

Springhouse

Senior Living Community

Springhouse July Newsletter

July 2015

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Care to Care Support Group

Will meet on Wednesday,
July 8, 2015
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043

SAVE THE DATE!

On September 26, 2015, at noon, Springhouse Senior Living invites you to meet, **Greg O'Brien**, award-winning investigative reporter and author for a book signing and discussion. More details next month or you may email kpollack@springhouseboston.org

Gen Silent Screening

On June 15, 2015, Springhouse Senior Living presented the award winning documentary film, **Gen Silent**. Two residents from Springhouse are featured in the documentary, Claire Barden and Lois Johnson. In honor of Gay Pride Week, Springhouse shared the film with distinguished guests, residents, family members and friends. Springhouse was honored to have Massachusetts House of Representative, Liz Malia (11th Suffolk District), and Jullianne Doherty, a representative from Mayor Walsh's office, in attendance for the film screening. In addition, Bob Linscott, Assistant Director of the LGBT Aging Project, did a terrific job moderating the questions from the audience. The event was a huge success. The room was packed full of friends and supporters of these two incredible women.



Eat your Berries!

Older adults who eat plenty of strawberries and blueberries are less likely to experience cognitive decline, compared to those who rarely or never eat berries, researchers from Brigham and Women's Hospital and Harvard Medical School reported in *Annals of Neurology*. According to their findings, the authors explained that adding flavonoids-rich berries to elderly people's diet could delay their cognitive decline by up to two-and-a-half years.

Flavonoids, compounds which exist in plants, are extremely powerful antioxidants and anti-inflammatory substances. Scientists say inflammation and stress play a major role in cognitive decline, and that consuming plenty of flavonoids helps reduce their effects.

Embrace the season and eat your berries. Enjoy!
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Planting Party!

The residents, staff and families recently held a Planting Party. The Allen House garden was in much need of new flowers and plants after *this* winter. Special thanks to Carol Beard who helped. Also thanks to Kay Maloney and her daughter Karen who ran to purchase and donate a new hose! (Our hose did not survive last winter.) Thanks to all for their help. It looks great and so colorful.



Piano Concert: July 22 at 3:30 pm

Springhouse Senior Living invites you to a special classical piano concert featuring Adam Bergeron!

After nearly a decade of playing bass guitar, drums and keyboards in rock bands, Adam returned to his roots as a classical pianist.

Sharing his unique interpretations of traditional music along with breathtakingly beautiful original compositions, Adam travels throughout the Northeastern US performing for both public and private audiences.

In addition to Adam's extensive schedule as a classical pianist, recording artist, and freelance composer, he can also be found working as a church choir director, arranger, studio musician/producer, lecturer and consultant.