



44 Allandale Street, Boston
(617) 522-0043

Schedule a Private Tour

March 2019

Allen House at the MFA



Photographs by Ansel Adams, a re-created country estate circa 1800, Korean art featuring celadon vases, lacquer and metalwork from the 11th century--these are a few of the recent exhibitions our Allen House residents have toured on their monthly visit to Boston's Museum of Fine Arts.

For nearly a decade, Allen House has participated in the MFA's Access to Art Program. The Access to Art program provides tours that are visitor-centered and interactive, designed for groups that are disabilities, which may include physical disabilities, cognitive disabilities, people with dementia or those undergoing medical treatment, among others. One of the benefits of participating in this special program is that tours are scheduled at regular intervals, with the same tour guides. This allows our residents to build relationships with the guides, and allows the guides to develop tours for the specific interests and needs of our residents. In addition to viewing and discussing the artwork,

the Access guides always bring a tactile element to engage the residents on each tour. Items such as a bamboo calligraphy brush, a canvas with dried strokes of paint in various textures, or a satin ribbon similar to the one worn by Degas' *Little Dancer* are passed around for each individual to experience as they view the corresponding artwork.

While Alzheimer's and other dementias may affect short-term memory, on these tours it is clear that they do not impact the ability to respond to or enjoy experiencing works of fine art. Our monthly tours often evoke the emotions and long-term memories of our residents. For example, one resident who had studied art earlier in her life was thrilled to see Gauguin's *Where Do We Come From? What Are We? Where Are We Going?* and told the group about how she had written a dissertation on the piece. While other residents may not have such an extensive knowledge of art history, their faces light up with smiles as we view paintings such as Sargent's *Daughters of Edward Darley Boit* and reminisce about parenthood and getting young children to sit still for a photo, let alone a painted portrait!

We are so thankful for the MFA's commitment to making their collection accessible to all. Our Assisted Living residents also enjoy bi-monthly tours through the Access to Art Program, and we are happy to be able to offer free passes for self-guided tours to our Independent Living residents through the program as well. These free Access Passes are available to all Springhouse residents and their caregivers, please contact Meredith Griffiths, Therapeutic Program Director for more information.

Apollo Club Concert

The Apollo Club of Boston will perform on Tuesday, March 26, 2019 at 7:30 p.m.

Springhouse is thrilled to welcome back Boston's esteemed Apollo Club, the second oldest continuously active men's singing group in the country! Founded in 1871, the Apollo Club has a long distinguished history. Today it celebrates it's 148th year with a membership of about 25 professional and business men from the greater Boston area.



Over time, the Apollo Club has evolved from a large chorus with a classical music orientation to a glee club whose repertoire comprises folk songs, love songs, sea chanteys, show tunes, and classical and semi-classical compositions. The Club's purpose is simple: to promote musical literacy and an appreciation of the art of men's choral music and to share with audiences the pleasure of men's voices.

We hope you'll join us! Please RSVP to Meredith Griffiths at 617-522-0043 x2110 if you'd like to attend.

Spring Forward

GREAT NEWS! Daylight Saving Time is here! Time to turn the clocks forward.

Remember to set your clock one hour ahead before you go to bed on Saturday, March 9, 2019.



Heart Healthy Ideas

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

Let's Talk About Heart Disease

1 in 3 adults in the United States has high blood cholesterol, a major risk factor for heart disease and stroke.

Here are some ideas to keep your cholesterol under control:

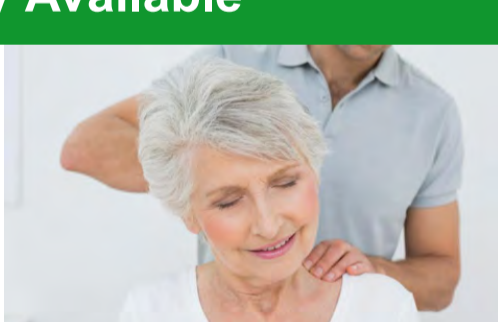
- Eat a healthy diet consisting of foods low in saturated fats, trans fat and cholesterol.
- Eat foods high in fiber to help prevent high cholesterol.
- Limit your salt intake and keep high sugary treats to a minimum.
- Maintain a healthy weight. Check with your doctor to see if your weight is at an appropriate level
- Get enough physical activity to maintain a healthy weight and lower blood pressure and cholesterol.
- Don't smoke and if you do quit. Smoking is a major contributor to heart disease.
- Keep alcohol use to a minimum. 1 drink per day for women and 2 for men



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 support group for residents, families and the community.

The next meeting will take place at Springhouse on March 12 and again on March 26 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



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, March 13 at 6:30 pm. Everyone is welcome! Please RSVP to Meredith Griffiths at 617-522-0043 or mgriffiths@springhouseboston.org.

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