

The Goddard Times



April 2015 Issue

Best of Brookline and Beyond

By Jenna Henning

As winter loosens its paralyzing grip, the remnants of our record-breaking snowfall disappear revealing the welcome signs of spring. From the first flush of leaves to the bursting buds, it's a time for new beginnings. In keeping with the theme of the season, we have lots of exciting changes to look forward to here at Goddard House. As many of you know, our absolutely wonderful Traditional Program Director, Jennifer Bourgoin, has transitioned in her career, and I will be assuming her role. I'm looking forward to taking the reigns and helping to continue her precedent of innovative and engaging programs.

Today, I would like to introduce you to one of our last projects together - a booklet of community events entitled, "Best of Brookline and Beyond: Neighborhood Events for Community Engagement". The goal in designing this was to create a resource for the residents to discover possible activities of interest beyond the walls of Goddard House. The booklet, which will be published monthly, is divided into sections that cover a wide array of interests. The main categories are, "Special Events and Entertainment," "Creativity and

Art," "Lectures and Brain Stimulation," "Physical Fitness," and "Technology." The activities listed range from Baroque art classes to Spanish immersion classes, from low-impact yoga to a chess club, and anything imaginable in between. With such a diverse assortment of activities included, the "Best of Brookline" contains something interesting for everyone.

Goddard House understands that active engagement is the key to longevity and quality of life. Social interaction and mental, physical, or spiritual stimulation, are the foundations of all programs offered here. And while our schedule certainly has no shortage of engaging activities, this expansion provides new and unique opportunities for our residents. The "Best of Brookline" events take place in Brookline and the surrounding areas, allowing for increased social interaction and community involvement. Our full time van driver, Raul, is available to take residents on outings during the week; making transportation to and from these events seamless. My hope is for "Best of Brookline" to continue to grow in both size and scope, and to be used as a resource for community integration and active participation in a wider range of activities and services. Happy Spring everyone!



Jenna and Joy are discussing the exciting programs coming up next week

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Nature Explorations in Our Own Backyard Walking Club - Join Us for 2015 Walks!

By Ginny Mazur




Goddard House, in partnership with Artists for Alzheimer's (ARTZ), announces our second season of Nature Explorations in Our Own Backyard. This inclusive walking club welcomes people of all ages with emphasis on offering a supported nature experience so that people with dementia and their care partners are able to participate.

Through guided, staffed group walks in some of Greater Boston's loveliest outdoor settings we set out at a manageable pace to explore and offer stories and poetry evoked by our strolls. We all gain from the restorative beauty of nature and from the group experience as we take the time to slow down and take in our surroundings and share stories. Below is a poem written by Max Jepsen along with The Town of Brookline's Poem Laureate, Judith Steinberg, when they went on a visit to Brookline's Griggs Park and reflected on the beauty of their surroundings.


Grigg's Park Willows by Max Jepsen

Grass shimmering like the emeralds of the great emperor The pipe like a great oak fallen to the ground
Robins chirping like adults over politics Sun rays like the lapping tongue of a loving puppy
Willows weeping a lake of green tears

Walks are on the third Friday of every month from April through October. We leave Goddard House by van at 10:15 a.m. People can also arrange to meet us at the walk site. The full walk schedule is listed on the following page. Our first walk is to Grigg's Park, a small hidden gem known for its willow trees and forsythia, is located literally steps from Coolidge Corner. We return around noon for a group lunch at Goddard House for those who wish to join us!




**It Takes a Village: Greater Boston Walking Club
Nature Explorations in Our Own Backyard**



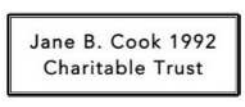



Griggs Park | Brookline

Friday, April 17th

**RSVP to Dee Brenner at (781)879-7237
OR Brenner@imstillhere.org**



This inclusive program welcomes people with dementia and their care partners. Each guided nature walk includes information about the area and a chance to share stories. Van transportation is available or you can meet us at the site. We leave Goddard House at 10:15 a.m. Complimentary lunch follows the walk at Goddard House around noon. New in 2015 - Van pick-ups upon request at the Brookline Senior Center and 100 Centre St. at 9:30 a.m. for those who wish to join us as well as a return trip there after lunch. Call for information and to coordinate. Reservations are limited.



