



Call: (617) 522-0043



44 Allandale Street, Boston
(617) 522-0043

Schedule a Private Tour

May 2019

Employee of the Quarter

Congratulations to Lotty Menard, Care Partner in our Traditional Assisted Living.

Lotty is terrific helping her supervisor and providing outstanding care to our residents. She is scheduled overnight at Springhouse and works well with her team members always willing to go above and beyond. She offers suggestions to the team when they need it. Lotty is well respected by fellow co-workers and offers training to new staff. She is kind, compassionate and hardworking thus a fine example of what makes Springhouse special.

We are honored to present Lotty with the Employee of the Quarter Award.



My Life, My Health - Workshop for Healthy Aging



My Life, My Health: Chronic Disease Self-Management is a 6-week informative and interactive workshop, offered by Ethos. It is designed for adults who live with daily challenges of one or more ongoing health conditions.

Learn different methods for managing pain, fatigue, and other symptoms. Find new ways to talk with healthcare professionals and family about your health. Explore your

free guide, *Living a Healthy Life with Chronic Disease*. Discover better nutrition and exercise choices. The class also includes a simple exercise routine to stretch and strengthen.

Space is limited. To Register: Contact Ann Glora at 617-477-6616 or email Ann at aglor@ethocare.org

You must commit to come every week.

**Thursdays from 10:00 a.m. to 12:30 p.m.
May 30 thru July 11, 2019**

Recorder & Harpsichord Concert

Janet Fink, recorder and Alastair Thompson, harpsichord will perform on Saturday, May 4th at 2:00 p.m.

Janet Fink has studied recorder and early reeds with various Boston-area teachers. She fine-tuned her ensemble work with Charlotte Kaufman at the New England Conservatory and with Frances Fitch at the Longy School of Music. She has performed in the Boston area for over twenty-five years in ensembles and as a soloist. She is currently the President of the Board of the new wind band Grand Harmonie. Janet offers frequent recitals at the South End and West End branches of the Boston Public Library.



Harpsichordist Alastair Thompson has distinguished himself as both a soloist and accompanist in appearances across New England. He has accompanied at Boston area conservatories and collaborated with many chamber ensembles, including Seven Times Salt, Les Enfants Terribles and the Zelenka Project. He is also active as an administrator and performer with Amherst Early Music.

Janet and Alastair will make their Springhouse debut on Saturday, May 4th at 2:00 p.m. They will be offering a pan-European Baroque sampler: French (Hotteterre), Italian (Corelli), German (Telemann and Bach) suites, with a surprise harpsichord solo that may even be Spanish - join us to find out!

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

Clean up your eating habits

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

Spring Clean Your Eating Habits

- Winter and the cold can cause us to want to eat a little more. Now that Spring is here, revisit portion sizes to reduce overall caloric intake.
- Organize your fridge and cupboards. Spring means more local fresh fruits and vegetables. Toss anything processed and look to replace it with a fresh alternative.
- Cut back on salt and sugar. White sugar is linked to diabetes and inflammation. Less salt reduces the risk of heart disease.
- Add a Probiotic to your diet. Have a yogurt and help support immunity and overall gut health.
- Head out to the farmers market and pick up some fresh fruit and vegetables.
- Always drink a lot of water and stay hydrated.



Thank You, Volunteers!



April was National Volunteer Month. In recognition, Springhouse hosted our annual Volunteer & Resident Appreciation Celebration on April 28th. From piano concerts, to pet therapy visits, religious services and adventures exploring local gastronomy, our volunteers bring a wide variety of talents and programs to Springhouse and enhance the quality of life for our residents. The event also recognized the residents and family members who give back to our community by serving on the Resident Council and adjunct committees, sharing their special skills and hobbies in programs and those who participate on the Springhouse Advisory Council. We were honored to have members from the Board of Trustees join us as well so we could thank them for generously giving their time to ensure the best interests of our community. Thank you to all our volunteers! We appreciate your service!

Mother's Day Gift Ideas

Looking for a great ideas for Mother's Day? How about a gift certificate? Here are some suggestions:

1. A gift certificate for indulgence at Springhouse. We have massage, manicure and a hair salon right here.
2. Prepaid Transportation: Set up an UBER account with your credit card or work through a local cab company.
3. Set up an account at a home care company for extra help or to pay for an outing with transportation included.
4. CVS! Everyone loves CVS and Springhouse does go to CVS every Monday. You can buy everything there including snacks and toiletries and a lot more!
5. The most obvious FLOWERS!



For more information on these and other gift ideas please call Adrianna at 617-522-0043 x2103

Graduates and Celebrations!

Congratulations to the following employees on their recent graduations and celebrations!

- Marie Chery's** daughter Tami Chery graduates from Bentley University.
- Michelle Melon's** son, Marvel Melon graduates from Blue Hill Regional Technical High School.
- Vanessa Vilbert**, will graduate from Millennium Training Institute with a Medical Assistant degree in August.
- Emmanulla Nei** graduates from UMass Boston.
- Jean Toussiant**, graduates from Brighton High School.
- Wisken Flavil**, graduates from Brighton High School.
- Kemken W Joseph** will graduate from City on Hill 1 High School.
- Polly Doogue** graduates from UMass Boston.
- Bailey McCombs** graduates from Lesley University with a Master's degree in Expressive Arts Therapy and Mental Health Counseling.
- Nancy O'Brien's** daughter, Molly O'Brien graduates from Newton Country Day High School.
- Nancy O'Brien's** daughter, Erin O'Brien graduates from Gettysburg College.
- Congratulations to **Rose O'Mahony's** son, Ronan O'Mahony of the Canton High School Varsity Ice Hockey team on an incredible season finishing 26/0 and winning the Division 2 State Championship 2019. Way to go!

Congratulations All!

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 May 7 and again on May 21 at 3:30 p.m. in the first floor Board Room.

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

