



44 Allandale Street, Boston
(617) 522-0043

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December 2018

Winter Arts Festival

Springhouse cordially invites you to attend our annual community-wide art show! This year's Winter Arts Festival will feature original works of art created by residents of all three of our communities.

The art pieces on display range from recent works created in our newly renovated art studio to those done in previous phases of life. Spanning various mediums and art forms, the show will include painting, printmaking, poetry, jewelry and fiber arts among others. This exhibition will celebrate our incredibly creative and talented community.



The Winter Arts Festival begins on Friday, December 7th with a gallery talk and reception at 7:30 p.m. The show will be on display until mid-January. Don't miss your chance to view this unique collection!

Klezmer Concert

Shir Madness performs on Thursday, December 6th at 3:30 p.m.



Please join Springhouse for a klezmer concert by Shir Madness, just in time for Hanukkah!

Shir Madness is an eight-instrument ensemble that plays music from every source of klezmer tradition — this music has roots in anything from Gypsy melodies to Hebrew liturgy, from American jazz to songs written for the Yiddish theater, plus folk tunes and dances from Russia, Romania and elsewhere in eastern Europe and around the Mediterranean.

Klezmer integrates a strange brew of wildly different musical styles, and it's still evolving, especially with renewed worldwide interest in the music over the past thirty years. The band will also feature tunes written by one of its members, incorporating klezmer spirit and expanding on these traditional song and dance forms. This lively performance is sure to be a delight for all!

Please RSVP to Meredith Griffiths at 617-522-0043 x2110 if you'd like to attend.

Winter Nutrition

For your enjoyment, each month we will feature a special message from our Dining Services, HealthCare Services Group.

It's important for seniors to eat well all year round, but winter brings its own set of challenges. Seniors especially need all the nutritional support they can get to keep their bodies strong. Eat foods that are rich in omega 3 fatty acids such as avocado and fish and make sure you are getting the proper amount of vitamin D. Also always make sure you are eating well, staying hydrated and active.



Eating food from these four groups will help you to stay healthy throughout the winter:

Fruits and Vegetables: aim for dark green, red, orange and yellow ones. They contain natural disease fighting ingredients.

Grains: look for the ones with more fiber since it helps with digestion.

Milk and Milk Alternatives: This is an important group for bone and muscle health and especially important in the prevention of osteoporosis.

Meat and Meat Alternatives: This group provides us with protein, vitamins and minerals. Protein helps repair muscles and keeps us well nourished.

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 at the Woodside Front Desk.

MONTHLY SUPPORT GROUPS

LIVING WITH LOSS

"Living with Loss" is a monthly support group for older adults who are experiencing loss of a partner or spouse through a disease progression such as associated Alzheimer's Disease or Dementia.

We are pleased to offer this new support group for residents, families and the community.

The next meeting will take place at Springhouse on December 3rd at 3:30 p.m. in our first floor conference room.

The program will be facilitated by Adrianna Alpaugh, Director of Social Services at Springhouse Senior Living,

Please RSVP to Adrianna at 617-522-0043 x2103 or at aalpaugh@springhouseboston.org



A support network for you and your loved ones.

Care to Care is a general caregiver support group connecting those caring for family members or friends in all stages of Alzheimer's Disease or dementia and in a variety of care settings. The group offers the opportunity to share strategies, resources, and coping skills with one another, as well as provide mutual support.

Our next group will meet on Wednesday, December 12 at 6:30 pm. Everyone is welcome! Please RSVP to Meredith Griffiths at 617-522-0043 or mgriffiths@springhouseboston.org.

BIG WISHES TOY DRIVE

Once again this year, Springhouse is happy to sponsor the BIG WISHES GIFT DRIVE for the HOME FOR LITTLE WANDERERS

We will be collecting items from November 26 to Dec.17, 2018

The most needed items this year are:

- Gift cards (TJ Maxx, CVS, Walmart, Rite Aid, Target, Stop and Shop, Amazon)
- Hygiene Products: Shampoo, soap, toothbrush/toothpaste
- Clothing: t-shirts, pants, socks and sweatshirts ALL NEW and PACKAGED
- Arts and crafts supplies
- Backpacks
- Headphones, wireless speakers, cosmetics
- Sporting equipment
- School Supplies

All items MUST be new, unwrapped and here by December 17

Please deposit gifts in the wrapped box in the Woodside First Floor Lobby



Happy Holidays

Wishing everyone a very happy holiday season. Happy Chanukah and a very Merry Christmas to all our residents, families and friends.

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