

## Springhouse April Newsletter

April 2016

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### 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,  
April 13, 2016  
at 6:30 pm  
Springhouse Board Room

Please RSVP to  
Meredith Griffiths at  
617-522-0043

### Greetings



### Fun Day at the Polls

This year on the Election Primary Day, the residents of Springhouse headed to the Holy Name School to cast their ballots. Little did they know they would see Former President Bill Clinton himself there. They were overjoyed. They came back with fantastic stories of hand shaking, photo opportunities and even a kiss on the head for one special resident. We don't think any election day will ever be as exciting.



### Community Puzzle: Big hit at Springhouse

Springhouse Senior Living debuted a community puzzle last month. What is this you may ask? Well every week we set out a new puzzle in the Card Room, in their spare time residents and staff drop in to put a few pieces together. Then voila the puzzle is finished. It has created a great bonding experience for residents and staff as well.

In addition, research has found time and time again that older people greatly benefit from doing puzzles. It is proven that older people who regularly do puzzles, boost their memory and improve reasoning. They can even reduce the cognitive decline, especially the onset of dementia.

The human mind has two separate hemispheres: a right and left one. The right brain governs emotions and the left governs linear functions. It's only when you're able to use both hemispheres that you will be really benefiting your mind. That's exactly what puzzles do for you. So go ahead and enjoy your puzzles. If you are visiting Springhouse, stop into the card room and place a few pieces.



### Managing Grief of a Loved One

Many of us are responsible for the care of aging parents. We spend numerous hours each week attending medical appointments, coordinating caregivers and medical providers as well as wrestling with insurance and legal paperwork. Not to mention those of us who may find ourselves spending time with an aging parent who no longer knows who we are. Some of us expect to feel relieved when we no longer have these responsibilities and are blindsided by the depth of the empty hole left by the passing of a parent. For others, the shock comes from feeling like an orphan. Realizing the person who loved you from the day you were born is gone, and with it, the generational layer between you and your own death can be overwhelming. Grief can be very powerful.

**Here are four things to do when faced with this kind of loss:**

**1. Acknowledge that it is a big deal.**

Grief is grief, even if your parent is 100, even if you are 75. For most people, the death of their final parent hits them hardest. When your first parent dies, you are often focused on taking care of your living parent. When your final parent dies, there are fewer distractions and responsibilities. You have easier access to your own feelings. Give yourself the time that you need to grieve. Try not to minimize the loss.

**2. Recognize that you have lost more than your relationship with your parent.**

You have not only lost the role of child, but also that of caretaker. Remember when your kids left home and you were no longer responsible and involved in their day-to-day lives? Well, you may miss the caretakers that you spoke to regularly. You will no longer hear about their families. What about the other residents at your parent's assisted living? These people were a part of your life and losing them can be tough.

**3. Reach out to others in the same situation.**

There is nothing more powerful than the sense of being part of a community where we feel understood. Reach out to others who have recently lost a second parent. Tell them why you are reaching out and ask to meet for coffee.

**4. Use the tools you used when you became an empty nester.**

How did you handle your transition to the empty nest? What worked for you? Some people feel a greater need to get involved in something more meaningful. Some use the skills they developed caring for their parents to become patient care advocates, drive the elderly to medical appointments or volunteer at Assisted Livings.

### Springhouse Welcomes NEC Community Partnership

Please join Springhouse for two piano concerts by students from the New England Conservatory this April!

The first will feature Ming-Hang in a solo program on Tuesday, April 19<sup>th</sup> at 3:30 p.m. That same week we will welcome pianist Sarah Gao on Thursday, April 21<sup>st</sup> at 3:30 p.m.

Both of these special performances come to Springhouse through the NEC Community Partnership Program, in which Springhouse has been a proud partner for over ten years! The Community Partnership Program at NEC is an effort to promote ongoing relationships within the Boston community.

Partnerships are designed collaboratively with the mutual needs of NEC students and partnering organizations. Please join us for these terrific concerts by very talented students.



### National Decision Day Lecture



**"It Always Seems Too Early, Until it's Too Late"**

**Come to a free educational lecture on Advance Directives: Health Care Proxy, Durable Power of Attorney, MOLST, Living Wills and Trusts**

**Presented by: Tiffany O'Connell,  
Principal of O'Connell Law**

**Tuesday, April 12th at 7:00 pm**

Please RSVP to [kpollack@springhouseboston.org](mailto:kpollack@springhouseboston.org)  
or call 617-522-0043