

From: Springhouse Senior Living <kpollack@springhouseboston.org>
Subject: Springhouse December Newsletter
Date: December 2, 2013 8:29:08 AM EST
To: john@fixyourwebsitenow.com
Reply-To: kpollack@springhouseboston.org



Springhouse December Newsletter

In This Issue

[The Hazards of Batteries](#)
[New Activities Coordinator](#)
[New Year's Resolutions](#)
[Big Wishes Gift Drive](#)

The next Care to Care Support Group will take place on:

Wednesday,
December 11, 2013
at 6:30 pm at Springhouse

The topic will be
"Guilt and Worry:
Strategies to manage
as a caregiver"

Please RSVP to
Meredith Griffiths at
(617) 522-0043

Contact Us

Phone
(617) 522-0043

Fax
(617) 522-0893

Web

December 2013

The Hazards of Batteries

As the holiday season approaches, we may give or receive gifts that require batteries; toys, watches and gadgets of all kinds. Today, many greeting cards now contain small batteries. We are also in the industry of working with seniors, many of which have hearing aids that also have small batteries. The question is what happens to all of these batteries once they need to be replaced? Unfortunately batteries can mean bad news for our planet, our pets and our children. More than 65,000 hospital visits involved kids who had ingested batteries in recent years. In the overwhelming majority, button batteries were the culprits. If a lithium battery is swallowed and stays lodged in the esophagus for more than two hours, the battery can erode through the soft tissue of the esophagus and cause a hole. This can be fatal. If the person lives, these injuries can cause permanent paralysis of the vocal cords that may forever rob them of their speech. These batteries can also be harmful if lodged in other places. They can burn through the cartilage in the nose or into the inner ear, causing hearing loss or difficulty breathing.



It is equally important to keep batteries in a safe place, high off the ground so your pets do not ingest them. So as we change the batteries in hearing aids and enjoy the gifts of the holiday season, be conscious of where each battery is going to protect yourself, the children around you and your pets.

www.springhouseboston.org

Employee Directory

Kathy Foley

Executive Director
kfoley@springhouseboston.org

Carol Robinson, RN

Wellness Director
crobinson@springhouseboston.org

Rebekah Levit, LCSW

Memory Care Director
rlevit@springhouseboston.org

Susan Kates

Director of Social Service
skates@springhouseboston.org

Karen Pollack

Director of Community Relations
kpollack@springhouseboston.org

Meredith Griffiths

Therapeutic Program Director
mgriffiths@springhouseboston.org

Kristen Woulfe

Community Relations
kwoulfe@springhouseboston.org

Karl Schuster

Food Services Director
kschuster@springhouseboston.org

Ellis Garvin

Dining Room Manager
egarvin@springhouseboston.org

Thomas Crowe

Director of Maintenance
tcrowe@springhouseboston.org

Anna Maziarz

Business Manager
amaziarz@springhouseboston.org

Jessica Rollins

Administrative Assistant
jrollins@springhouseboston.org

Join our list

Join Our Mailing List!

Springhouse is on Facebook!

Like us on Facebook 

Welcome to our New Activities Coordinator

Please join Springhouse in welcoming the newest member of our team, Katrina "Kat" Rubio, Activities Coordinator for Ledgemont Assisted Living. Kat received her Master's degree from Lesley University's Expressive Therapies and Mental Health Counseling program in 2012. She specializes in Dance/Movement Therapy and is a registered dance movement therapist.



This means that Springhouse now has all three expressive therapy modalities in house; adding Kat's Dance Movement Therapy modality alongside Meredith Griffiths, an ATR (registered art therapist), and Melody Boyd a MT-BC (board certified music therapist). Springhouse is very excited to offer all three specialties within our community and look forward to the skills Kat will bring to the residents at Springhouse. Kat is also a certified personal trainer as well as a Zumba Gold instructor, and she holds a certification in laughing yoga. We expect her to keep us moving! Though Kat is new to working with elders, she has many years of experience working with children and families and most recently at an early intervention program. Please say hello to Kat next time you visit Springhouse!

New Year's Resolutions for Caregivers

As 2013 is nearing an end, it is time for us to think of New Year's Resolutions (if you believe in them!) Many of us take on the role of caregiver for family members or friends who are aging or sick. As a care giver, it is important to take time for yourself and schedule in respite so you do not burn out. Working with aging seniors or people with dementia can be incredibly stressful and demanding. Springhouse wants to remind all of our caregivers that we offer a monthly support group for family members and friends. This group is facilitated by Meredith Griffiths, Therapeutic Programs Director and Susan Kates, LICSW, Director of Social Services at Springhouse. It is a warm and welcoming group, and we always offer new topics and let our attendees provide support for one another. For more information on this group, please call Meredith at (617) 522-0043.

**Share The Newsletter With
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.



Big Wishes Gift Drive

Once again, Springhouse Senior Living will be collecting new toys and clothing to donate to the Big Wishes Gift Drive which supports the Home for Little Wanderers. There are two collection boxes, one in the Woodside Lobby and one in the Ledgemont Lobby ready to be filled up with donations! Springhouse will be collecting donations until Wednesday, December 18th. The items that are most in demand for this drive are: gift cards, clothing (especially larger sizes), electronics, sporting goods and toy/ hobby items. Every donation is appreciated! Please stop by either concierge desk for more information or to make your donation.

[Forward email](#)



Try it FREE today.

This email was sent to john@fixyourwebsitenow.com by kpollack@springhouseboston.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Springhouse Senior Living | 44 Allandale Street | Boston | MA | 02130