

# Welcome to Springhouse Senior Living Community

## Springhouse September Newsletter

September 2016

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### 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,  
September 14, 2016  
at 6:30 pm  
Springhouse Board Room

Please RSVP to  
Meredith Griffiths at  
617-522-0043

### Save the Date!

**Bill Wise Duo  
presents a program of  
Klezmer Music**



Join Bill Wise on Clarinet and Barry Shapiro on piano & accordion for an eclectic program featuring beloved klezmer songs, original compositions, Israeli music and even a little Jazz!

**Saturday;  
September 17, 2016  
2:00 P.M.  
in Main Street**

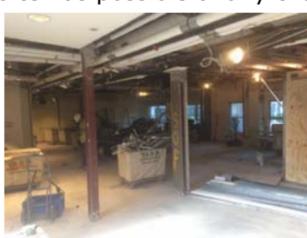
### Renovation Update

The Springhouse renovation is underway! The Woodside Lobby is the first of many phases of the renovation. We have completed installation of the new Independent Living mailboxes and Lobby lighting. The elevator is now accessible to the Woodside Lobby.

Currently the common areas on the first floor: library, board room, art gallery/café and restrooms are all in mid stage renovation. These areas are currently not accessible to residents, families or visitors at this time.

The newspapers and magazines have been relocated to the library on the second floor. Coffee is also available in the Bistro on the second floor.

Our contractor will be working with us to minimize inconvenience and we will be updating everyone as often as possible of any changes.



### Farm to Table Dining and Cooking at Springhouse

All summer long we've been waiting with great anticipation for the first harvest from our garden and it is finally here! Over the past few weeks residents have enjoyed picking cucumbers, zucchini, tomatoes, basil, and even an eggplant from our organic garden. The Springhouse chefs have featured the homegrown veggies in many salads and entrees such as ratatouille served in our dining rooms. Weekly menus will continue to make use of what our garden yields throughout the season!

To give the residents a taste of this excitement, Martha Shanahan, Assisted Living Activity Coordinator, has begun featuring a bi-weekly "Farm to Table Cooking" program. In these groups residents try their hands at using some of our fresh produce to create some delicious dishes! Bruschetta using the tomatoes and basil and Salsa featuring our peppers and cilantro are just some examples of what the residents have put together.

Though all of the recipes have been enjoyed, the stand out has been our garden fresh zucchini bread! We'd like to share our recipe with you so you can have a taste of Springhouse in your own home. Hope you enjoy it!



### Zucchini Bread

#### INGREDIENTS:

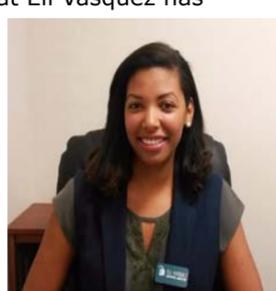
- |                             |                             |
|-----------------------------|-----------------------------|
| 3 cups all-purpose flour    | 1 cup vegetable oil         |
| 1 teaspoon salt             | 2 1/4 cups white sugar      |
| 1 teaspoon baking soda      | 3 teaspoons vanilla extract |
| 1 teaspoon baking powder    | 2 cups grated zucchini      |
| 3 teaspoons ground cinnamon | 1 cup chopped walnuts       |
| 3 eggs                      |                             |

#### DIRECTIONS:

- Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
- Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.  
Beat eggs, oil, vanilla, and sugar together in a large bowl.
- Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.  
Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.

### A promotion for Eli Vasquez

We are very excited to announce that Eli Vasquez has returned full time to Springhouse as our Manager of First Impressions and Executive Assistant. For several years, Eli has worked as a Concierge handling many tasks at our front desk with professional poise. Even when she took a full time position with a home health care agency last year, Eli maintained her Concierge position here on the weekends clearly proving her dedication to Springhouse's residents and fellow staff members. This is a well deserved promotion, and we look forward to her leadership. Please join us in welcoming Eli to our management team and support her in her new role at Springhouse.



### Springhouse's 8th Annual Walk to End Alzheimer's

Each fall, to coincide with the Memory Walk events held across the nation, Springhouse Senior Living raises awareness as well as funds for the Alzheimer's Association to assist them in their quest for a cure for Alzheimer's and other related diseases, as well as offer services and support to those living with dementia.

The 8th Annual Springhouse Senior Living Walk to End Alzheimer's will be held on Thursday, September 22, 2016 at 2:00 p.m. Residents from all three of Springhouse's communities, families and staff will gather on the patio and walk around our building as many times as they can. There is no minimum or maximum amount of walking expected and those who wish to participate but are unable to walk are encouraged to come out and cheer the walkers on! All are invited to join us for this special event!

Throughout the month of September donations to the Alzheimer's Association will be accepted at the Ledgemont Concierge desk. A number of incentives will be available for purchase, including Alzheimer's Associations bracelets, and handmade crafts including painted pins and greeting cards created by Springhouse resident artists. All donors will be recognized with printed Forget Me Not paper flowers which will be on display throughout the building.

If you would like to help us support this important cause, please consider making a donation today. Contact Meredith Griffiths at 617-522-0043 or [mgriffiths@springhouseboston.org](mailto:mgriffiths@springhouseboston.org) and/or drop checks off at the front desk made payable to the Alzheimer's Association

