

## Springhouse June Newsletter

June 2016

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### Join our list

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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,  
June 8, 2016  
at 6:30 pm  
Springhouse Board Room

Please RSVP to  
Meredith Griffiths at  
617-522-0043

### Save the Date!

#### Professor Gary Hylander presents



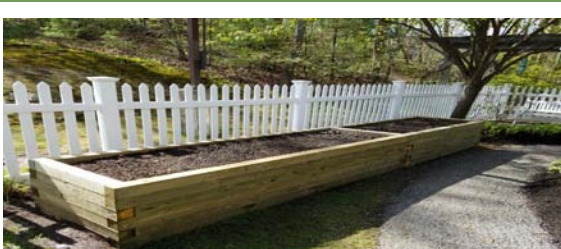
#### "Truman & The 1948 Election"

Join us to learn the story of Harry Truman and what is considered to be the greatest election upset in U.S. history!

A professor of history at Framingham State University, Hylander earned his Ph.D. from Boston College and specializes as a Presidential Historian. He is a frequent presenter at library forums, OSHER Lifelong Learning Institute at UMass Boston and is often featured as a commentator on local cable news and radio.

**Sunday, June 19, 2016  
2:00 p.m.  
in Main Street**

### Donation to Springhouse Garden!



On Wednesday, May 11th, residents and staff gathered in the Springhouse garden for our annual planting day! This year the day was made extra special by a recent donation in memory of one of our long-time Allen House resident, Lorraine Lee.

Lorraine moved to Springhouse in 2006. Throughout her years here she enjoyed participating in just about every activity program offered in Allen House, but those that took place in the garden were by far her favorites! Her daughter, Linda, shared how Lorraine loved being outside and in her early years in Allen House, the two would plant flowers in the garden together.

When Lorraine passed away, her family and friends wanted to do something to celebrate and commemorate the happy years she spent in Allen House. Their generous gift allowed us to build a new raised bed in our garden so that more residents, staff and families will be able to enjoy Lorraine's passion for horticulture. A huge thank you to those who made this gift possible! Lorraine's spirit lives on in Allen House and we're thrilled to dedicate a special part of our garden to her memory. We hope you'll stop by the garden on your next visit to Springhouse to see this new addition along with all the veggies and flowers that have started to sprout and bloom!



### Congratulations are in order!

**We are very proud to announce the recent graduations of four of our employees:**

Tessyia Roper and Daniel Serrano, members of our waitstaff, both graduated from the Community Academy of Science and Health (CASH) High School in Boston. Both are entering the University of Massachusetts Boston in the fall.

Jahniah Santiago, CNA, graduated from Regis College with a degree in Public Health and Social Work and will attend Boston University for her Master's degree in Social Work.

Alexis Solywoda, Activities, graduated from Simmons College with a degree in Social Work and will return to Simmons College for her Master's degree in Social Work this fall.

Please congratulate these hardworking students when you see them around Springhouse this summer!

**Some of our staff members are celebrating graduations in their families as well:**

Sheneika Smith, granddaughter of Claudette Myton, CNA and Team Leader, received her BS in Health Sciences from the University of Massachusetts in Boston this May. If you see Claudette beaming, you'll now know why!

Our Wellness Director, Rose O'Mahony's daughter Aoife, graduated from Canton High School and will be heading to Bridgewater State University in the Fall.

Lina Durand, CNA and Team Leader's daughter, Vanessa, is graduating from Alliant International University, School of Psychology, with a Masters of Arts and Education.

Guirlene Duverneau, CNA's daughter Ashley, will be graduating from Boston Latin School.

Nancy Sirleaf, CNA's daughter Gifty will be graduating from Melrose High School and her son Menwon is graduating from UMass Amherst.

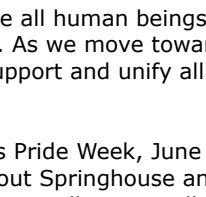
### Springhouse: An LGBT Friendly community

There will be more than 4 million lesbian, gay, bisexual and transgender (LGBT) boomers by 2030. While we are worried about the aging boomers in general, there is great risk for the LGBT boomer population.

This population has a larger risk of disability, depression, loneliness and distress compared with heterosexuals of similar ages. They fear discrimination, the lack of children to depend on as caregivers and less social support and financial security with age, as older LGBT adults are less likely to be partnered or married than heterosexuals.

Springhouse, being located in Jamaica Plain, is a natural home for the LGBT community. JP is the new mecca of the gay and lesbian community, and many of the Springhouse residents have children who live there. So sexual orientation is not a new topic or sensitive one to our residents because their own families have been accepting of it for years. In addition, Springhouse conducted specialized training for our staff. We partnered with the LGBT Aging Project to conduct competency training. We educated our staff of the nuances for the LGBT needs. We want our residents to feel safe and secure regardless of their sexual orientation. There is no discrimination. We are all human beings and at Springhouse everyone is welcome. As we move toward the future, we strive to empower, support and unify all residents regardless of sexual orientation.

Springhouse supports Pride Week, June 3-12. If you would like to learn more about Springhouse and its' support of the LGBT community, please call Karen Pollack at 617-522-0043.



### Eggplant Pizzas from the Springhouse Garden

We are growing Eggplant in our Springhouse Garden. Eggplant is a healthy alternative to regular pizza dough and it is a great way to get in those extra vegetable servings, especially if you're trying to get your children or grandchildren to eat more veggies! It's ready in 40 minutes (20 minutes to prep and 20 minutes to cook). Add your favorite toppings, such as peppers, mushrooms, or onions. Ingredients:

- 2 eggs
- 1 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1 large purple eggplant, cut into 1/2" rounds
- 1/4 cup vegetable oil
- 1 (14 oz) pizza sauce
- 1 1/2 cup of shredded mozzarella cheese



Preheat an oven to 350 degrees F

1. Beat the eggs in a bowl. Mix the flour, salt, pepper, and oregano in a 1 gallon resealable plastic bag. Dip each eggplant slice in the egg, then drop the eggplant in the flour mixture one at a time, shaking the bag to coat the eggplant.
2. Heat the vegetable oil in a large, deep skillet over medium heat. Place the eggplant slices in the skillet to cook, turning occasionally, until evenly browned. Drain the eggplant slices on a paper towel-lined plate. Arrange the eggplant in one layer on a baking sheet. Spoon enough pizza sauce to cover each eggplant slice. Top each eggplant with mozzarella cheese and your favorite pizza toppings.
3. Bake in the preheated oven until the mozzarella cheese is melted, 5 to 10 minutes. Enjoy!

### Celebrating Nursing Assistants' Week

Nursing Assistants' week this year is June 9th through the 16th. At Springhouse, we appreciate our Care Partners for their kindness, caring ways, contagious smiles, professionalism, their reliability and for their heartfelt compassion for our residents. They are the backbone of our community, and Springhouse wants our care partners to know that each and every one of them is amazing.

As a token of our appreciation, small celebrations will happen during this week for all of our care staff. They have worked very hard all year, and they deserve even more appreciation than we can offer!

If you see one of our stellar care partners, whether it is during the celebration week or not, please reach out to thank them. Being appreciated goes a long way!

