



## Happy New Year From Springhouse

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Medication Management

Author Nancy Linde

**The next Care to Care Support Group will be held on Wednesday, January 9, 2013 at 6:30 pm. The topic is: "The ins and outs of keeping your loved one safe ."**

**Our CEU Breakfast Series will take a break until April.  
Have a great winter!**

### Contact Us

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**January 2013**

### Hearing Clinic at Springhouse

Springhouse Senior Living will host a hearing clinic on Tuesday, January 8, 2013 from 10:00 a.m. until 2:00 p.m. All residents and members of the community are invited. Sable Hearing Aid Service offers free hearing screenings as well as cleaning and fittings for all types of hearing aids.

If you would like to make an appointment, please call the concierge at Springhouse at [\(617\) 522-0043](tel:6175220043).

### The Importance of Medication Management

Doctors prescribe medications with strict instructions that need to be followed. Whether your doctor instructs you to take medicine once a day, twice a day, with meals, or between meals, those instructions are specific for a reason. The World Health Organization reports that only around 50% of people typically follow their doctors' orders when it comes to taking prescription drugs. Remembering to take your medicine is the key to compliance. Medicine will be effective only when taken as prescribed by your physician. Studies have shown that non-compliance, not following doctor's orders with

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medications, causes 125,000 deaths annually in the United States. It also leads to 10 to 25 percent of hospital and nursing home admissions

The economy also suffers from non-compliance. Studies show that 23% of nursing home admissions are due to non-compliance which costs \$31.3 billion annually. And about 10% of hospital admissions are due to noncompliance, costing \$15.2 billion annually. Half of the 2 billion prescriptions filled each year are not taken correctly. Medications are prescribed because they are necessary. By not taking your medications, or by allowing a friend or family member to not take theirs, you are endangering lives and costing and adding to the country's debt.



Start the new year off right, and be sure to properly manage your medications, or find help if you cannot remember to do it alone.

## Author Nancy Linde speaks at Springhouse

On Monday, January 21, 2013 at 7:00 p.m., author Nancy Linde will visit Springhouse for a special presentation. Nancy Linde created and runs [Never2Old4Games.com](http://Never2Old4Games.com), an online subscription service for activities professionals working with seniors. She has produced, written and directed more than a dozen documentary films, including the PBS series NOVA. She lives in Belmont, Massachusetts.

Nancy will visit Springhouse to discuss her book, 399 games, puzzles & trivia challenges.

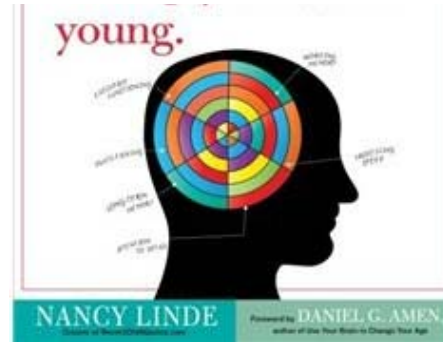
Based on the science that shows that people

399 games, puzzles  
& trivia challenges  
specially designed  
to keep your brain

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that shows that people middle-aged or older who solve word games and brainteasers have a significant cognitive advantage over those who do not, 399 games, puzzles & trivia challenges is the illustrated game book



specifically created to cross-train the brain. Here are 399 games to stretch, challenge, and push the reader, all of which stimulate the formation of neurons-literally, regrowing the brain.

This event is free and open to the public. Please call (617) 522-0043 to RSVP.