

Springhouse December Newsletter

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Care to Care Support Group

Will meet on Wednesday,
December 14, 2016
at 6:30 pm

Please RSVP to
Meredith Griffiths at
617-522-0043

Save the Date!

It's Back!

Brookline Music School Faculty Concert Series

Springhouse is thrilled to resume our BMS Faculty Concert series for the 2016-2017 Season with a performance by

Tomoko Iwamoto Jazz Trio

"440" gypsy jazz



Combining the sounds of jazz and gypsy music, 440 expands on the tradition of gypsy jazz established by Django Reinhardt and Stephane Grappelli. Join them as they perform irresistible toe-tapping snappy arrangements of swinging era hot jazz standards plus originals by the band members.

The Brookline Music School is a private, non-profit community school for ages 3 months to Adults. It serves over 1300 students, offering instruction in more than 25 instruments and disciplines. Springhouse is proud to support their mission through this community concert series.

**Saturday;
December 10, 2016
2:00 p.m.
in Main Street**

A Happy Holiday Season to all!



December 2016

Digital Signage Debuts at Springhouse

Springhouse Senior Living is happy to announce we have gone digital...in house that is. We have added two monitors internally, one at the Woodside Elevator and one at the Ledgement entrance. These monitors will allow residents, families and guests to learn what is happening within our community each day. They will broadcast the daily menu items, activities, trips, weather, current events, birthdays and even occasional Springhouse news. Please take a moment when visiting to check them out. Let us know what you think!

Renovation Update

Our lovely Woodside lobby is completely operational now. We are adding finishing touches every week.

Soon the library shelves will be filled with books.

We have ordered some stunning art pieces to adorn our walls and a few other items to liven up the place!

We expect the new hair salon to open sometime in December. Next for completion is the fitness center and show kitchen/activity room.

Also, the patio door from the terrace/pre-dining room will be replaced with much more user friendly sliding door. We are so excited....we wish the timing was better weather wise.

We will keep you all updated via this monthly newsletter with the exciting progress of the renovation project. If you have questions regarding a visit to Springhouse, please call us at 617-522-0043.

Living with Art

Springhouse's Therapeutic Program Coordinator, Meredith Griffiths, recently joined a team of expressive arts therapists working within Rogerson Communities to present at the annual conference of the New England Chapter of the Aging Life Care Association. Their presentation, "Inspiring Elders Through the Arts: An Expressive Therapy Experience" spoke to the power of the arts as a means of communication for persons living with dementia, and the positive effects engaging in the arts can have in reducing confusion and agitation while creating moments of joy for residents and caregivers alike. The session also highlighted some of the various arts groups offered to our residents such as sing alongs with instrument improvisation, dance programs and mixed media art making.

For those who are less inclined to create, simply looking at paintings or sculptures and talking about them is an enjoyable way to engage with fine art. There are very successful museum-based programs such as The Meet Me at the MoMA Alzheimer's Program, and the Access to Art program at Boston's own Museum of Fine Arts that provide opportunities for persons with dementia and their caregivers to experience works of art in this way.

Here at Springhouse, one of our most beloved programs, *Living with Art*, was created along with Jane Blair, owner of ArtMatters,



for our Allen House residents to provide more opportunities for them to look at, discuss and reminisce about works of art, famous artists, or themes and styles throughout the history

of art. As described by the ArtMatters: *Living With Art* is a unique program designed to bring the art museum directly to the residents. The logistics of traveling to the museum and the sensitivity of selecting only those able to travel are eliminated. The art "lives" for an entire week within your own program- introduced in a dynamic "gallery talk" by an ArtMatters presenter. The work is exhibited in your "gallery"- the hallways and common spaces of your program; and enjoyed at leisure with family, staff, and visitors.

In November, Allen House hosted a *Living with Art* session focused on the theme of "Mother & Child," showing this special yet universal parental bond as it appears in works from Ancient Egypt all the way through Impressionism. In addition to learning about the lives and philosophies of various artists through a sophisticated "gallery talk," the residents of Allen House enjoyed reminiscing about their own relationships - both with their mothers, and as mothers and fathers of their own children.



Our next Living With Art program will take place in early January. For more information, or if you'd like to see this powerful program in action, please contact Meredith Griffiths at mgriffiths@springhouseboston.org for details.

Holiday Favorite Recipe

Several years ago, upon moving in to Allen House, a resident asked if she could carry on her favorite holiday tradition of making fudge for her friends and neighbors. Our activities staff jumped at the chance to make this possible for her, and invited her to lead a cooking group to do just that! Her recipe remains a Springhouse favorite and we are happy to be able to share it with you!

Peggy's Remarkable Christmas Fudge

Ingredients:
4 cups sugar
1 cup butter
1 2/3 cup evaporated milk
2 cups semisweet chocolate pieces
1 pint marshmallow fluff
1 tsp vanilla



Directions:
1. Butter the sides of heavy 3 quart saucepan.
2. In the pan, combine sugar, evaporated milk and butter.
3. Cook over medium heat to soft ball stage (236 degrees, check by dropping boiling liquid in cold water to see if it forms a soft ball).
4. Remove from heat and stir in chocolate, marshmallow fluff, and vanilla.
5. Beat the mixture until the chocolate is melted and blended.
6. Pour into a buttered 9x12x2 inch pan.
7. Score into squares while warm.
8. Cut when firm.

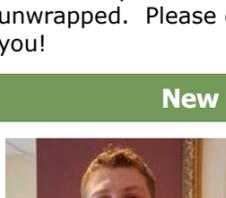
Big Wishes Toy Drive for Home for Little Wanderers

This year, Springhouse Senior Living is hosting the **Big Wishes Gift Drive to benefit The Home for Little Wanderers.**



Suggested toys needed are: arts and craft supplies, dollhouse figures, games and puzzles, math and literacy games, legos and building blocks, remote control cars, musical toys, playing cards, children and young adult books and DVD (no R rated). There is a large drop off box in the lobby of Woodside. All gifts need to be new and unwrapped. Please drop off by December 15th. And thank you!

New Food Service Director



Springhouse Senior Living is happy to introduce Ken Shorey as our new Food Service Director.

Ken graduated from Johnson and Wales Culinary Institute in 2005. His previous experiences include: Executive Chef for Sodexo at the Corporate Office of Harvard Pilgrim Healthcare and Executive Chef at Holden Rehab from 2012-2013. For the past three years, Ken has been the Dietary Manager and Regional Chef at Healthcare Services Group and has happily accepted the position of Springhouse's Food Services Director.

Ken is married with two children: a 4-year-old son and 9-month-old daughter. His hobbies include cars, motorcycles, kids and COOKING! He is very excited about this new opportunity and can't wait for you all to taste his cooking!