



the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

WEDNESDAY, APRIL 17

Olmsted Choir concert with the Back Bay Chorale at 4:00 P.M. *Public is welcome!*

SATURDAY, APRIL 27

Opening Minds through Art (OMA) Artists' Reception & Art Sale from 3:00–4:30 P.M. *Public welcome! For more information, visit us online at goddardhouse.org or call Patti Barrows at 617-731-8500.*

SUNDAY, APRIL 21

Easter Sunday communion service at 10:00 A.M. followed by luncheon from 11:30 A.M.–1:30 P.M.

MONDAY, APRIL 22

Passover Seder service at 3:00 P.M. followed by dinner at 4:30 P.M.

For both the Easter and Passover events, RSVP to reception by April 17th, indicating whether you will be at the service, or the meal, or both.



RESIDENT PROFILE



Michael Sallen's story begins as a kid who grew up on Intervale Street where Roxbury and Dorchester meet. After a short stint working for his dad who was an electrician, in 1944 he joined the Army Air Corps. In WWII Michael was a gunner and radio operator on a B24 Bomber. His plane was shot down and one of his crewmates didn't survive, but saved Michael's life by helping him get his parachute on in time to bail out. Michael then endured a German

POW camp for seven months. He recounts, "We spent a long time living in small tents on muddy ground. Years later my kids wanted me to go tent camping, I said no. I promised myself back then never to sleep in a tent again." A few months later, D-Day arrived and after a hospitalization, he was on his way home.

While in his twenties, Michael met his wife Renee, who was studying to be an art teacher. They met in the Beachmont section of Revere Beach, while on summer vacation. She caught his eye because of how brave she was as she would jump off high bridges into the ocean water below.

After "talking my way into Harvard University," he went into education and became a middle school principal in Jamaica Plain from 1975-1986. His school was known as the most racially balanced school in the Boston School System. One day, Michael noticed that there were lots of upright pianos throughout his school and yet none were being played. He had one of the pianos moved to the front of his office. He played patriotic songs as the kids arrived at school. Soon, they began to sing with him. A year later all the pianos around the school were being played and music was heard in every hallway.

Michael had a wonderful marriage, raised some great kids and has his own cable television show here in Brookline. I look forward to hearing more of Michael's stories over the months ahead. We welcome him and his cat Wilson to Goddard House.

-Assistant Executive Director Lance Chapman

Come see OMA3!

A New Exhibit at Gallery M in April by
Olmsted Place Artists

by Director of Community Relations **Ginny Mazur**

Opening Minds through Art (OMA) is an intergenerational art program for people living with memory loss, created by **Dr. Elizabeth “Like” Lokon** at the Scripps Gerontology Center at Miami University in Ohio. Grounded in person-centered ethics, it was founded on the fact that people living with dementia are able to express themselves creatively—in this case, artistically. The mission of OMA is to build a bridge across cognitive barriers and age through art.

OMA is a team effort and special thanks go to our Lesley University Expressive Therapies Interns **Sadie Masciave** and **Shera Weintraub**, who have played a major role in every aspect of the program including introducing new art techniques. **Marge David** participated again as an OMA volunteer.

For this third season, we were also joined by **Lindsey Johnson**, an OMA assistant who worked for four years with Dr. Lokon at Miami University while she was an undergraduate there, before starting a graduate program at Boston College last fall. We asked Lindsey, the most experienced member of our team, why she’d want to continue OMA for a fifth year?

Lindsey replied, “Despite a busy schedule, OMA is the one time during my week where I can experience what I can only describe as magic. Whether it is OMA’s signature glitter or, more likely, the amazing capacity of OMA to bring out love, creativity, and wonderment, it is clear that there is magic in the air. The artists that I have had the opportunity to work with show fierce resilience, humor, and personality unbridled by any generational or cognitive difference. I could go on for hours sharing stories and talking about what OMA has meant for me. I am so grateful to OMA for allowing me to experience five years of magic!

OMA3 artists include Loretta, Arlane, Valerie, Joan and Karen along with a number of “visiting artists.” Here are quotes that the artists offered:

“I love, love, love the art! It’s not about how long I’ve been here or done this. It’s about what I can do right now.”

“Women are always looking for something different. This is it!”

“My art shows strength in the material I painted. I’m wanting to pass it on and share it with others.”

“Just tell me—how did we all do this? It’s beautiful and it’s a treasure to share it with one another.”

OMA3 artists exhibit their work on the walls of Gallery M at Goddard House from April 8th through May 6th. A reception for the artists will be held on Saturday, April 27th from 3:00– 4:30 P.M. Artwork will be for sale with details posted. All proceeds will go towards the purchase of OMA art supplies. 



