

Springhouse July Newsletter

In This Issue

July 2016

[Mayor Walsh visits](#)

[iN2L](#)

[Garden Club](#)

[Attention All Bird Watchers](#)

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

Join our list

[Join Our Mailing List!](#)

Springhouse is on Facebook!

[Like us on Facebook](#)

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.

Care to Care Support Group

Will meet on Wednesday,
July 13, 2016
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043

Save the Date!

Classical Piano Program by Adam Bergeron



Springhouse is thrilled to welcome back pianist and composer, 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.

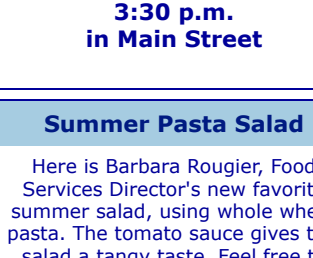
Sharing his unique interpretations of traditional music along with breathtakingly beautiful original compositions, Adam travels throughout the Northeastern US performing for both public and private audiences.

Transcending the boundaries of a typical classical pianist, Adam Bergeron's music takes you on a journey you'll not soon forget. We hope that you will join us!

**Wednesday;
July 20, 2016
3:30 p.m.
in Main Street**

Summer Pasta Salad

Here is Barbara Rougier, Food Services Director's new favorite summer salad, using whole wheat pasta. The tomato sauce gives this salad a tangy taste. Feel free to experiment with different summer veggies such as fresh zucchini or summer squash or add some feta cheese. Enjoy!!



Veggie Pasta Salad
(from www.allrecipes.com)

Makes 8 servings

- 1 (8 - 10 oz) package whole wheat pasta
- 1/4 cup diced sweet onion
- 1 green pepper, seeded and minced
- 1/2 fresh hot chili pepper, seeded and minced
- 2 tomatoes, seeded and chopped
- 1 cucumber, seeded and chopped
- 1/4 cup olive oil
- 1/4 cup tomato sauce
- 1/4 cup lime juice
- 3 tablespoons red wine vinegar
- 1 teaspoon garlic powder
- 1 teaspoon salt (optional)
- ground black pepper to taste

Directions:

1. Bring a large pot of lightly salted water to a boil; cook the pasta spirals at a boil until tender yet firm to the bite, about 8 minutes; drain. Rinse pasta with cold water until cool; drain.
2. Toss drained pasta, sweet onion, green bell pepper, chile pepper, tomatoes, and cucumber together in a large bowl.
3. Whisk olive oil, tomato sauce, lime juice, red wine vinegar, garlic powder, salt, and black pepper together in a separate bowl; drizzle over the pasta mixture and stir to coat.
4. Chill in refrigerator 2 hours; stir to serve.

A Visit From the Mayor!

Mayor Martin Walsh and his team graciously visited Springhouse as a part of his "Aging in Boston" initiative. His visit was in mid June and he was able to discuss a number of topics our Springhouse residents were interested in.

First on the scene was Emily Shea, Commission of Elder Affairs for the City of Boston. Emily addressed the residents explaining all the initiatives in the City prior to the arrival of the Mayor.

Mayor Walsh, a Boston native, told stories of growing up in the Boston area and related to a lot of the residents who are also Boston natives. He made it clear that our residents' concerns, questions and inquiries were heard and addressed. Although some of the topics touched upon during his time here were heavy in nature, he kept the meeting light and friendly.

When the meeting was over, Mayor Walsh received cheers and applause. He took time to shake hands and take photos with staff and residents. He also took time with our beloved Dr. Fuzzy Downs, our oldest resident at 104, who the Mayor was honored to meet.

We want to thank Mayor Walsh for taking the time out of his busy schedule to meet with us at Springhouse. We are looking forward to another visit from him in the near future!



PICCOLLAGE

Top photo: Mayor Walsh, Jamie Seagle, President of Rogerson Communities, Emily Shea, Commissioner of Elder Affairs, Kathy Foley, Springhouse's Executive Director, City Counselor Matt O'Malley. Bottom left, Mayor Walsh with Dr. Downs, Bottom right, Mayor Walsh Photo credit to City of Boston Photographer, Isabel Leon

iN2L Computer Program

As part of our renovations, the Allen House "sun room" has gotten a new look! A fresh coat of paint, contemporary window treatments, small game tables and some comfortable seating have all been included in these updates. We're most excited about a new 55" Samsung Smart T.V. This new TV gives us the opportunity to showcase our It's Never 2 Late® (iN2L) computer programs by projecting them onto the large screen. As described by the company, iN2L integrates the hardware, software, media and various components necessary to allow virtually any person with any interest in using a computer - regardless of background, physical or intellectual abilities - to do so pleasurably, engagingly and without frustration--perfect for seniors.

