

the Goddard Times

Freedom is a Voice: An Interview with Claudia Eliaza

by Ginny Mazur

Jazz vocalist, Claudia Eliaza, will perform with her ensemble in the final concert of our summer series Cookin' Up Jazz on Thursday, August 25th from 6-8 p.m. Claudia's dynamic performances have graced the event for the past three years. An acclaimed singer, she is also a Director of Music Therapy at the Community Music Center in Boston and a teaching artist who believes in the power of music to build community as it transforms us.

Claudia, what were your early influences?

I grew up in Novato, CA and I believe I sang before I spoke! I got my

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start as a vocalist singing in church as a child. Music is my passion, the “fire in my belly” so-to-speak and it's set the compass of my life. In my early 20's I was part of a 200-member international, touring performance choir, The Young Americans, that is dedicated to the promotion of understanding and goodwill throughout the world through bringing music, dance and cultural exchange where it is needed most. It was one of the first ways I experienced the ability of music to connect instantly with people and make a difference. Even in a few short moments, music can transcend cultures and languages. As we toured the world in places like Australia, New Zealand and the U.K., I also began to sense ways music cultivates our humanity and transforms us by bringing forth qualities like inner strength, humbleness, joy, raw emotion and honesty. I developed my musicianship along with the recognition that I have a heart of servitude as it relates to music, but wasn't sure how I would direct that.



Claudia Eliaza performing in 2016.

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Freedom (Continued from Page 1)

How did you become a music therapist?

I think music therapy found me. As funny as it sounds, I first heard about music therapy through a brochure I received in the mail from Berklee College of Music. The more I learned, the more music therapy sounded like the right fit for me. I enrolled in the Music Therapy Program and came to Boston from California, experiencing the shock of jumping into the fast-paced, chaotic culture of the east coast. Berklee was where I really came into my own. I met new friends and was ushered in to an amazing network of musical resources and people – teachers, performers and students. In performance work, I've been influenced by the lives and artistry of the indescribable Bobby McFerrin and the legendary Nina Simone. My life draws inspiration from Simone's music and her drive to address the racial inequality that was prevalent in the United States. She never backed down in the face of adversity and was a model to exemplify that it's our responsibility to speak up when we experience injustice, either ourselves or to those around us. A recent inspiration is Dr. Ysaye Barnwell, formerly a singer in Sweet Honey in the Rock, and her extraordinary work on how music transforms community. She questions whether we have the collective music today to carry us forward through recent world violence and intolerance. We have technology but do we have voice to rally our humanity? Do we have a Pete Seeger or Mahalia Jackson? Take look on YouTube at The Power in Vocal Communities, her TedX Beacon St. video that she filmed right here in Brookline.

And your work today? You just returned from Wisconsin:

At the Community Music Center, I oversee music therapy and work with a wide range of populations from young children to elders, many with complex life needs. I recently returned from my fifth year as artist-in-residence at Sheboygan Falls Elementary School in Wisconsin where we close the school year with a three-day curriculum of music for all kindergarten through fourth grade classes. The mission is to provide a safe space for the students to work together, learn and to engage in a variety of different musical experiences. Each year we've worked together on different themes through music that is creative, fun and affirming. Our focus this year was a musical Journey through the 20th Century. What a great way to wrap up the school year!



Claudia Eliaza with students at the Sheboygan Falls Elementary School.

In moving forward, I would like to record an album. I'm currently working to find ways to make that happen. This month, I especially look forward to returning to perform with my trio at Goddard House. I'll see you on August 25th!

Freedom Is a Voice **by Bobby McFerrin**

(The song's lyrics title this article and capture the spirit of Claudia's musical and therapeutic philosophies.)

