

44 Allandale Street, Boston  
(617) 522-0043

Schedule a Private Tour

February 2019

## Employee of the Quarter

Blanca Noriega has become an essential member of the Housekeeping Department since she started working at Springhouse.

She performs her job to the best of her ability but also takes charge when her supervisor is not in the building and helps everyone here with difficult situations.

She coaches, mentors and trains new members of the team and is always willing to help a coworker. Blanca is the first that responds when called for assistance complete with a smile and willingness to help.

Blanca is compassionate, hardworking, caring, dependable, capable, smart and a phenomenal human being who works hard to support her family. In addition, she understands the needs of our residents and the importance of infection control in our building.

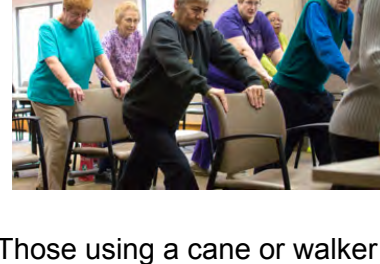
Please congratulate Springhouse employee of the quarter, Blanca Noriega!



Blanca Noriega

## 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](mailto:aglora@ethocare.org)**

**You must commit to come every week.**

**Thursdays from 10:00 a.m. to 12:00 p.m.  
February 21st thru April 11, 2019**

## Collegiate A Cappella Groups to Perform

### Springhouse welcomes Yale's RedHot & Blue and Middlebury's Dissipated 8

Each February, Boston hosts the Northeast Quarterfinal of the International Championship of Collegiate A Cappella which brings singing groups from all over the region to our city. We couldn't be happier to offer opportunities to the touring groups to perform for our residents between their competitive activities. This year we will be welcoming RedHot & Blue from Yale University and The Dissipated 8 from Middlebury College. We hope you will join us for one of these spirited performances!



**RedHot & Blue's debut performance at Springhouse will take place on Saturday, February 2 at 3:30 p.m.** RedHot and Blue is Yale's oldest undergraduate co-ed a cappella group specializing in vocal jazz since 1977. Their distinct arrangements and award-winning sound have grown a great deal since their founding and continue to set them apart in the music scene at Yale and across the globe. RedHot & Blue love singing jazz, but their repertoire has expanded to include a wide variety of genres, from Broadway hits to the Beatles to Britney Spears.



**The Dissipated 8 will be returning to Springhouse for their fourth annual performance on Thursday, February 7th at 3:30pm.** Originally a barbershop octet founded at Middlebury College in 1955, the group has evolved along with modern a cappella in order to incorporate new musical styles. The Dissipated 8 has never lost sight of its barbershop roots, maintaining the example of energetic dedication established by the group's founding members. Producing numerous records over the years, the D8 has compiled a vast archive of music from the past five decades. The group continues to perform all over New England and looks forward to continued success through the blending of traditional and contemporary a cappella.

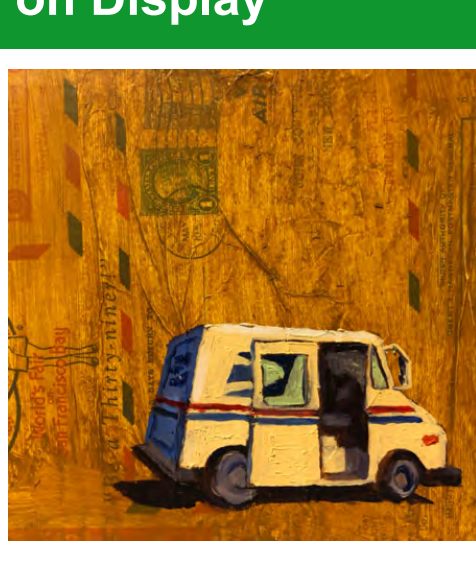
## Oils by Dan Murphy on Display

**Gallery Opening, February 1, 2019, 7:30 p.m.**

Springhouse invites you to view our new exhibition, "Mail Truck Mania," featuring a series of oil paintings by local artist, Dan Murphy.

Based in Roslindale, Dan Murphy is an oil painter interested in color, both the vibrant and the duller. He states "color breathes life into both my animate and inanimate, and I look at that as my playground." Murphy's work is influenced by artists like Josef Albers, Edward Hopper, Alice Neel, Caravaggio, Ragnar Kjartansson, Tom Waits, John Prine and Leonard Cohen. Just as music is the distance between tones, his art is after the story between colors.

Murphy enjoys painting everyday scenes and objects in new ways. This exhibition features his most recent work, a collection of mail trucks. Working by the Fort Point Channel, the artist often passes by a huge lot of mail trucks, which have become his inspiration. He explains, "they've always looked to me like animals grazing in the field, and I know these animals, just like us, probably won't be out there forever. I think it is important that I record this beautiful, living, breathing species before it becomes extinct." Mail Truck Mania will be on display in Springhouse's Art Gallery Cafe through early March.



## Time to take Vitamin D?

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

Benefits of Vitamin D

You may think vitamin D is little more than a component in your daily multivitamin.

But the so-called "sunshine vitamin" is more complicated — and potentially more beneficial — than you might have imagined.

It's long been known that vitamin D helps bone growth and strength by increasing the body's absorption of calcium, magnesium, iron, and other beneficial minerals.

Absorbing sunlight and eating fatty fish are two simple ways to boost vitamin D levels but this cannot always meet the body's needs as the amount of sunlight needed is far more than most people can get and it is not available in most foods.

Vitamin D can help to optimize muscle strength It can help the body fight cancer cells as it works as a booster to the immune system.



## Massage Therapy Available

### 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

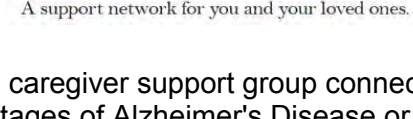
"Living with Loss" is a bi weekly support group for older adults who are experiencing loss of a partner or spouse through a disease progression such as Alzheimer's Disease or Dementia.

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

The next meeting will take place at Springhouse on February 12th and again on February 26th at 3:30 pm in the first floor board 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](mailto: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, February 13 at 6:30 pm. Everyone is welcome! Please RSVP to Meredith Griffiths at 617-522-0043 or [mgriffiths@springhouseboston.org](mailto:mgriffiths@springhouseboston.org).

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