*Clockwise, from top left: **Marlo S.** with OMA volunteer **Lindsey Johnson**; **Loretta H.** with Art Therapy Intern **Shera Weintraub** participating in OMA inkblotting; OMA volunteer **Marge David** with **Arlane L.***



Q&A With Candace Cramer

We sat down with Chief Executive Officer Candace Cramer to learn more about her and her new role at Goddard House!

What drew you to Goddard House?

Goddard House has a rich history of providing great care to older adults and, at the same time, the board and staff are constantly considering innovative ways to empower residents to lead more active and fulfilling lives. The existing programs and partnerships at Goddard House Assisted Living & Memory Support are really unique. The board's vision to build on and expand this programming to reach seniors in the greater Boston community is an incredible opportunity.

Why are you interested in senior issues?

As we all live longer, healthier lives, the way we are thinking about aging is really changing. People want to live independently as long as possible, to be fulfilled and engaged, and to create new relationships. It's an exciting time to consider new ways of supporting our region's residents as they grow older—both in terms of innovative programming and services, as well as collaborations with other organizations.

How do you think this new role will help support older adults?

Regardless of health limitations, financial status and living situation, all people want to play meaningful roles—in their families, their communities, their personal relationships. My vision is that as we develop partnerships, programs or services, we will find new and creative ways to meet this important need. It's about more than staying healthy, it's being

engaged, making choices for yourself, constantly learning and living in new ways, and having fun while you're doing it.

What's the first step?

Listening. I don't have all the answers; I'm not sure I even know all the questions yet. It will start right here at Goddard House Assisted Living and learning from our amazing residents and outstanding staff and board; their experiences and perspectives will be a touchstone. I also expect to speak to many others in the external community about what the needs may be and how Goddard House might use its vantage point to do some really interesting things with and for seniors.

Where do you hope to be a year from now?

I hope to be in the early stages of piloting new programs and creating many new relationships. This is going to be a great journey for all of us. 

Best-selling author and award-winning New York Times reporter John Leland discusses his book

Happiness is a Choice You Make: Lessons from a Year Amongst the Oldest Old



Thursday, April 25, 2019
at the Brookline Senior Center
93 Winchester Street, Brookline

Refreshments: 6-6:30 P.M.

Talk with discussion and book sales: 6:30-7:45 P.M.

What's the secret to living a fuller, more content life? For John Leland, the answer came from an unexpected place: from the lives of six people age 85 and up, who taught him lessons of resilience, gratitude, purpose and perspective that apply to us all.

Event is free of charge. Call 617-730-2770 to register.



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Goddard House Happenings



Here are just some of the fun things happening around Goddard House! Counterclockwise, from top left: attending an international ballroom dancing competition are **Felicia S.**, *EnrichedLIFE* Director **Erica Curcio**, **Bridgina B.**, **Carol A.**, **Kim** (daughter of **Marcia H.**), **Marcia H.**, **Laura R.**, **Marie S.**, and **Mary C.**; at the Museum of Fine Arts Access Tour are **Joan C.** and **Susan F.**; **Bridgina B.** making mini King Cakes in our Garden to Gourmet group; Jigsaw junkies residents **Carolyn C.** and **Paul W.**

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NEWSLETTER CONTRIBUTORS

Lance Chapman,
Assistant Executive Director

Ginny Mazur,
Director of Community Relations

Kristen Cipriano,
Olmsted Program Director



**GODDARD
HOUSE**

ASSISTED LIVING & MEMORY SUPPORT

165 Chestnut Street
Brookline, Massachusetts 02445
617-731-8500

WWW.GODDARDHOUSE.ORG

ASSOCIATE PROFILE



Olmsted Program Assistant **Fio Russo** (pictured at left with Peg S.) is a very innovative and creative addition to our Goddard team!

Before starting here, Fio worked as a project manager for independent Boston artists. One of her favorite things about that job was collaborating with all the local talent and working with different mediums. One of her most memorable projects was helping to create a 25-foot sculpture out of recycled windshield glass! Art has always been a big part of Fio's life. She explained that many of her family members were involved in different types of art. She graduated with a degree in Multidisciplinary Arts and is excited to create a creative and open community with the residents.

In her free time, Fio enjoys gardening and crocheting, two things that she wants to incorporate into programs on Olmsted.

Olmsted Program Director **Kristen Cipriano**

Residents, Family, and Associates!

Please stop by the front desk to submit your

ASSOCIATE OF THE QUARTER nominations! Which staff member do you think best exemplifies one or many of our core values?

**COMPASSION • RESPECT
COLLABORATION • RESPONSIVENESS
EXCELLENCE • INNOVATION
TRANSPARENCY**