For information and to **RSVP** please contact Dee Brenner at
(781) 879-7237 or Brenner@imstillhere.org

If you live at Goddard House and want more information about the program,
please see Ginny Mazur, Brandon Fisher or Cindy Allard.

It Takes a Village Greater Boston Walking Club

Nature Explorations in Our Own Backyard



For info or to **RSVP**
please contact:

Dee Brenner at
(781)879-7237 or
brenner@imstillhere.org

Sponsored in partnership by:



165 Chestnut Street
Brookline, MA 02445



Jane B. Cook 1992
Charitable Trust

- This inclusive program welcomes people with dementia and their care partners.
- Each guided walk in nature includes information about the area.
- Transportation is available or you are welcome to meet us at the site.
- We leave Goddard House at 10:15 a.m.
- Complimentary lunch follows each walk at Goddard House around noon.

April 17th

Griggs Park | Brookline

May 15th

Mount Auburn Garden Cemetery
Cambridge

June 19th

Habitat Nature and Wildlife Sanctuary
Belmont

July 17th

Allandale Farm | Jamaica Plain

August 21st

Jamaica Pond | Jamaica Plain

September 18th

Dane Park | Brookline

October 16th

Arnold Arboretum | Jamaica Plain

The Walking Club is part of 'It Takes a Village: Greater Boston' and is made possible through the support of the Cummings Foundation and the Jane B. Cook 1992 Charitable Trust

A late-afternoon pizza party enjoyed by our residents!

By Ginny Mazur &
Brandon Fisher

Pizza Primavera

Ingredients:

- 1 premade pizza dough balls
- 1 bell pepper, assorted colors for this recipe
- A bag of cornmeal
- 1 16 oz bags of Italian blended shredded cheese
- 1 8oz jar of marina sauce
- 1 8oz jar of vodka sauce
- 1 cup of flour
- 1 cup of olive oil
- 1 zucchinis
- 1 broccoli head
- 1 8oz jar of olives
- 10 oz gruyere
- 1 8 oz bag of parmesan cheese
- 1 red onion



Preparation:

- Place an oven rack in the center of the oven and then preheat to 500 degrees F. Flour your prep area and start rolling out your dough. Once rolled into a round that will fit your pizza stone, liberally rub olive oil on your baking sheet and then sprinkle cornmeal. Place pizza dough on top, poke several holes in it with a fork, and then bake in the oven for 7-10 minutes or until the crust just starts to brown.
- While the crust is baking, julienne your onion and sauté on medium heat with two tablespoons of olive oil and a sprinkle of salt and pepper. Once translucent, add cut up broccoli pieces, julienned bell peppers and sauté until just tender. Remove from heat. On a mandolin or with a sharp knife, thinly slice zucchini rounds.
- Remove your crust from the oven and then lower your oven to 375 degrees F. Spread a thin layer of sauce on top of the dough. Lightly sprinkle parmesan on the sauce, so that you can still see the sauce beneath it. Arrange zucchini rounds around the pizza and then top with your bell pepper, onion, and broccoli mixture.
- Sprinkle Italian cheese on top of your veggies and a little bit of pepper. Bake in the oven 8-10 minutes or until the cheese is bubbly and the crust is crispy and brown. Let stand for 5 minutes before cutting and serving.

Pizza Party

By Jenna Henning and Brandon Fisher

Goddard House turned into a pizzeria for the afternoon of March 6th! Residents filled the Country Kitchen for a pizza-making class hosted by Ginny Mazur and Brandon Fisher of the Community Partnership Office. This was the duo's third time hosting such an event, and they outdid themselves with a mouth-watering pizza primavera, topped with olives, zucchini, bell peppers, broccoli, sliced gruyere and an artisanal blend of three Italian cheeses.