Freedom is a voice
freedom is a song
freedom is a spirit
for the people who are strong

Freedom is a city
freedom is a land
freedom is the courage
to take another hand



Bobby McFerrin

Two Hearts, One Mission

By Lance Chapman

At the heart of our mission here at Goddard House is the simple yet profound idea of providing a compassionate and supportive community for older adults. That mission is most easily revealed when we look more closely at the people who work directly each day with our residents, our team of Personal Care Assistants. Within this group of special people, Goddard House is fortunate to have two strong leaders on Olmsted place who hold the position of *Lead PCA*. Tammy Goodhue and Pat Smith have a combined total of more than sixty years of experience and education in the healthcare field. Recently, I had the great pleasure of sitting with each of these dedicated women with the goal of offering readers a glimpse into the passion and compassion they bring to work each day.

Tammy Goodhue, grew up and began her career just south of Boston in the towns of Quincy and Braintree. She was inspired by her maternal grandmother, who worked as a nurse, and her grandfather, who served as a paramedic, to enter into healthcare. When asked what she finds most rewarding about her work here at Goddard House, Tammy remarked, "I am moved by how appreciative the residents are for the smallest kindnesses we show them. My day is full of thank-you's and love." Tammy explained further, "As a PCA I have the opportunity to work closely with the residents and I understand how my work directly impacts their sense of well-being."

When I asked Pat Smith a similar question, she responded, "I feel a sense of reward when the residents are smiling and laughing or when they've all just had a good meal together." Pat further explained, "When I see this quality of joy in their lives it means for those moments they are not focused on their problems or their deficits. In those moments they are finding joy despite their memory loss or other challenges." Pat was born in Georgia but grew up in Dorchester. Early in her life, out of necessity, she became a caregiver to older adults in her family. She found this type of work meaningful and has worked in this field for forty years.

Tammy and Pat both bring a calming and mature presence to the two "neighborhoods" within the Olmsted Place Memory Support setting at Goddard House. This section of our campus is home to over forty residents with varying degrees and types of memory loss. The role of Lead PCA is one of mentor and role model to other PCA staff members. A Lead PCA can be called on to assist when a resident may need a new or different approach to help resolve a challenge they are experiencing. The Lead PCAs need to be two steps ahead of the busy schedule on Olmsted. Daily schedules include 3 meals, 3 snack breaks and 8 to 10 programs or activities. Coordinating all these movements in ways that are sensitive to older adults with memory loss takes organization, leadership, knowledge and compassion.



Lead PCA Tammy with Traditional Resident Bridgina at the 2015 Walk to End Alzheimer's



Lead PCA Pat (middle) stands with residents Joan and Marlo (left to right).

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Two Hearts (Continued from Page 3)

I asked both Pat and Tammy if there was a piece of wisdom that had been passed down to them over the years. Tammy responded whole-heartedly saying, "It's really about treating everyone the way I would want people to treat my own mother or grandmother." She added, "Having a sense of humor is important to. Laughter really is great medicine." Pat responded to the same question by saying, "The residents only need to know I'm here for them. They don't know that I'm a Lead PCA, but they know I'm a comforting presence they can depend on. I've always known this was my calling in life ---it's really that simple."

Two Times the Talent By Kristina Lessard

For the past few weeks, Goddard House residents have had an extra treat during dinner service on Friday evenings. Two young brothers, Shidong (15yrs) and Shizhong (12yrs) Xu, have been stopping by to give our Palm Court piano a try. The brothers, who have a combined 14 years of piano-playing experience, are no strangers to Goddard House. Shidong played for our residents about two years ago, and was eager to perform again – this time bringing his younger brother! Both boys boast impressive musical resumes, with many awards under their belts. Shidong has placed in the Bay State Piano Competition three times, and Shizhong is starting on a similar path with an honorable mention. Additionally, they've both had opportunities to play piano at Carnegie Hall! When asked if they have any pre-performance rituals, the boys stressed the importance of "*stretching and warming [their] hands*" and picturing the competition's end result – which, for competitions, will hopefully include an award!

