



## Springhouse May Newsletter

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**The next Care to Care Support Group will be held on Wednesday, May 8, 2013 at 6:30 pm. The topic is:**  
**"Nonverbal Communication Strategies and Use of Touch."**

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**May 2013**

### Presenting Your Options for Cataract Surgery

Please join Springhouse Senior Living for an informational presentation, "Cataract Surgery Options" on **Thursday, May 30, 2013 at 6:30 pm**. Dr. Hu of the New England Eye Center will tell us everything about cataracts and the newest options for cataract surgery. Dr. Hu is a board certified, fellowship trained cornea, cataract and refractive surgeon. Dr. Hu performs procedures such as full and partial thickness corneal transplantation, cataract surgery, complex intraocular lens surgery, presbyopic lens implantation and surgical and laser correction for near and far sightedness and astigmatism. Dr. Hu currently serves as Assistant Professor of Ophthalmology at Tufts University School of Medicine where he teaches both residents and fellows in the latest techniques in cataract, corneal, and refractive surgery.

This presentation is free and open to the public. Please call to register at [617-522-0043](tel:617-522-0043). Seating is limited.

Congratulations to our Rebekah Levit!

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**Share The Newsletter With**

Springhouse is pleased to announce that Rebekah Levit, Director of Allen House, has been selected to attend to the 2013 Memory Bridge Training Retreat. This five day retreat will be held in Bloomington, Indiana during the last week of June. The design of the retreat is based on Memory Bridge's Life Is a Bridge Dementia Immersion Training, an experience-centered learning model that positions people with dementia in the roles of teacher, guide, and companion. Springhouse is very excited to have Rebekah take part in this special training and see what new knowledge she brings back!

**Big Welcome to Whitney Tropeano: New Activities Leader**

Springhouse welcomes Whitney Tropeano as our new Assisted Living Program Coordinator. Whitney began working with us the end of March and has added new energy to the Springhouse team. Prior to joining us, Whitney worked as a personal trainer. She worked with women of all ages, the oldest being 89-this makes her a great asset to have on our team and running our exercise classes! Whitney didn't think of herself as a singer, but now she has found great enjoyment in the singing groups and how they bring all of the residents together. Aside from exercise and singing, Whitney enjoys leading the weekly happy hours on Friday afternoons. "The happy hour shows what a great community we have. Residents come together and listen to others tell their life stories. It's such a warm and friendly time."



### Someone You Know

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.

Next time you stop by Springhouse, please welcome Whitney and feel free to take part in one of her groups!

### Insomnia Causing Medications

Older adults are more likely to experience insomnia, a disorder that makes it hard to fall asleep or stay asleep. This annoying sleep habit may be caused by the medications you take. Sleep deprivation can lead to irritability, depression as well as [memory and attention problems](#). It also has been linked to diabetes, obesity and [heart disease](#) in addition to increased risk of automobile-related accidents and falls.

*According to [AARP.org](#) here are the top ten medications that can lead to sleep deprivation:*

1. Alpha-blockers: Treat [high blood pressure](#)
2. Beta-blockers: treat high blood pressure and abnormal heart rhythms.
3. Corticosteroids: treat inflammation of the blood vessels and muscles as well as rheumatoid arthritis, lupus and gout.
4. SSRI antidepressants: treat symptoms of depression.
5. ACE inhibitors: treat high blood pressure, congestive heart failure and other conditions.
6. Angiotensin II-receptor blockers (ARBs): treat coronary artery disease or heart failure
7. Cholinesterase inhibitors: treat memory loss and mental changes
8. Second-generation (nonsedating) H1 antagonists: inhibit the body's production of histamine - the chemical that's released when you have an allergic reaction.
9. Statins: used to treat high cholesterol.
10. Glucosamine and chondroitin: dietary supplements that are used to relieve joint pain, improve joint function and lessen inflammation.