

Springhouse

Senior Living Community

Springhouse June Newsletter

June 2015

In This Issue

- [Congratulations](#)
- [Hearing Clinic](#)
- [Sun Safety tips](#)

Contact Us

Phone
(617) 522-0043

Fax
(617) 522-0893

Web
www.springhouseboston.org

Employee Directory

Kathy Foley
Executive Director
kfoley@springhouseboston.org

Amaka Mogor, RN
Resident Care Director
amogor@springhouseboston.org

Rebekah Levit, LCSW
Memory Care Director
rlevit@springhouseboston.org

Susan Kates
Director of Social Service
skates@springhouseboston.org

Karen Pollack
Director of Community Relations
kpollack@springhouseboston.org

Meredith Griffiths
Therapeutic Program Director
mgriffiths@springhouseboston.org

Karl Schuster
Food Services Director
kschuster@springhouseboston.org

Thomas Crowe
Director of Maintenance
tcrowe@springhouseboston.org

Anna Maziarz
Business Manager
amaziarz@springhouseboston.org

Jessica Rollins
Administrative Assistant
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.

Care to Care Support Group

Will meet on Wednesday,
June 10, 2015
at 6:30 pm
Springhouse Board Room

Please RSVP to
Meredith Griffiths at
617-522-0043

June CEU

Springhouse Senior Living and Hebrew SeniorLife Spring CEU series continues on June 3, 2015.

"Guardianship: The pros and the cons"

Breakfast at 8:00 am
Presentation 8:30am to 9:30am

1 CEU for Social Workers ONLY

Please RSVP to
kpollack@springhouseboston.org
Seating is limited

Onwards and Upwards

Springhouse Senior Living wishes a hearty congratulations to the following staff and their families:

- Merrick Palmer on recently being promoted to Dining Room Supervisor.
- Awan Freeman and Olga Volcy on being promoted to team leaders in the dining room.
- Austin Pollack, son of Karen Pollack, on his recent graduation from the S.I. Newhouse School of Public Communications at Syracuse University with a degree B.S. in Broadcast and Digital Journalism. Austin will head to the Mahoning Valley Scrapper Minor League Baseball Team for Cleveland Indians as Director of Broadcast and Media Relations.
- Erin O'Brien, daughter of Nancy O'Brien, a recent graduate of Newton Country Day School, heading to Gettysburg College in the Fall 2015.
- Eli Vasquez on graduating from Wheelock with her degree in Communications.
- Awan Freeman on graduating from The Community Academy of Science and Health in Dorchester, will be attending Norwich University in the Fall.
- Kielesey Avalo, Polly Doogue and Emma Nei on graduating from The Academy of the Pacific Rim Charter Public High School. Kielesey plans on attending Bryant College in the Fall. Polly hopes to attend Massasoit Community College, and Emma will be attending The University of Massachusetts, Boston.
- Sophia Nei, on being promoted to our new Woodside Concierge and on graduating from The University of Massachusetts - Boston.
- Meghan Lis, our activities intern, on her recent graduation from Lesley University with a Master's degree in Expressive Arts and Mental Health Counseling.
- Shabby Deriani, social work intern, on her graduation from Boston University with her Masters in Social Work degree; MSW

Congratulations to all and best of luck!!!

Hearing Clinic

Springhouse Senior Living invites you a FREE hearing clinic. Wednesday, June 17th and Thursday, June 18th.



All Services will be provided by Sable Hearing Clinic.

*You will receive a complete electronic hearing test.

*Demonstration of hearing aide.

*If you wear a hearing aide, it will be cleaned and serviced.

*Discounted rates available for new hearing aides.

Please call 617-522-0043 to make your appt.

Sun Safety Tips

Thank goodness the winter is over! Now...summer is a time for enjoying the great outdoors! The summer sunshine, UV rays and heat can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion and more. Here are some Summer Safety Tips:

1. **Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity.
2. **Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck, as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.
3. **Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside.
4. **Be an early bird or night owl:** The sun is strongest between 10 am and 4 pm. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.
5. **Watch for heat stroke:** It is extremely important to watch for signs of heat stroke. especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.
6. **Review your medications:** Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.
7. **Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sunscreen protection (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure.

<http://www.cancer.org/healthy/toolsandcalculators/quizzes/app/sun-safety-quiz>