



44 Allandale Street, Boston
(617) 522-0043

Schedule a Private Tour

July 2018

Fun at the Longest Day Fundraiser



Springhouse was honored to observe "The Longest Day," which is about love. Love for all those affected by Alzheimer's disease and held each year on the longest day; the summer solstice. This year our community came together to create floral arrangements to help raise awareness and end Alzheimer's.

The beautiful purple floral arrangements are displayed proudly throughout Springhouse to recognize those whose lives are touched by Alzheimer's Disease. In addition to flower arranging, Springhouse staff took advantage of the opportunity to go "Casual for a Cause," donning casual attire for the day in exchange for a donation to the Alzheimer's Association.

Certified Dementia Practitioners

According to the Alzheimer's Association as baby boomers get older, the rates of Alzheimer's disease among the people of this generation will climb considerably. The risk of Alzheimer's disease increases with age, to nearly 50 percent among those older than 85. In an effort to stay ahead of this, many of our Springhouse Senior Living leaders took part in an all day training to become Certified Dementia Practitioners.

All employees of assisted livings in the state of Massachusetts have to complete on going in service training. Springhouse has taken this one step further in educating and certifying members of our senior staff through this program.

Certified (CDP® Certified Dementia Practitioner®) states that these staff members have taken their profession to the next level. It states clearly that they are educated in the field of dementia, qualified to work with dementia clients. Certification standards require education, experience and continuing education. Certification requires that the CDP® stays current with trends, ethics, regulations, medications and new developments that pertain to dementia. Congratulations to Karen Pollack, Kathy Foley, Rose O'Mahony, Donna Watson, Susan Kates, and Eli Vasquez for successful completion of the training!

Watercolor Exhibit by Shirley Selhub

"Oh" on display in Springhouse's Art Gallery Cafe through Monday, July 23rd



Springhouse invites you to view an exhibit by watercolor artist Shirley Selhub, running through out the month of July. Born in Cleveland, Selhub lived in Jerusalem and Chicago before moving to Brookline, MA in 1987. After retiring from a career as an administrator, she earned a certificate in gerontology at UMass Boston. She helped establish Discovering What's Next, an all-volunteer program based in the Newton Free Library, to help seniors get the most from retirement. Selhub believes that art making of any kind is a great way to enjoy your later years. She has taken watercolor classes with many fine teachers, most recently with Carolyn Latanision in Woburn. Finding camaraderie with her classmates, she describes them "as mostly retirees who enjoy painting as I do, and most weeks we also share a good chuckle." For Selhub, the classes are her meditation, a kind of group meditation!

Springhouse's Art Gallery Cafe offers rotating exhibits by community artists and is open to the public. We are also pleased to offer free passes for seniors and their caregivers to Boston's Museum of Fine Arts through their Access to Art program. Please contact Meredith Griffiths, Therapeutic Program Coordinator at mgriffiths@springhouseboston.org for more details or to request passes.

Springhouse Enters Mayor's Garden Contest

With the warm weather, Springhouse's Garden Club is back! Initial organizational meetings were held through the spring to develop the design for this year's beds. Extra planning was necessary due to a brand new raised bed created for even easier access at the edge of our paved patio. Once again, many thanks goes to Maintenance Director, Thomas Crowe, for building the new customized bed to our specifications!

While the Garden Club took on the task of planning for and planting the cold weather crops earlier this spring, we celebrated the true beginning of garden season with our Springhouse-wide Planting Party on May 30th. The annual event brings together residents from all of Springhouse's communities as well as family and friends for the bulk of the veggie and flower planting. This year our selection includes: peas, peppers, potatoes, tomatoes, lettuce and zucchini. A designated herb garden has become home to basil, cilantro, dill, parsley, rosemary and mint. Always a big hit, colorful petunias and marigolds brighten barrels strategically placed around our sitting area.

We are so excited to see how our garden grows, and cannot wait for the farm to table cooking to resume in our activity programs, and dining room. We are also happy to announce that for the first time ever, Springhouse has entered Mayor Walsh's Garden Contest! This annual event is a citywide celebration of urban gardening, launched as part of the Mayor's beautification initiative. We are hopeful that a coveted "Golden Trowel" will be awarded to our hard working residents!



Opera-Kadabra!

Patrick Bell presents Opera-Kadabra!

Sunday; July 22nd at 2:00 p.m.



Springhouse invites you to join us for a truly unique performance! The world's only opera-singing magician, Patrick Bell, presents "Opera-Kadabra!" a one-of-a-kind show in which Opera and Magic collide with spectacular results as classical opera arias are artfully ornamented with visual magic.

A former member of the Los Angeles Opera, Baritone Patrick Bell sings the beautiful arias that you already know and love, or will soon fall in love with, and performs stunning magic that illustrates the story of the character, affect of the music, and meaning of the text. In addition to hearing familiar opera arias, you will laugh and applaud with the interactive comedy magic, enjoy classic Broadway tunes and standards, and be unable to resist singing along!

Happy Fourth of July!

Springhouse Senior Living wishes all our families, friends, residents and neighbors a very Happy 4th of July!



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 July 11, 2018.

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

Care to Care

A support network for you and your loved ones.

Our next Caregiver support group will meet on Wednesday, July 11 at 6:30 pm. Please RSVP to Meredith Griffiths at 617-522-0043 or mgriffiths@springhouseboston.org.