



## Springhouse November Newsletter

<b>In This Issue</b>
<a href="#"><u>Veteran's Celebration</u></a>
<a href="#"><u>Staff Appreciation</u></a>
<a href="#"><u>Pie in the Sky!</u></a>
<a href="#"><u>New Dining Room Manager</u></a>
<a href="#"><u>Berklee College of Music Performance</u></a>
<a href="#"><u>Seasonal Affective Disorder</u></a>

**November 2013**

### Veteran's Celebration

Springhouse invited all residents, family members and staff to submit items for our Veteran's Day collection. We accepted memorabilia, photographs and war papers to be put on display in the Springhouse lobby. These items will be available for viewing from November 1-18, 2013. In collaboration with this showcase, Springhouse invites you to join us on Tuesday, November 6th at 3:30 pm as we welcome Massachusetts State Senator Mike Rush for a special presentation about veteran's legislation. All are welcome to attend this presentation, and please feel free to visit the display in our lobby throughout early November.



The next Care to Care Support Group will take place on:

Wednesday,  
November 13, 2013  
at 6:30 pm at Springhouse

The topic will be  
" Caregiver Tips and Tricks to  
Managing Stress"

Please RSVP to Meredith  
Griffiths at (617) 522-0043

### Appreciating our Springhouse Staff

During the month of October, Springhouse revealed our new Staff Appreciation plan. Springhouse is proud to have such excellent employees who always go above and beyond for our residents and family members. We want to share our pride with everyone who visits, works or lives at

**Fall CEU Breakfast Series  
presented by Springhouse and  
Excella Healthcare**

**Wednesday, November 6, 2013**

Breakfast 8:00 - 8:30 am  
Presentation 8:30 - 9:30 am

**"Understanding Dysphagia  
and How it Relates to  
Parkinson's Disease"**

**Presented by:  
Mary Barker M Ed.,CCC-SLP**

**Please RSVP to Karen Pollack at  
(617) 522-0043 or email  
[kpollack@springhouseboston.org](mailto:kpollack@springhouseboston.org).**

**Contact Us**

Phone  
(617) 522-0043

Fax  
(617) 522-0893

Web  
[www.springhouseboston.org](http://www.springhouseboston.org)

**Employee Directory**

**Kathy Foley**  
Executive Director  
[kfoley@springhouseboston.org](mailto:kfoley@springhouseboston.org)

**Carol Robinson, RN**  
Wellness Director  
[crobinson@springhouseboston.org](mailto:crobinson@springhouseboston.org)

**Rebekah Levit, LCSW**  
Memory Care Director  
[rlevit@springhouseboston.org](mailto:rlevit@springhouseboston.org)

**Susan Kates**  
Director of Social Service  
[skates@springhouseboston.org](mailto:skates@springhouseboston.org)

**Karen Pollack**  
Director of Community Relations  
[kpollack@springhouseboston.org](mailto:kpollack@springhouseboston.org)

**Meredith Griffiths**  
Therapeutic Program Director  
[mgriffiths@springhouseboston.org](mailto:mgriffiths@springhouseboston.org)

**Kristen Woulfe**  
Community Relations  
[kwoulfe@springhouseboston.org](mailto:kwoulfe@springhouseboston.org)

**Karl Schuster**

Springhouse. We have created a recognition board where staff, family members, and residents can write a personal message recognizing a specific staff member for a job well done. At the end of each month, these notes will be collected for a drawing where two staff members will have a chance to receive a special gift thanking them for their special efforts. Springhouse is excited to have a way to showcase and recognize the exceptional care and pride that our staff take in their job. Be on the lookout for the staff board outside the second floor dining room!

**Pie in the Sky!**

Springhouse Senior Living is excited to participate in the 2013 Community Servings' *Pie in the Sky* program. Each November since 1993, Boston's best restaurants, bakeries, caterers and hotels donate thousands of pies that over 600 volunteers then sell to family, friends and colleagues. Each pie costs \$25, providing a week's worth of hearty home-delivered meals to a Community Servings' client and a tasty Thanksgiving treat to the buyer. Springhouse will be baking and donating 25 pies to Community Servings for this event!

Corporate donors provide financial support and donations of in-kind services. Thanks to the dedication and generosity of our pie sellers and volunteers, \$.93 of every \$1.00 goes directly to feeding Community Servings' clients.

**New Dining Room Manager**

Springhouse extends a warm welcome and congratulations to Ellis Garvin, our new Dining Room Manager. Ellis has been a chef at Springhouse for over ten years. He has stepped in to help during staff changes over the years and has performed every role within the kitchen.

When he is not at Springhouse, Ellis has his own private catering company, and he has a long history of working in the hospitality industry. Springhouse is pleased to have promoted Ellis Garvin to our management team, and we are excited to see what enhancements he will bring to our dining room experience.



**Berklee College of Music Performs at Springhouse**

On Wednesday, November 20th, Springhouse will welcome

Food Services Director  
[kschuster@springhouseboston.org](mailto:kschuster@springhouseboston.org)

**Ellis Garvin**  
Dining Room Manager  
[egarvin@springhouseboston.org](mailto:egarvin@springhouseboston.org)

**Thomas Crowe**  
Director of Maintenance  
[tcrowe@springhouseboston.org](mailto:tcrowe@springhouseboston.org)

**Anna Maziarz**  
Business Manager  
[amaziarz@springhouseboston.org](mailto:amaziarz@springhouseboston.org)

**Jessica Rollins**  
Administrative Assistant  
[jrollins@springhouseboston.org](mailto:jrollins@springhouseboston.org)

### Join our list

[Join Our Mailing List!](#)

**Springhouse is on Facebook!**

[Like us on Facebook](#) 

### Share The Newsletter With Someone You Know

If you are receiving this newsletter and know someone who would enjoy reading about Springhouse news, simply forward this newsletter to their email address and ask them to click on the "Join Our List" button directly above this box.

Berklee College of Music students to perform "The Movement" at 3:30 pm. Springhouse is looking forward to having Berklee students back at Springhouse. Their performance in September drew quite a crowd and was talked about as one of the best musical performances Springhouse has ever had.

"The Movement" is a student led program managed by the college's Office of Community and Governmental Affairs that facilitates student, faculty, staff and alumni volunteer initiatives that feature music as a medium for social change. Volunteers collaborate with partner organizations to conduct a broad range of activities including youth mentorship, performance outreach, and musical instruction.

Please feel free to join Springhouse on November 20th for this performance!

### Can Daylight Savings Time Cause Depression?

Daylight savings time ends on Sunday, November 3, 2013. With this change, the sun sets earlier leaving us more evening time in the dark. The lack of sunlight and cooler temperatures of fall and winter can cause people to exhibit Seasonal Affective Disorder (SAD). SAD is also known as "winter depression" where a senior may begin to withdraw socially, experience daytime sleepiness, decreased interest in activities, increased appetite, weight gain, and cravings particularly for carbohydrates.

Although seasonal affective disorder impacts adults of all ages (especially women), age and lifestyle can contribute to the course of the condition. Along with medications, adding more natural light into

the senior's home, adding a light-box/happy light, exercise, and spending time outdoors can help quell a person's SAD. Even these small changes can greatly change a person's mood and help them feel less isolated and depressed. Before taking any medications for SAD, please consult your physician.

