

# Springhouse

Senior Living Community

## Springhouse February Newsletter

### In This Issue

- [Renovation Update](#)
- [Valentine's Day Dessert](#)
- [Employee of the Quarter](#)
- [Winter Skin Care Tips](#)

### Contact Us

Phone  
(617) 522-0043

Fax  
(617) 522-0893

Web  
[www.springhouseboston.org](http://www.springhouseboston.org)

### Employee Directory

- Kathy Foley**  
Executive Director  
[kfoley@springhouseboston.org](mailto:kfoley@springhouseboston.org)
- Rose O'Mahony, RN**  
Director of Resident Care  
[romahony@springhouseboston.org](mailto:romahony@springhouseboston.org)
- Donna Watson**  
Memory Care Director  
[dwatson@springhouseboston.org](mailto:dwatson@springhouseboston.org)
- Susan Kates**  
Director of Social Service  
[skates@springhouseboston.org](mailto:skates@springhouseboston.org)
- Karen Pollack**  
Director of Community Relations  
[kpollack@springhouseboston.org](mailto:kpollack@springhouseboston.org)
- Meredith Griffiths**  
Therapeutic Program Director  
[mgriffiths@springhouseboston.org](mailto:mgriffiths@springhouseboston.org)
- Ken Shorey**  
Director of Food Services  
[kshorey@springhouseboston.org](mailto:kshorey@springhouseboston.org)
- Thomas Crowe**  
Director of Maintenance  
[tcrowe@springhouseboston.org](mailto:tcrowe@springhouseboston.org)
- Anna Maziarz**  
Business Manager  
[amaziarz@springhouseboston.org](mailto:amaziarz@springhouseboston.org)
- Eli Vasquez**  
Manager of First Impressions & Executive Assistant  
[evasquez@springhouseboston.org](mailto:evasquez@springhouseboston.org)

### Join our list

[Join Our Mailing List!](#)

### Springhouse is 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,  
February 8, 2017  
at 6:30 pm

Please RSVP to  
Meredith Griffiths at  
617-522-0043

### Save the Date!

### Springhouse welcomes back



### The Apollo Club of Boston

Founded in 1871, the Apollo Club has a long distinguished history. Today, as the **second oldest continuously active men's singing group**, they celebrate their 145th year.

The Club's purpose is simple: to promote musical literacy and an appreciation of the art of men's choral music and to share with audiences the pleasure of men's voices. The program will feature songs old and new -- folk songs, love songs, show tunes, sea chanteys, and selections from the rich classical and semi-classical music repertoire.

We hope you'll join us!

**Tuesday;  
February 21, 2017  
7:30 p.m.  
in Main Street**

February 2017

### Renovation Update

We are almost finished! Well that's what they tell us anyway! Actually, we are finally putting the finishing touches on the renovation.

The new salon is complete, and residents have been enjoying their time in the new updated, beautiful salon.

The new art work will be installed soon, the new plants have arrived to bring life to the common spaces and the new television and audio visual system for Main Street should be installed soon.

We are also planning a 20th Anniversary Party/Open House for later this spring so stay tuned for the details. We can't wait to show everyone our stunning new updates.

### Valentines Day Recipe

Valentines day is coming. So all the more reason to indulge...in Chocolate that is! Here is a favorite recipe from Springhouse's own Food Services Director, Ken Shorey! We are so excited to taste this!

#### Chocolate Molten Lava Cake

- butter as needed
- 2 egg yolks
- 2 eggs
- 3 tablespoons white sugar
- 3 1/2 ounces chopped dark chocolate
- 5 tablespoons butter
- 4 teaspoons unsweetened cocoa powder
- 3 tablespoons flour
- 1 pinch salt
- 1/8 teaspoon vanilla extract



