

Springhouse May Newsletter

May 2016

In This Issue

[Organic Garden](#)
[Employee Spotlight](#)
[Employee of the Quarter](#)
[Springhouse Renovations](#)

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 Food Services
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,
May 11, 2016
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043

Save the Date!



Please join Springhouse for a vocal performance by tenor, David Won with Timothy Steele on Piano.

Languages of Love

Sunday; May 22, 2016
2:00 p.m.
in Main Street

This unique program combines selections from classical and contemporary composers including opera and traditional folk songs from Italy, France, England Spain and Ireland.

Springhouse Seder



Residents and families of Springhouse enjoyed our Annual Passover Seder. Sarah Lieberman coordinated a resident-led prayer service and Executive Chef, Marcillus Duncan, along with his team served up a delicious traditional meal!

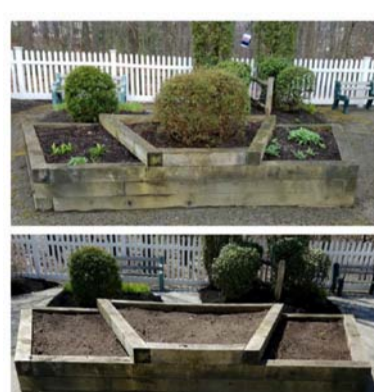


An Organic Garden Coming to Springhouse



Spring has sprung! Here at Springhouse that means it is time to clean up the garden and prepare for our annual planting day! After several successful years of nurturing a beautiful flower garden filled with marigolds, geraniums and trailing petunias, slowly but surely we decided to try our luck with some veggies. Last year residents grew zucchini, tomatoes, basil and mint and were thrilled with the results! Our baking groups in both Allen House and Ledgemont took advantage of a beautiful harvest creating tasty dishes such as Lemon Cake, Zucchini Bread, Mint and Basil Pesto, Garden Fresh Bruschetta and even virgin Mojitos!

This year we've decided to expand our efforts and create a new organic vegetable garden with the help of Barbara Rougier, our new Food Services Director and gardener-extraordinaire. Barbara, along with members of the activity department, Meredith Griffiths and Meredith Griffiths, has come up with a new design for the garden which will allow the residents to get the most use out of our existing raised beds. Thomas Crowe, Director of Maintenance, has lent a helping hand, working with our landscaping crew to lay new grass, fill gravel pathways, and has even power-washed our putting green to ensure the garden is in tip-top shape for when it becomes time to plant. Not only has Thomas offered to help build supports for our climbing thops, but he has even volunteered to provide the labor to create a brand new raised bed to allow even more room for our garden to grow!



Before and after the garden clean up. The beds are ready for planting!

While Thomas and his crew have been working outside, our Ledgemont residents have been hard at work inside; starting an indoor herb garden from seeds that will be transplanted in the garden when the weather becomes warm enough.



Under the residents' diligent care, cilantro, chives, rosemary, parsley and sweet basil have already sprouted and are enjoying a sunny spot in our second floor library! Stop by and check it out on your next visit to Springhouse! Coming up in early May the Ledgemont residents will take a trip to visit our neighbors at Allandale Farm to select the vegetables they'd like to try their hands at this year. In addition to using the garden yields in our cooking and baking groups, these organic, home-grown veggies will be used by the Springhouse chefs in our summer menus!

The planting will officially begin on May 11th when residents from all of Springhouse's communities will be invited to gather in the garden, get their hands dirty and dig-in, or just sip lemonade in the sunshine and enjoy the warm weather! Through the summer residents will regularly tend to the garden; watering, weeding and of course harvesting! We're so excited to begin this new adventure in horticulture and hope you will follow along! Stay tuned for updates in our newsletters throughout the season!

Employee Spotlight ~ Barbara Rougier Food Service Director



Springhouse recently welcomed Barbara Rougier as our new Food Service Director. Barbara brings over 25 years of experience in the food service industry to us, having worked in a variety of long term and acute care facilities as a Food Service Director and a Clinical Dietitian. Her passion is working with older adults and in promoting healthy eating.

Prior to joining Springhouse, she was the Food Dollars Program Manager for Action for Boston Community Development, Inc. (ABCD), teaching adults over 50 years how to eat healthy on a budget. Barbara was the Director of Food and Nutrition Services at St. Francis House, has worked for two contract food service management companies in a variety of settings, as well as managed the Elder Nutrition Program (Meals on Wheels) for an Area Agency on Aging organization just outside of Boston.

Barbara grew up on the north shore, received her Bachelor of Science from Framingham State University, is a Registered Dietitian, Licensed Dietitian in Massachusetts and is a Certified ServSafe Instructor.

In her spare time, Barbara enjoys running, going to the gym, traveling and walking her Beagle, Moe. One of her other passions is growing vegetables, and she is looking forward to working with our residents in planting our first ever community vegetable garden. Stay tuned for how our garden grows...

Awan Freeman ~ Employee of the Quarter

Awan Freeman has been named employee of the quarter for the 2nd quarter of 2015 here at Springhouse. Awan is an example of employee excellence and we are proud of all that he does for Springhouse. He is an employee who goes above and beyond his job duties. As a team leader in the dining room, he sets an example for the other employees and guides them to uphold Springhouse's standards. He is dependable, respectful and never says no to a request. He lights up a room with his smile and presence alone and is constantly comforting and listening to our residents when they need a friendly person to talk to. All residents, family members and employees are made to feel special and important by Awan.



In addition, Awan has applied his real world military skills and training multiple times here at Springhouse. Whenever there is an emergency, he jumps into action as a first responder. He remains calm and collected and handles any situation with ease. When he senses that help is needed, his natural leadership instincts kick in and he seemingly always saves the day. Awan takes pride in his work in the dining room and with the residents. He even drives employees to and from work, whether he is on the schedule or not! No task is too much to ask of Awan. Springhouse is lucky to have an employee like him who is always working towards the greater good for the company.

Congratulations Awan, this is an honor well deserved!

Renovations Update

Springhouse first opened its doors 20 years ago. Today, we are a different community than when we opened. The needs of today's senior living residents are changing and Springhouse must grow and change with it.

As you know the senior housing market is rapidly evolving. This transition has created new construction and renovation opportunities to meet the growing demand and expansion of resident services to existing communities like Springhouse. Our building will be modernized and renovated to remain vibrant and thrive for years to come.

We are excited to announce the Springhouse renovation project will begin within the next few weeks. The areas that will be redesigned are: The Woodside Lobby, Art Gallery, Sales and Marketing Areas, Library, Main St, Hair Salon and Exercise Room. The existing Card Room with be replaced with a State of the Art Demonstration Show Kitchen. The Terrace room on the second floor will receive a facelift as part of this project.

Our community's new look and feel reflects our ongoing commitment to help residents retain their independence and enjoy life in the most comfortable and inviting surroundings possible.

The project will be divided into many phases to create a limited amount of interruption and eliminate many inconveniences of the residents that might occur during this type of work. With these exciting updates and challenges ahead, Springhouse will keep our residents, families, friends and professionals updated weekly via email with our renovation progress.

We are so excited to begin this new journey with you as we prepare for the future of Springhouse.



Rendering of the new Woodside Lobby.

Springhouse Senior Living, 44 Allandale Street, Boston, MA 02130

[SafeUnsubscribe™ john@fixyourwebsitenow.com](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by kpollack@springhouseboston.org in collaboration with



Try it free today