

Springhouse

Senior Living Community

Springhouse November Newsletter

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Care to Care Support Group

Will meet on Wednesday,
November 11, 2015
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043

November 2015

Not Your Average Yiddish Club!

Hat's off to our resident Dr. Sarah Roth Lieberman for heading up "The Yiddish Club" here at Springhouse. Sarah Lieberman: resident, friend and educator has been doing an excellent job helping to lead this group. Sarah has a PhD from Boston University in Theological Studies, was married to the late Rabbi Alvin Lieberman and taught courses at local colleges including Brandeis University. You ask what is this club all about? In Sarah's own words the goal of the club is "to make a community out of this group, whether Jewish or not." To educate, enlighten, promote thoughtful discussions and encourage residents to participate and share in the different thoughts and ideas. The name was derived from the old Yiddish club at Springhouse, in which they did speak Yiddish but over time became a "cultural club" rather than a "Yiddish club" with no new name. Suggestions are welcome!

The club meets every Tuesday at 11 a.m. for one hour. Anyone can come. The agenda for each meeting is different. They have guest speakers (Rabbi's, Doctors, adult children of residents speaking of recent trips to Israel, even museum curator's etc.). The group reviews books, newspapers and magazine articles, all with a Judaic theme. More importantly Sarah has engaged several of our residents to participate, help plan or lead their own discussion for the group. Other residents have helped Sarah with the group: Cantor Joe Golner, Ellie Kaplan, Shirley Cohen, Frank Blatt, Judy Chernoff and Irving Hurwitz have all been involved making presentations and/or helping to plan the weekly meetings. We would like to invite and encourage other residents to join in.

More recently Sarah helped plan and run the Jewish Holiday services here at Springhouse. Sarah thoughtfully put a service and program together for Rosh Hashanah and Yom Kippur. Putting her technical knowledge to use she was able to download an APP for her IPAD to play the different sounds of the Shofar (a rams horn used during High Holiday services). Programs were printed for the services that can now be used year after year.

Thank you to Sarah and our Springhouse residents for sharing their time and knowledge to make this club fun, engaging and educational at the same time. Come check it out Tuesdays at 11:00 am!

The Yiddish Club

A Cranberry Bogging we go!

The residents went Cranberry Bogging! They took a trip to Flax Pond Farms. Here in the photo is Jack Angley, the owner of Flax Pond Farms since 1967. The farm is family owned and run, and they are part of the farmer owned Ocean Spray Company. The bog is machine harvested to provide whole berries rather than the flooded harvest which supplies berries for canned sauce and juice. The plants on this farm are over 100 years old.



Red Flags to look for during holiday visits with parents

When families live far away from one another, the holidays may be the only opportunity that long-distance caregivers and family members have to personally observe older relatives. Age-related decline can happen quickly. Family members who haven't seen their aging loved one since last year may be shocked at what they see: a formerly healthy father looking frail, or a mom whose home was once well-kept now in disarray. The upcoming holiday visit may be revealing. Absence - even for a short period - often allows us to observe a situation through new eyes...and the following changes may indicate the need to take action to ensure your aging relatives' safety and good health:

Weight Loss: One of the most obvious signs of ill health, either physical or mental, is weight loss. The cause could be as serious as cancer, dementia, depression or heart failure.

Balance: Pay close attention to the way your parent moves. If unsteady on their feet, they may be at risk for falling.

Emotional Well-Being: You can't always gauge someone's spirits over the telephone. Take note for signs of depression, including withdrawal from activities with others, sleep patterns, lost of interest in hobbies, lack of basic home maintenance or personal hygiene. The latter can be an indicator not only of depression, but also of dementia or other physical ailments including dehydration.

Home Environment: Attention must also be paid to surroundings. For instance, your parent may have always been a stickler for neatness or for paying bills promptly. If you discover mail that has piled up, also, keep an eye out for scorched cookware, could be a sign that your parent forgets if the stove is on. An overflowing hamper could mean he or she doesn't have the strength and/or desire to do laundry. And always check medications to make sure they are taking the medicine and check expiration dates and prescriptions.

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