Residents enjoyed the combination of instruction and hands-on learning, as they took part in helping craft the magnificent pies. After Ginny rolled the dough, resident Doris Girton helped in the preparation process by poking it with a fork to ensure no bubbles would form during the baking process. An avid chef herself, Doris was no stranger to the procedure. From spreading the sauce on each pie and generously sprinkling the cheese blend, to delicately placing the zucchini rounds in a circular pattern, just about everyone had a hand, quite literally, in the pizza making process.

The hardest part of the program was waiting patiently for the pizzas to bake in order to enjoy the vegetables of their labor. But everyone agreed - the wait was worth it! Eighteen minutes in the oven was all it took for a crisp, golden crust and perfectly browned cheese. The Country Kitchen fell silent as everyone savored their first bite. Resident Lubow Marynik called the pizza, "an interesting combination with a pleasant aftertaste." Her sentiments were echoed by everyone in attendance, and when all was said and done there wasn't a slice left. Resident Zona Fishkin summed the event up best: "The pizza was delicious, but what really made the event was the welcoming and engaging attitude of the chefs." Our hats off to Ginny, Brandon and all of our fantastic sous chefs!



Luvenia arranges zucchini rounds on a pie while Clementine and Sue anxiously await a slice



Sue assists Ginny with sprinkling Italian cheese on top of the first pie



Brandon gives Doris the thumbs up for her superb dough proofing assistance

Weekly Gardening with Green City Growers

By Cindy Allard

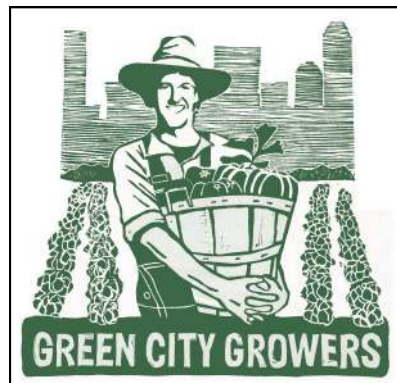
What a winter it has been!!! With the most amount of snowfall received on record, we're now even more excited about getting back out into the garden and getting our hands grounded in the earth once again. Olmsted residents are looking forward to be working again with Green City Growers, our urban gardening partner. New raised beds were built last fall in our back yard and will be ready to go once the snow melts. Last fall we were able to plant and harvest cool weather plants, herbs and garlic. The residents were able to sample and taste the many herbs and greens in our cooking class where we made a big scrumptious salad with greens that were just picked. Delicious and enjoyed by all!! We still have our garlic to harvest, can't wait to taste it.



Starting on April 7th we will be hosting our weekly meetings with the highly experienced farmers from Green City Growers, who specialize in working in urban spaces. We will be meeting every Tuesday at 10:00am from April until well into the fall. We may need to have our first classes inside, but we will see what Mother Nature delivers to us during the month of April as that can be variable month. We will learn the skills and knowledge needed to have a successful organic vegetable garden.

Creating a beautiful space to spend time and enjoy the outdoors has several mental and physical benefits. Gardening has so many ways to enhance the quality of lives of older adults by engaging in the joy and importance of growing their own produce which empowers people to eat healthier, get outside and reminisce about their past experiences and to bond over a shared interest in gardening. This affords an opportunity for a healthy reconnection to nature by utilizing their many senses: the sights, sounds, tastes, the touch and the smells of nature and outdoors through a purposeful and meaningful activity. Engaging your senses provides people the chance to evoke positive emotions from their past and present experiences, making this experience much more meaningful and long lasting for our participants.

