



44 Allendale Street, Boston
(617) 522-0043

Schedule a Private Tour

January 2018

Greetings 2018



A Matter of Balance Class

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. **A Matter of Balance: Managing Concerns About Falls** is a program designed to reduce the fear of falling and increase activity levels among older adults. Classes run for 8 weeks and include fun videos, group discussion, a safe surroundings survey, and mild exercise to increase strength and flexibility. It is offered at no charge. Those using a cane or walker will also benefit from this program – it is a great class to help improve your balance and self-confidence.

Space is limited. To Register: Contact Ann Glora at 617-477-6616 or email at aglora@ethocare.org

You must commit to come every week.

Thursdays from 10:00 a.m. to 12:00 p.m.
February 1st – March 29th, 2018

Jewish Culture Club Welcomes Deborah Goldberg, Treasurer of Massachusetts

Tuesday, January 9th at 11:00 a.m.

We are pleased to announce that Springhouse's Jewish Culture Club will welcome Treasurer Deborah Goldberg as guest speaker for the January meeting.

As a former businesswoman and local elected leader, Treasurer Goldberg brings innovative leadership, disciplined fiscal management and an unwavering commitment to uphold economic stability and create opportunity for every Massachusetts resident.

The Springhouse Jewish Culture Club is a resident-run program organized by Ellie Kaplan and Bernice Cohn. The meetings feature a series of guest speakers that address all facets of Jewish culture, life, and current events that may be of interest to the Jewish Community. All are welcome to attend.



Concert with Will McMillan and Joe Reid



They Say It's Wonderful: Songs of Ethel Merman
Saturday, January 27th at 2:00 p.m.

Ethel Merman was a Broadway superstar for over four decades — introducing standards such as "I Got Rhythm," "Life Is Just A Bowl Of Cherries," "I Get A Kick Out Of You," "There's No Business Like Show Business," and "It's De-Lovely." Born and raised in Astoria, NY, Merman sang as a child for soldiers stationed on Long Island during the first World War. After high school she worked as a secretary while singing at night in clubs and cabarets until she was cast by the Gershwin brothers in their musical *Girl Crazy*.

Merman went on to star in musicals by Cole Porter, Irving Berlin and Steven Sondheim, all of whom wrote songs specifically for her. Merman also made many movies and performed on radio and television for decades — but her personal life was full of heart-ache. Pianist Joe Reid and singer Will McMillan will celebrate her songs and share a few stories about her astounding career.

Will has sung at venues such as Scullers Jazz Club, Sanders Theatre, the JFK Library, Inn on Newfound Lake (NH), Hi-Hat Club (RI), Westbeth Performance Center (NYC), Spring Island (SC), and Yin Par Le Garcon Chinois (Shanghai). Joe enjoys a busy music career, playing 100+ concerts a year. He performs with a wide range of jazz and classical musicians, and has worked with a broad spectrum of theatre groups, jazz and chamber ensembles and dance troupes. Joe has worked as an accompanist for the Boston Conservatory, the Longy School of Music, the New School of Music in Cambridge and the Mark Morris Dance Company.

Creative Writing in Memory Support



Resident Artwork & Poem

A number of residents have started meeting and creating with Expressive Therapy Intern, Bailey McCombs. We're happy to share this tissue paper collage by Jane Stanley and the accompanying poem she authored as an example of expressive therapy at Springhouse. Bailey will begin running a Creative Writing group for the residents on January 5th!

Wind in the Trees
Ooh says the wind,
Snow, trees, and robins,
Must we bundle up again?

High Tea is Served!

In an effort to end 2017 on a high note, the Independent Residents along with our highly talented, Joanne Faer, capped off the year with a **High Tea!** The menu included the lemon with 3 tea sandwiches: chicken, tarragon with apple, egg salad with watercress and goat cheese with cucumber. Also smoked salmon roll ups with chive cream cheese were served. They concluded the tea with shortbread and jam, lemon poppy cake with strawberries and homemade whipped cream along with sesame walnut chocolates. It was an amazing presentation. We are so excited to do it again next year!



Monthly Support Groups

Bereavement Support Group

We are introducing a grief and bereavement support group for adults only. The group offers a caring and informal environment to share with others who have had a loss. This group meets on the second Wednesday of the month from 4:30-5:30 pm. The group is facilitated by Susan Kates, LICSW, Director of Social Services at Springhouse. The next meeting will be on January 10, 2018.

Please RSVP to Susan Kates at 617-522-0043 or skates@springhouseboston.org.



A support network for you and your loved ones.

Our next Caregiver support group will meet on Wednesday, January 10 at 6:30 pm. Please RSVP to Meredith Griffiths at 617-522-0043 or mgriffiths@springhouseboston.org.

[Website](#) [About Us](#) [Independent Living](#) [Assisted Living](#) [Memory Support](#)



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