

Springhouse

Senior Living Community

Springhouse May Newsletter

May 2015

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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.

Care to Care Support Group

Will meet on Wednesday,
May 13, 2015
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043

May CEU

Springhouse Senior Living and Hebrew SeniorLife Spring CEU series beings on May 6, 2015.

"Congestive Heart Failure: General Review"

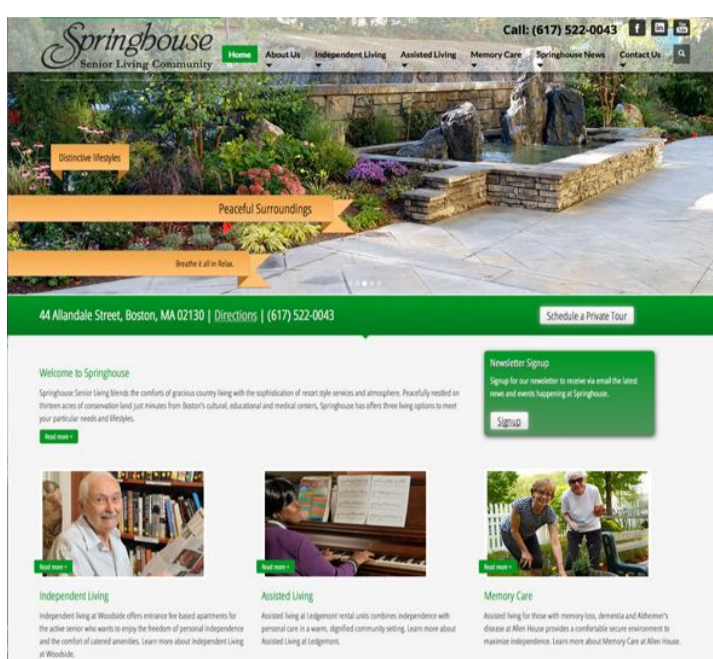
Breakfast at 8:00 am
Presentation 8:30am to 9:30am

1 CEU for Nurses or Social Workers

Please RSVP to
kpollack@springhouseboston.org
Seating is limited

Springhouse launches new website

Springhouse Senior Living has launched a new website! In an effort to keep up with the times and technology, we have added the ability to view this new website on your mobile device/smartphone. Check it out on www.springhouseboston.org.



Primary Care at Springhouse

Did you know that some residents at Springhouse Senior Living get their medical care right in the comfort of their own apartments?

Springhouse is proud to highlight the healthcare professionals that visit our community and provide such outstanding care to our residents. **Beth Israel Deaconess Community Healthcare of Jamaica Plain** has been caring for Springhouse residents right here since the year 2000. Many residents and families have found their services to be convenient for home visits, as well as, superior in the care they provide. Springhouse offers residents the option to choose BIDMC Jamaica Plain as their Primary Care practice or they may continue with their own physician.

Dr. Evgenia Forman, an Internist with the practice who specializes in Geriatrics, has worked with the Jamaica Plain Community Physicians group for over 7 years. She is relatively new to Springhouse and has been seeing our residents for close to 4 months. Dr. Forman makes regular visits to Springhouse.

Eileen Currier, Nurse Practitioner, has been caring for Springhouse residents for close to 3 years. She has worked for BIDHC for 4 years. We are fortunate to have her services here at Springhouse twice a week.

Nikita Hanley, NP also provides weekly visits to care for any resident who is part of the Senior Care Options program here at Springhouse. Nikita has worked for BIDHC for over 6 years.

The residents of Springhouse who utilize this practice are lucky to have such experienced and caring healthcare professionals at their doorsteps. For more information, please contact BIDMC Healthcare of Jamaica Plain directly at 617-754-0980.



Eileen Currier, NP pictured with Martha and Gerry d'Ablemont

The advantages to Pet Therapy and Seniors

Everyone loves a kitten or a puppy! They make people smile. They are not only fun...they actually have shown to have some great benefits on the elderly. Research has shown how beneficial pet therapy can be to the elderly. Regular visits with pets can have positive physical, emotional and mental benefits. Physical benefits include lowering blood pressure, lowering heart rate and reducing overall stress. Emotional benefits are reduced anxiety and depression as well as decreased loneliness through increasing social interaction with the pets.



At Springhouse Senior Living, we are fortunate to have lots of pet therapy! We enjoy monthly visits from Barn Babies (a traveling petting zoo complete with puppies, kittens, ducklings, a piglet, a goat, and chickens). We also have Caring Canines who visit monthly and visits with Jo Heffron who volunteers with her 5 papillons.

We even have "on-call" dogs (Tucker the Yellow Lab and Max the Shih-Tzu) who can provide immediate "Fur Therapy" to residents with a simple phone call.

Consistent interaction with a pet has been shown to increase the release of serotonin and dopamine in the brain which can help calm and soothe a person's body. This can be helpful for patients with Alzheimer's dementia as regular pet visits may help to decrease unwanted behaviors and calm agitation.