tie her many different activities in to the weekly theme to promote learning through a variety of senses and means.