Despite being close, the boys have some noticeably different musical styles and preferences. When asked to name their favorite composers, Shidong listed Bach and Beethoven, while Shizhong is more a fan of Bartok and Chopin. They also had unique reasons for enjoying the piano as their primary instrument. Shidong said, "*I can create so much with just the piano and myself, and that's a great thing.*" Shizhong also discussed the versatility of the instrument, saying "*If I play fast, people think 'Wow, he's good!' If I play slow, people think 'Wow, he's good!' It's great because people go 'Wow!' both ways.*"

Not only have the brothers performed for our residents, but they've also taken time to walk around the dining room to get to know them a bit. This past Friday, our very own Gertrude J. shared some of her own piano playing with the boys, with a piece by Mozart, and another by Schubert. It was wonderful to see two generations come together in mutual love of music, and share their talents for the enjoyment of all at Goddard House. When asked to describe their favorite thing about playing at Goddard House, the boys said they like helping the residents relax, and said it's wonderful to see them enjoy the music.



Shidong and Shizong pose with resident (and talented pianist) Gertrude.

In celebration of our 3rd Annual Summer Jazz Concert series, enjoy a taste of the town where the genre was born — New Orleans!

Submitted by Jenna Henning

Cajun Crawfish Bread

Ingredients:

- 1 loaf French bread, halved lengthwise
- 1/2 cup mayonnaise
- 2 tbsps. butter
- 3/4 cup finely chopped sweet onion
- 3 cloves garlic, minced
- 1 lb. cooked crawfish tails
- 3/4 cup chopped green onion
- 1 tbsp. chopped fresh parsley
- 1 tsp. Cajun seasoning
- 1 package cream cheese
- 1/2 cup grated parmesan
- 3/4 cup shredded Monterey Jack cheese
- 1/2 tsp. sweet paprika
- Garnish: parsley



Preparation:

1. Preheat oven to 375°. Place bread halves, cut side up, on a baking sheet. Divide mayonnaise between bread halves, spreading evenly. Set aside.
2. In a large skillet, melt butter over medium heat. Add sweet onion, and cook until softened, 5 minutes. Add garlic, and cook until fragrant, about 2 minutes. Add crawfish, green onion, and parsley, stirring to combine. Cook until crawfish is heated through, about 5 minutes. Add Cajun seasoning and cream cheese. Remove from heat, and stir until cheese is incorporated.
3. Divide mixture between bread halves, spreading evenly to cover. Top each half with cheeses and paprika. Bake until cheese has melted, about 15 minutes. Increase oven temperature to broil. Broil 6 inches from heat until cheese has browned, about 2 minutes. Top with parsley, if desired. Serve warm.

Community and Identity in Goddard Arts Programs

By Shayna Gleason, Student at Carleton College in Northfield, MN



Mal and Shayne at Memoir Writing

In a rapidly “graying” United States, we are reminded constantly that despite its inevitability, old age is to be somehow dodged and fled. Our culture so often assesses people’s worth in terms of economic productivity. So what happens in the years after retirement or after we stop caring for little ones, the years when we aren’t “productive” (in the traditional sense of the word) anymore? Who are we then?

Goddard House was recommended to me by Dr. Gay Hanna, the former director of the National Center for Creative Aging. I was looking to conduct research for my senior thesis at so-called “Creative Aging” programs—fine arts programs designed specifically for older adults—and Goddard was the end of the rainbow, offering arts programs of every imaginable variety, for both individuals with memory loss and those without. At Goddard I have observed painting, memoir-writing, jewelry-making, tap dance, movement and music therapy classes. I’ve also

interviewed a few of Goddard’s teaching artists about what they strive to achieve through these programs, what they have witnessed the fine arts bring to the lives of Goddard residents and what mechanisms they use to reframe the aging discourse.