The system is built on a picture-based, touch-screen interface that allows users to simply "touch" their way to find engaging, educational, spiritual and personalized content that is appropriate to their own level of ability. From using e-mail and web cams to connect with family and friends, to enjoying mind-stimulating activities, to improving hand-eye coordination as part of a rehabilitation program, elders with a wide range of physical and cognitive abilities, most of whom have never used a computer, are now enjoying technology using systems adapted especially for them.

Here at Springhouse, we've been using the iN2L programs for nearly five years. Each month the content is updated to include different educational topics, staff training materials and even entertainment with a rotation of classic films and TV shows. Chicktionary, a mentally stimulating word game; MemoryBio, a series sophisticated images with thought provoking questions for reminiscing; and of course the Karaoke singing program, are some of our most-loved features provided by the iN2L system.

This combination of new technology will enhance our activities programs by allowing staff to make better use of the internet. We'll also be able to include streaming videos from Netflix in our programming to make the particular subject that we discuss come alive! Residents have said they will enjoy learning more about the world around us as we travel to parts unknown via National Geographic.

We invite you to stop by Allen House and try our the iN2L programs for yourself on your next visit!

It's Never 2 Late 
empowering lives through technology

Springhouse Garden Club

Springhouse is thrilled to welcome Schweitzer Fellow, Marbury Jacobs! Marbury is a graduate student at Tufts University's Friedman School of Nutrition Science and Policy & School of Medicine Public Health and Professional Degree Programs.



The mission of the Albert Schweitzer Fellowship is to develop "leaders in service": individuals who are dedicated and skilled in addressing the health needs of underserved communities, and whose example influences and inspires others. In this capacity, Marbury designed and inspires to encourage residents to participate in the planning, creation and nurturing of a community garden to promote both individual and community wellbeing. When Marbury reached out to us in May, we saw that her fellowship goals fit extremely well with our increased gardening efforts this year. We were very excited to offer to host this important project.

Marbury's "Garden Club" will take place on Tuesday and Friday mornings from now through the fall. The Garden Club program will utilize our raised bed garden as a therapeutic tool and vehicle for cultivating conversations with our residents. Marbury will also conduct interviews about individual experiences as well as cultural traditions around gardening and cooking. Each month a Harvest Celebration will be planned to make use of the vegetables yielded by the garden. In addition to working in the garden this summer and fall, Marbury's program focuses on sustainability and she will facilitate the plans for next year's garden with the help of the residents. Best of all, she has promised to compile a digital resource of residents' stories and favorite garden fresh recipes to be shared before her project comes to an end! We hope to feature some of them in upcoming newsletters!

Bird Watching at Springhouse!

Thanks to some creative thinking by Thomas Crowe, Springhouse's Maintenance Director, residents have been getting a front row seat to observe the inner workings of a sparrow's nest!

On his daily rounds, Thomas discovered a mama sparrow had built her nest in a safe spot just outside our Ledgemont entrance. In lieu of rent, Thomas jokes that he negotiated with the sparrow that she could stay at Springhouse, as long as he could put a camera in an unobtrusive nearby spot so that our residents could share in the excitement of waiting for her eggs to hatch and the baby birds to arrive.

For the past several weeks, we've been live streaming the action in the sparrow's nest on to the large screen TV in the Springhouse Bistro to the delight of residents, staff and visitors!

While House Sparrows may or may not be the most loved birds, they certainly have enhanced our Springhouse bird watching experience! Their nesting, feeding, and mating habits can be observed easily due to their long multiple breeding season. These birds are monogamous, usually for life. Through the spring and summer months the sparrows will raise up to four broods in their nest. The female begins laying eggs about a week after nest building begins. Typically 4 eggs are laid but some nests can have up to 7 eggs.

The eggs are white to dull brown and speckled with brown. For the most part, incubation of the eggs is done by the female. Incubation lasts for about 12 days and the young leave the nest in 15 to 17 days after hatching.

At the time of writing one brood has already flown the coop but there are currently six eggs in the nest waiting to hatch! We hope you'll get to see the baby birds on your next visit!

