



44 Allandale Street, Boston  
(617) 522-0043

Schedule a Private Tour

October 2017

## The Community Puzzle People



The human mind has two separate hemispheres or lobes called the right and left-brain with each one dealing in different functions. The right brain deals with emotions and performs tasks holistically while the left-brain functions in linear fashion. When you are able to use both sides of the brain, you will find that your mind power is harnessed to its best and gets better. Jigsaw puzzles helps you exercise both the parts of your brain.

The expressive therapists within Springhouse's activities department thought it would be a great idea to create a rotating community puzzle. While we "thought" it was a good idea, we later learned putting puzzles together has many benefits beyond creating a community activity. Left-brain thinks logically and follows sequence while the right brain is creative, intuitive and emotional. When you try to put together a jigsaw puzzle, you harness both the brainpowers.

There have been several studies that has found people who solve jigsaw puzzles were fully active and stood to gain a longer life span and also lesser chances of falling prey to Alzheimer's, memory loss, dementia and other old age problems.

The brain produces a chemical known as dopamine that is chiefly responsible for learning and memory. The production of this chemical increases in the brain at the time when it is engaged in solving the jigsaw puzzle.

Solving puzzles also makes us alert, increases our concentration and expands our creativity. It also affects our physical health by lowering our breath rate, reducing heart rate and blood pressure too.

You get long lasting benefits out of doing jigsaw puzzles on a daily basis. It not only sharpens your memory, improves your brain function, but the clarity of mind and thought helps you clear out the clutter in your mind. So go ahead, stop by the activity room on the first floor and put a puzzle piece in the community puzzle!

## Free Presentations at Springhouse

October 25, 2017  
6:00 pm

**"What is Parkinson's Disease and how can we slow the progression?"**  
**Presented by Dr. David Simon**, Director of The Parkinson's Disease and Movement Disorder Center at Beth Israel Deaconess Medical Center, a board certified Neurologist and Professor of Neurology at Harvard Medical School.



*These presentations are FREE to the public and will begin promptly at 6:00 p.m. A light dinner will follow.*

*Seating for these events is limited. RSVP is required. You may email [kpollack@springhouseboston.org](mailto:kpollack@springhouseboston.org) or call 617-971-1678. Please include the date of the presentation you would like to attend.*

November 15, 2017  
6:00 pm

**"Seven Steps to Managing Your Memory"**  
**Presented by Dr. Andrew Budson**, Associate Director of Education Core, Director of Boston University Alzheimer's Disease Center, Professor of Neurology at Harvard Medical School, Chief of Cognitive & Behavioral Neurology at the Veterans Affairs Boston Healthcare System and Director of the Boston Center for Memory.



*This special presentation includes a book signing and opportunity to purchase Dr. Budson's new book.*



### Fuzzy's birthday greetings from Tom Brady, Patriots Superstar Quarterback!

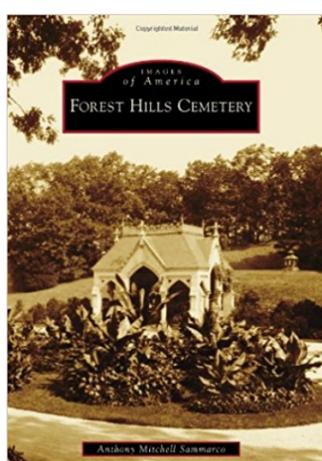
We told you last month that our long time resident, Dr. Elinor "Fuzzy" Downs told our own, Karen Pollack, Director of Community Relations, that she wanted to meet Tom Brady for her recent 106th birthday. Well, here is what happened!!

<https://www.nbcboston.com/news/local/Tom-Brady-Grants-Birthday-Wish-to-106-Year-Old-Boston-Woman-442602903.html?amp=y>

## History Lecture with Anthony Sammarco

**Author & Historian Anthony Sammarco presents "Forest Hills Cemetery"**  
**Sunday, October 22nd at 2:00PM**

Just in time for Halloween, join author Anthony Sammarco for a lecture and slide presentation about the history of Forest Hills Cemetery. Laid out in 1848 as a rural garden cemetery by Henry A. S. Dearborn, Forest Hills Cemetery celebrates its 160th anniversary in 2008 as Boston's premier arboretum cemetery. Since the mid-19th century, its 250 magnificent acres have been the resting place of people of all walks of life, ethnicities, religions and races. Among these are poets Anne Sexton and E. E. Cummings, playwright Eugene O'Neill and abolitionist, William Lloyd Garrison. Forest Hills's landscape is a museum of sculpture, art and monuments that chronicles the Victorian age to the present. The first crematorium in New England was here and prominent Bostonian suffragette, Lucy Stone, was the first person to be cremated at Forest Hills in 1893. An active cemetery and an all-embracing place, Forest Hills offers a bucolic and picturesque setting for the "gathering of generations" and is listed on the National Register of Historic Places.



## Springhouse Residents Celebrate 70th Anniversary!



### Happy Anniversary to Herman & Judy Chernoff!

Married on September 7, 1947, Herman and Judy Chernoff recently celebrated their platinum anniversary! Their family hosted a love-filled celebration for the Springhouse community with a surprise performance by the Winiker Brothers Band. Best wishes to Herman and Judy, here's to many more years of happiness!

## Monthly Support Group



A support network for you and your loved ones.

Our next Care to Care support group will meet on Wednesday, October 11, 2017 at 6:30 pm. Please RSVP to Meredith Griffiths at 617-522-0043 or [mgriffiths@springhouseboston.org](mailto:mgriffiths@springhouseboston.org).

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Boston, MA 02130  
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Contact Us

Please like Springhouse Senior Living on FACEBOOK for up to the minute information.



