

Springhouse

Senior Living Community

Springhouse April Newsletter

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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,
April 12, 2017
at 6:30 pm

Please RSVP to
Susan Kates at
617-522-0043

Springhouse Makes the News

Check out the link below for the recent article in the Jamaica Plain Gazette about our "Fit Seniors." It is truly amazing that this class, instructed by Kelly Sullivan has been going on for fifteen plus years and still has some of the same attendees!



[Click here for article](#)

April 2017

Balance Clinic

On March 20, 2017, Springhouse Senior Living held a Balance Clinic for our residents. The staff from Encompass Healthcare Services came and led the group for balance testing.

Balance in older adults is very important. Every year, one in three adults 65 or older falls at least once. ***In older people, falls can be serious.***

More than 90 percent of hip fractures result from falls. Falls also often lead to fractures of the spine, forearm, leg, ankle, pelvis, upper arm and hand. These injuries can undermine independence. Hip fractures, in particular, also can increase the risk for early death.

Balance is the ability to distribute your weight in a way that enables you to hold a steady position or move at will without falling. From the moment we sit or stand up as infants, gravity is always pulling us downward, tending to cause us to fall. Our ability to balance keeps this from happening - most of the time.

Check the newsletter or flyer postings for the next month's Balance Clinic.



Concert April 23- Double Play Flute & Tuba Duo

Please join us on Sunday, April 23, 2017 as Springhouse welcomes Double Play--flute and tuba. They have been active as a performing/touring ensemble since 1989. Although based in Farmington Hills, MI; this husband and wife team travel the country extensively each year, entertaining and educating audiences of all ages in a variety of venues from concert halls to classrooms. Performances include the music of "Bach to Broadway," accompanied by a variety of humorous and historical anecdotes. As part of their mission to inform as well as to entertain, demonstrations on a Baroque flute and "hose-horn" are integral to each "family-friendly" program. Amy Ridings, flutist, and Patrick Sciannella, tubaist, create their own unique arrangements of many classical standards as well as presenting the occasional, actual flute and tuba composition!



Vegetable Garden Grows

Last year, Springhouse Senior Living devoted a large area of the Allen House garden to a vegetable garden. It was so successful, this year our garden will grow even bigger! We are enlarging the number of raised vegetable beds.

Pictured here is Thomas Crowe, Maintenance Guru and Garden Bed builder, clearing the area to prepare for the new beds.

This year we plan to plant: cucumbers, zucchini, green beans, tomatoes, peppers and much more. Stay tuned to learn more about our own version of "How the garden grows!"



Passover and Easter Greetings

