

# Springhouse

Senior Living Community

## Springhouse September Newsletter

September 2015

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### 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,  
September 9, 2015  
at 6:30 pm  
Springhouse Board Room

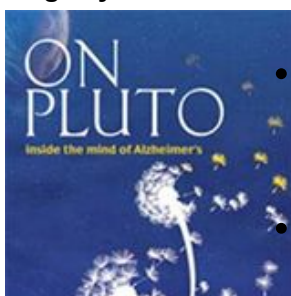
Please RSVP to  
Meredith Griffiths at  
617-522-0043

### Book Signing and Lecture

On Saturday, September 26, 2015 Springhouse Senior Living invites the public to attend a lecture, book signing and lunch featuring Greg O'Brien. Greg has more than 35 years of newspaper and magazine experience as a writer, editor, investigative reporter and publisher. In 2009, he was diagnosed with Early Onset Alzheimer's. His maternal grandfather and his mother died of the disease. Over the years, he has contributed to, among other publications, the Associated Press, UPI, USA Today, Arizona Republic, Boston Herald American, Boston Metro, New York Metro, Philadelphia Metro, Providence Journal, Cape Cod Times, Boston Irish Reporter, and Boston Magazine, where he was senior writer. He is a former editor and publisher of the Cape Codder and Register newspapers, former editor of Cape Cod Life and was a founding managing director of Community Newspaper Company in Boston. Acting on instinct and journalistic grit, Greg has decided to face the disease and his imminent decline by writing frankly about the journey.

**Greg will be here to tell his story and sign books on September 26, 2015 at 12:00 pm.**

**Greg says "This is a book about living with Alzheimer's, not dying with it."**



- **Seating for this event is very limited.** The outside community will have first preference. Please call the Springhouse Concierge to reserve your seating.
- **617-522-0043**

### New Memory Care Director!

Springhouse Senior Living is happy to announce the addition of Donna L. Watson as Director of Memory Care.

Donna spent many years in sales and management working in the high end cosmetic industry. She always wanted to do something that served others in a more meaningful way. She found her true passion in 2002 when she went to work for Deerfield Senior Center as a program assistant. Her previous training in early childhood education and psychology became useful skills in her new role. Donna held various positions at the adult day health and in 2008, was promoted to Executive Director of their Wakefield Center.



In 2011, Donna joined Benchmark Senior Living at their Newton Lower Falls location as the Memory Care Director. Last year she became a Certified Dementia Practitioner and especially enjoys training staff on Alzheimer's Disease and ways to communicate with those living with the disease.

Outside of work Donna loves to learn about holistic medicine and nutrition. She has been a Reiki practitioner for 17 years.

Please join us in welcoming Donna to Springhouse!

### Social Media

#### Top Ten Reasons Seniors Should Use Social Media

Senior citizens are the fastest growing demographic on Facebook. For seniors, using Facebook has enabled them to get in touch with long lost friends and relatives, see pictures of grandchildren and learn more about the brands and causes that mean something to them. Here are some reasons how Social Media can help our older generation:

1. **Keep in touch.** Social media is a remarkable tool for keeping in touch, especially with kids, grandchildren and sometimes even great grandchildren, but it's more than just family. Seniors are finding their college roommates, best friends from "the block" and elementary school crushes.

2. **Research.** Seniors use social media tools to learn more about topics that interest them. It can cultivate hobbies and business ideas and even help with health information.

3. **Ask questions.** Using the online tools available, many people can reach out via Twitter, Facebook, videos, blogs and live chats. Being able to talk to representatives and have all their questions answered electronically is gratifying.

4. **Entertainment.** Many people watch old television shows and movies, as well as find videos from "back in the day." They can read ebooks, articles and blog posts, find song lyrics and find out what their favorite entertainers are up to. They can play games, either by themselves or with family and friends.

5. **Start a new business.** Being online allows folks of all ages to start a new business. Perhaps they can sell crafts or give coaching advice. Or maybe they want to get into freelance writing or some sort of consulting.

6. **Grow an existing business.** Seniors who are still in business need to keep up with new programs and technologies. Social media enables them to stay in the game and compete with younger businesses. Use social media tools to connect and share.

7. **Learn.** Seniors are now taking courses online and reading online books, posts, articles and more to keep their minds active.

8. **Share.** Seniors have amazing stories and brilliant ideas. Through social media they can share all that good stuff with others. Seniors can blog about how life was when they were growing up or how things have changed during their lifetime.

9. **Meet others.** The social networks allow us to meet others, for both business and pleasure. From online meetings seniors can plan offline meetups and networking events with like minded people and people their age.

10. **Take advantage of sales and online opportunities.** Seniors can save money by taking advantage of promotional opportunities

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