#### Directions

1. Generously butter the inside of 4 (5 1/2 ounce) ramekins. Place them in a casserole dish.
2. Whisk together egg yolks, eggs, and sugar in a bowl until light, foamy, and lemon colored.
3. Melt chocolate and butter in a microwave-safe bowl in 30-second intervals, stirring after each melting, 1 to 3 minutes.
4. Stir melted chocolate mixture into egg and sugar mixture until combined.
5. Sift cocoa powder into the mixture; stir to combine.
6. Sift flour and salt into the mixture; stir to combine into a batter.
7. Stir vanilla extract into the batter.
8. Transfer batter to a resealable plastic bag. Snip one corner of the bag with scissors to create a tip.
9. Divide batter evenly between the prepared ramekins; tap gently on the counter to remove any air bubbles.
10. Refrigerate 30 minutes.
11. Preheat an oven to 425 degrees F.
12. Arrange the ramekins in a casserole dish. Pour enough hot tap water into the casserole dish to reach halfway up the sides of the ramekins.
13. Bake in the preheated oven for 15-18 minutes. Set aside to cool for 15 minutes.
14. Loosen the edges from the ramekin with a knife. Invert each cake onto a plate and dust with powdered sugar and fresh Sliced strawberries and serve!

### Employee of the Quarter

Irena Rrapi, is the definition of enthusiasm, engagement and caring. Her dedication to her concierge job and her ability to be upbeat is infectious. She always carries a cheerful attitude and transmits it to the residents and staff members.

She welcomes the opportunity to learn more and this is evident on a daily basis as she is the first one to offer to help when asked. Her desire to improve at her work is obvious as she has been promoted not once but TWICE at Springhouse.

First, she was promoted from wait staff to team leader, and now she is a member of our concierge team. Irena is not afraid to ask questions. She always goes above and beyond to assure her job responsibilities get executed. Her ability to answer the phone in a prompt manner while multitasking is amazing and greatly appreciated by her peers and our residents. She exemplifies the culture we expect at Springhouse.

Irena knows how to anticipate the needs of our residents and visitors, and welcomes them--always making a lasting first impression. She protects the safety of all of us by literally getting up from her chair to make sure everybody signs in and has a cheerful welcome to Springhouse. Congratulations and thank you Irena!



### Winter Skin Care Tips

These winter [skin](#) care tips can help you prevent and treat dry, chapped skin.

#### Tip 1: Shorten Those Showers

Long, steamy showers may soothe a weekend warrior's sore muscles, but they're also good at dehydrating you - yes, taking moisture out instead of putting it in. That's because hot water removes the skin's natural oils more quickly than warm or cold water. So take shorter showers and baths and use warm water instead of steamy hot.

#### Tip 2: Mild Soaps

Your favorite antibacterial or deodorant soap may be doing you more harm than good, stripping your skin of essential oils. That's why skin care pros recommend sticking with mild soaps, preferably unscented or lightly scented.

#### Tip 3: Moisturize

A great way to soothe or prevent chapped skin: moisturize. Any over the counter moisturizer, petroleum jelly, [mineral oil](#), even [hair](#) conditioner can help you trap in moisture. If your skin is oily you still need to moisturize -- just look for noncomedogenic products, which won't clog your pores. And remember to drink up, moisturizing from the inside out.

**Tip 4: Get Sharp About Shaving** Shaving can leave your skin extra irritated, especially when it's already dry. You should always use shaving cream, change your blades often and shave in the direction that the hair grows.

#### Tip 5: Slather on Sunscreen

Even on cloudy or overcast days slap on that [sunscreen](#). Reach for a [sunscreen](#) with a sun protection factor (SPF) of at least 15, with UVA and UVB protection.

#### Tip 6: Soothing Chapped Lips

Lips don't have oil glands, so they can dry out especially easily. Remember: Don't lick. The cycle of wetting and drying that occurs when you lick your lips quickly causes them to chap.

These quick skin care tips should help keep your skin happy all winter long. But if you find you still have [dry skin](#), or your skin gets worse, give a dermatologist a call.

[To learn more:  
http://www.webmd.com/beauty/features/winter-skin-care-6-tips-dry-chapped-skin#1](http://www.webmd.com/beauty/features/winter-skin-care-6-tips-dry-chapped-skin#1)