Studies suggest that gardens can specifically improve the health of people in a number of ways, from encouraging cardiovascular exercise, stimulating the appetite and increasing vitamin D and oxygen levels, to improving mood, relieving stress, and providing a purposeful activity to share with family and friends. Making contact with the earth, transports participants back to experiences they have had for much of their lives that come back to them. They get involved not only in gardening, but build relationships and reminisce about their pleasant past experience, bringing them back to a healthier time in their lives. This taps into an existing skill set or even enable one to learn a new one.



Spring Ahead!

By Michaela Barrows

As of March 20th we can officially say we made it through the snowiest winter Massachusetts has ever seen. During four significant snow storms and some smaller snow falls we accumulated 110.3 inches of snow. Despite the inclement weather, Goddard House staff worked together to not only assure the safety of residents but also to lend a helping hand wherever it was needed. We certainly didn't miss a beat during this challenging season. Thank you to everyone for all of your help and consideration.

On our travels to work there were many roads that were questionably drivable but when we arrived at Goddard it was all taken care of. Maintenance staff worked round the clock to keep the lots and paths clear. Often staying overnight, Marvin Gomez and Mike Nelson worked diligently to keep the grounds clear and safe to walk on. Not matter how treacherous it was outside, they were only ready to take on whatever came next. Cars were cleaned off, parking was available and as per usual the Maintenance Team has saved the day!

No matter how extreme we can always depend on our nursing staff to prevail and that they did. Regardless of the obstacles the Nursing Department was fully functioning from beginning to end. They worked overnights or double shifts, making sure that all residents were taken care of and comfortable. Procedures were followed and regulations were abided by. After a wintery season like this you have to admire the communication and hard work it takes to run such an intricate department. As you are reading this I'm sure their names and faces are in mind, I couldn't possibly list them all. If you see them in passing don't hesitate to give forward the appreciation they deserve.

Mentioning only a couple of departments is only the tip of the iceberg (pun intended). In an attempt to avoid cabin fever, the programing department remained as active and entertaining as usual. Kitchen staff kept us warm and full with many hardy meals. To top it all off all of our warm weather events and celebrations are already in the making. If there is anything that proves us to be a true community it is the hard work and consideration displayed throughout. Many thanks to everyone because without you it certainly couldn't have been done!



Join Team Goddard House!

By Brandon Fisher

Last year we had an amazing turnout and this year we want to see it all happen again! Please join Team Goddard House as we fight to end Alzheimer's for our third consecutive year walking. The 2015 Walk to End Alzheimer's disease is on Sunday, September 27th, 2015 at a to-be-determined location. Our team was able to raise over \$5,000 at the 2014 Walk to End Alzheimer's, which included \$600 the Goddard House Artisans raised by selling their handmade jewelry. We're hoping to set the bar higher this year and reach our new goal of \$7,500! Join us as we fight for a cure!



Featured April Events! Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Jenna Henning at 617-731-8500 ext. 152



Concert with Boston Conservatory Troubadours Tuesday, April 7th at 3:00pm

On Tuesday we will host the Troubadours, an auditioned student group of voice performance and opera majors that perform throughout the Boston community. These young performing artists are known for their enriching and vibrant performances. Be sure not to miss them!



Transnational Adoption in China Monday, April 13th at 2:00pm

Leslie's talk on Monday will focus on transnational adoption in China. Since 1992 over 150,000 Chinese children have been adopted by Western parents. Based on over a year of research, this talk explores the reasons why certain children have been abandoned to state care.



Concert with Tom Madden Sunday, April 19th at 3:30pm

Tom Madden has been performing on voice, keyboards, guitar, and trombone for over thirty years. Playing music from Frank Sinatra, Harry Belafonte, Dean Martin, Bobby Darin, The Temptations, and also current soft rock artists, he gives the audience a pleasant respite from the day.

Goddard House Updates

Passover Seder Luncheon & Program on Friday, April 3rd at 11:30AM

Easter Dinner on Sunday, April 5th at 12:00PM



Please **RSVP** to Jenna Henning if you're planning on attending either function at jhenning@goddardhouse.org or by calling 617-731-8500 x152

For more information visit: www.goddardhouse.org



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