



Springhouse January Newsletter

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Care to Care Support Group

Will meet on Wednesday,
January 11, 2017
at 6:30 pm

Please RSVP to
Meredith Griffiths at
617-522-0043

Save the Date!

Anthony Sammarco
presents

Lost Boston



Join author and historian, Anthony Sammarco, for a nostalgic journey back in time to visit some of Boston's disappeared buildings and places in all their grandeur, before the wrecking ball and decline set in.

Much-loved institutions that failed to stand the test of time, along with old-fashioned hotels and sports facilities that were beyond updating or refurbishment will be featured.

This lecture & slideshow will include: Boston City Hall, Boylston Market, Revere House (Hotel), Huntington Avenue Grounds and Braves Field.

**Sunday,
January 22, 2017
2:00 p.m.
in Main Street**

Holiday Party!

Residents and families enjoyed our annual holiday party! Entertainment by Ed McCarron and a delicious dessert buffet made for a merry time for all!



Happy New Year!



January 2017

Starting the new year in style!

Last month, we told you were getting a new bus for our residents. Well it arrived and here are the pictures!



Renovation Update

In July 2016, Springhouse Senior Living began a renovation of the first floor of our building. We remodeled the Woodside Lobby, the café, mailbox area, marketing offices, restrooms, added an open library in addition to a closed library. These areas were all given a fresh, new modern look.

The Terrace Room/Pre-dining room has also been remodeled. We replaced the furniture and most importantly, added a sliding electronic door for our resident's convenience and accessibility to the outdoors. We wish the timing was better weather wise for more outdoor enjoyment, all in due time.

This week we are happy to inform everyone that our new Fitness Center and new Hair Salon opened! The Hair Salon is equipped with a pedicure chair and new manicure station.

Also, as part of the renovation project, you may have noticed the new granite walls and signs outside as you enter Springhouse's driveway. New lighting has been added and this spring, new landscaping will be planted around our new signs.

The last part of the renovation is enlarging Main Street, creating our Demonstration Show Kitchen and Conference Room. Look for completion of these areas sometime early February.

The new artwork we have ordered for our renovated areas should be here and installed any day!

We will keep you all updated via this monthly newsletter with the exciting progress of the renovation project. If you have questions regarding a visit to Springhouse, please call us at 617-522-0043.

Art Gallery Opening

Springhouse is thrilled to announce the first exhibit in our brand new Art Gallery! *Nostalgia*, a painting and mixed media exhibition by Springhouse's own Marilyn Wasserman opened on Thursday, December 22, 2016. The residents enjoyed an opening reception where they were able to speak with the artist one on one to learn about this collection of work that spans her career in the arts.



The Artist poses with one of her works.

Ms. Wasserman has described her work as a "refuge, a haven from a too often hectic and depressing world." Her interest in art went far beyond restrictive forms, and from the study of fashion illustration and design, she turned to the study of the old masters, becoming her own teacher. Ms. Wasserman subsequently studied abstract painting with renowned artist Albert Alcalay and furthered her studies in various other art forms at both Mass College of Art and the Museum School in Boston.

Ms. Wasserman learned to express herself, first in contemporary art and gradually through experimentation in the use of unique techniques and mediums. Painting from her own imagination, the artist's works on canvas and paper range from acrylics, oils and collage, to monoprints. Her works present an unconventional yet harmonious combination of color and texture which defines shape and dimension in dramatic imagery. With her free spirited creativity, she brings a feeling of reality into subjects that make interpretation of any of her works an individual judgement.

Nostalgia will be on display at Springhouse through the second week of February. We invite you to stop by and take a look!



New Years Resolutions to start 2017

The Management Team at Springhouse came up with a list New Years resolutions for all our residents, friends and families for 2017. We wanted to share them with you and that with the promise of a New Year comes the promise of new possibilities and new adventures. Here are the top five New Year's resolutions that we hope you start in the New Year..

1. Master the internet.

It's easy if you try. Connecting to the web can boost your awareness to the world at large. Older adults have a greater propensity for finding like minded individuals who share their interests online. If you're going to connect and start using the web regularly, you remember to beware of senior internet scams. Here are two resources you should not live without:

- Google search:** look up anything. Anything! You will be a mere click away from knowing how to make that recipe just right or learning the definition of "scintillating."
- Start with **Facebook**. Peek in on your grandkids' lives!

2. Prepare for the future.

Make sure your health care proxy, durable power of attorney and even MOLST are updated and ready in case of an emergency.

3. Eat healthy in 2017.

Avoid processed food and snacks high in sugar and sodium.

4. See your doctor regularly. Annual senior checkups are vital to determining how to maintain and improve your health. And don't forget brain health. Cognitive changes need to be looked into as soon as possible.

5. Engage and socialize. Springhouse has an activity calendar full of physical exercise, brain games, cultural, recreation and educational groups. Keep yourself busy. And as always if you have ideas or suggestions for other activities, please see Meredith Griffiths, Therapeutic Program Director for guidance.