



44 Allandale Street, Boston
(617) 522-0043

Schedule a Private Tour

October 2018

Welcome New Employees!

Please join us in welcoming new additions to our team! Adrianna Alpaugh, our new Director of Social Services and Karen Levy, our new Independent Living Activities Facilitator and Goni Rubel Zlotnik, Activities Intern who all joined Springhouse Senior Living in September.



Adrianna joins us after completing her Masters in Social Work at Boston College and several years of working with various organizations serving elders in Massachusetts, Vermont and Pennsylvania. She started her career at a senior living community in their dining department in 2005 then worked as a CNA throughout college. When Adrianna moved to Boston, she gained further experience working as an activity coordinator in a specialized dementia care community. While working towards her master's degree, she interned at a geriatric psychiatry department within a local hospital in addition to a care management agency. She brings us many different perspectives from all of her varied experiences.

Karen Levy is no stranger to Springhouse, as she has been offering her massage therapy services here since last fall. In addition to her certification and training in massage therapy, Karen holds a degree in Digital Media Production and Filmmaking from New England Art Institute and has spent fifteen years working as a freelance artist in various capacities. We believe her background and training in the arts as well as her passion for healthcare and lifelong education will prove invaluable to our community.

We would also like to take this opportunity to introduce our new Expressive Therapy Intern for the 2018-2019 academic year. Goni Rubel-Zlotnik is a first-year student in Lesley University's Expressive Therapy and Mental Health Counseling graduate program. Goni specializes in Dance Therapy. She will be leading dance/movement groups with our residents as well as meeting with residents individually. Goni moved to the Boston area from Israel in 2015. We are excited to learn about Israeli cultures.

Introducing Tai Chi at Springhouse



Tai Chi with Dana Buck
Thursdays at 3:00 p.m.

We are thrilled to announce that Springhouse will be adding Tai Chi classes to our ten other fitness programs offered each week. Tai chi begins October 4th at Springhouse Senior Living for residents.

Dana Buck, a local Tai Chi instructor will lead the one hour classes every Thursday at 3:00 p.m. Dana has been practicing tai chi for over 25 years. Her instruction emphasizes proper body alignment, relaxation and mindfulness. In addition to promoting balance and overall vitality, tai chi builds strength, endurance, coordination, memory, and confidence.

Second Wind A Cappella to Perform

Second Wind A Cappella
Tuesday, October 23rd at 3:30 p.m.

With a repertoire ranging from Cole Porter to Annie Lennox, Motown to madrigals, Second Wind is a woman's a cappella singing group that appeals to everyone.

For over thirty years, these ten women from the Boston suburbs have shared their love of music with audiences throughout New England. Each performance displays their eclectic mix of smooth style and close harmony, sure to entertain any music lover. Their renditions of American classics and pop, along with medleys of old standards promise a performance not to be missed. We hope you will join us on October 23rd at 3:30 p.m.



Paintings by Judith Robichaud in the Art Gallery



Nature's Beauty Exhibit on Display through October 19, 2018

Please visit Springhouse's Art Gallery Cafe to view our most recent exhibit, "Nature's Beauty" by local artist, Judith Robichaud. The exhibit features oil paintings of birds, fish, and landscapes. As described by the artist, "My recent work focuses on birds that range from the common, unappreciated ones that we encounter everyday like sparrows and pigeons to more exotic fare. I find beauty in the grays and browns of these birds especially placed against uncluttered backgrounds." Ms. Robichaud works in "alla prima" style where she attempts to complete a painting in one session. The spontaneity of this style results in sense of accomplishment with every trip to the studio. Ms. Robichaud's work will be on display through October 19th.

Massage Therapy for Residents

Just a reminder that Springhouse Senior Living offers Massage Therapy for our residents. Reservations can be made by calling the concierge at 617-522-0043. Gift Certificates are also available.



Monthly Support Group



A support network for you and your loved ones.

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

SET YOUR CLOCKS BACK

REMINDER TO SET YOUR CLOCKS BACK BEFORE YOU GO TO BED ON SATURDAY, NOVEMBER 3, 2018.

NEW TIME BEGINS ON SUNDAY, NOVEMBER 4 at 2:00 AM

