

Springhouse

Senior Living Community

Springhouse January Newsletter

January 2016

In This Issue

[Holiday Celebration](#)

[Piano concert](#)

[Winter Skin Care](#)

Contact Us

Phone
(617) 522-0043

Fax
(617) 522-0893

Web
www.springhouseboston.org

Employee Directory

Kathy Foley
Executive Director
kfoley@springhouseboston.org

Rose O'Mahony, RN
Director of Resident Care
romahony@springhouseboston.org

Donna Watson
Memory Care Director
dwatson@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

Thomas Crowe
Director of Maintenance
tcrowe@springhouseboston.org

Anna Maziarz
Business Manager
amaziarz@springhouseboston.org

Jessica Rollins
Administrative Assistant
jrollins@springhouseboston.org

Barbara Rougier, RD, LDN
Director of Food Services
brougier@springhouseboston.org

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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,
January 13, 2016
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043



Library Honors

The Springhouse library is beginning a program that encourages families to make a monetary donation (min \$20) to honor or memorialize a loved one. This will help bring new books to our library. Each book purchased with your donation will include a label inside the book noting the donation details.

A Celebration in Style

Springhouse Senior Living had dessert party for residents, families and friends on December 11th. We were entertained by Ed McCarron, who delighted us with songs of the season. The Springhouse Chef, Marcillus Duncan outdid himself with his baking skills! All we were missing was Santa himself. Happy Healthy New Year!



Piano Concert - January 27 at 2pm

Pianist/composer Adam Bergeron plays classical piano, but his passion is creating new sounds through his original music.

After playing in rock bands for over a decade, he decided to blend the various influences he experienced while playing jazz, folk, hip-hop, reggae, rock & metal as a multi-instrumentalist.

Adam's solo performances feature his unique style of musical fusion, which may just change the way you appreciate music!

Come join us on January 27, 2016 at 2:00 p.m. for this beautiful concert.



Winter Skin Care Tips

For many people, the cold clear days of winter bring more than just a rosy glow to the cheeks. They also bring uncomfortable dryness to skin of the face, hands and feet. For some people, the problem is worse than just a general tight, dry feeling: They get skin so dry it results in flaking and cracking.

- 1. Seek a specialist:** Going to an esthetician or dermatologist even once is a good investment. They can analyze your skin type and advice you on the best skin care treatment.
- 2. Moisturize more.** Your spring/summer moisturizer is good for warm weather. But as weather conditions change, so, too, should your skin care routine. Find an "ointment" moisturizer that's oil-based, rather than water-based, as the oil will create a protective layer on the skin that retains more moisture than a cream or lotion. (Hint: Many lotions labeled as "night creams" are oil-based.)
- 3. Sunscreen.** Winter sun, combined with snow glare, can still damage your skin.
- 4. Give your hands a hand.** The skin on your hands is thinner than on most parts of the body and has fewer oil glands. Dry hands can lead to itchiness and cracking. Wear gloves when you go outside to protect them.
- 5. Avoid wet socks and gloves.** Wet socks and gloves can irritate your skin and cause cracking, itching and sores.
- 6. Hook up the humidifier.** The heat in our homes dry out the air. Humidifiers get more moisture in the air, which helps prevent your skin from drying out.
- 7. Hydrate for your health.** Drinking water helps your skin stay young looking. Water is good for your overall health.
- 8. Grease up your feet.** Find lotions that contain petroleum jelly or glycerine and use exfoliants to get the dead skin off periodically; that helps any moisturizers you use to sink in faster and deeper.
- 9. Pace the peels.** If your facial skin is uncomfortably dry, avoid using harsh peels, masks and alcohol-based toners or astringents. Find a cleansing milk or mild foaming cleanser, a toner with no alcohol, and masks that are "deeply hydrating."
- 10. Ban Superhot baths and showers.** Intense heat of a hot shower or bath actually breaks down the lipid barriers in the skin, which can lead to a loss of moisture.

<http://www.webmd.com/beauty/skin/ten-winter-skin-care-tips?page=1>

Winter Skin Care Tips To Fight Dry Skin



Happy New Year

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