A wealth of research documents the cognitive and physiological benefits of arts engagement. Studies have shown that arts practice can improve memory, problem-solving skills and well-being in older adults. Seniors participating in arts programs also report fewer doctor’s visits and less overall intake of medication. But as student of sociology and anthropology, I hypothesize that it also benefits our social selves. I am most interested in interpersonal relationships, group dynamics, self-concepts, identities and the processes by which messages and attitudes about aging are communicated and perpetuated.

In the arts programs at Goddard, I have noticed two key social themes. The first is the emphasis on building communities around art. After singing a song together, one of the Olmstead residents poignantly commented: “Now *that* is togetherness.” Even when we are not directly engaging in interpersonal interaction, sometimes just having one another around and engaged in a shared, creative activity seems to make being present worthwhile. As one of Goddard’s teaching artists explains, “We show up for each other. [The art] is just a medium.”

The second theme is self-esteem; the arts have tremendous potential to make people feel good about themselves. The act of producing something creative and unique to call your own is powerful at any age, but particularly when the identities we have built around our careers or our child-rearing activities are no longer connected to our daily routines. One traditional resident told me that she didn’t think of herself as an artist until she started painting classes here, at Goddard, even though she’d been painting independently most of her life. Group arts programs are a means of harnessing that special energy and insight that all elders have to offer, and of forming new identities independent of the realms of professional or domestic productivity.

It has been a true pleasure spending time here. I am awestruck by the dedication of the staff, and the humor and friendliness of the residents. This place, from everything I have observed, is good at *joy*.

Goddard House
Presents the 3rd Annual
“Cookin’ Up Jazz”
— 2016 Summer Concert Series —



The Winikers

Thursday, August 4th

Bill Winiker, Neil Greene, Cyndy Gale, Larry Willis & Bo Winiker have been performing together for several decades. This group is dedicated to performing music from the turn of the 20th century to the present day. Their performances are fun, uplifting, electrifying and promise to put a smile on your face!



Afrika Gente

Thursday, August 11th

Afrika Gente (pronounced “hen-tay”), featuring Cornell Coley and Fulani Haynes, is an outstanding versatile Latin jazz band that plays thrilling originals AND well-loved hits— Latin Jazz, Samba Jazz, Afro-beat, Zouk and Soca. They will be playing specialty Afrolatin instruments and offering seniors magical music from the golden era!



We Jazz Up

Thursday, August 18th

Founded in 1975 by pianist Frank Wilkins, WeJazzUp cooks your music collection and live listening pleasures “well done”. You will be sure to hear toe-tapping favorites from The Great American Song Book. From a trio to a large ensemble, WeJazzUp is always soulful through melodies you have already heard and originals you would want to hear again!



Claudia Eliaza

Thursday, August 25th

Claudia Eliaza is an exuberant songstress with a fragrantly rich voice that captivates her audience. Having performed at the world famous Carnegie Hall, Claudia continues to perform in prestigious venues. Claudia’s style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin African rhythms.

The 3rd annual “Cookin’ Up Jazz” Summer Concert Series returns to Goddard House in August! Join us on the back patio every Thursday, from 6-8:00pm, for electric performances from the above artists. Light hors d’oeuvres and drinks will be served.

RSVP with Traditional Program Director Kristina Lessard by calling (617) 731-8500 ext. 110 or emailing klessard@goddardhouse.org.

Featured August Events! Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Kristina Lessard at 617-731-8500 ext. 110



Concert with Richie Bern

Sunday, August 7th at 3:30pm

Singer, songwriter and guitarist Richie Bern performs everything from rock and roll oldies to American songbook standards to swing hits. He also specializes in traditional folk songs from England, Scotland, Ireland, Jamaica and the United States. Join Richie for an upbeat and energetic performance of classic ballads.



"Jazz Funnies: with Peter Gerler

Tuesday, August 9th at 3:00pm

Peter Gerler has written about jazz since the early 1990s. He has been published in American Legacy, Downbeat, JazzTimes, and many more. He has presented on early jazz at Satchmo Summerfest, Classic Jazz at Lincoln Library, and many more. Join him today for an informative and engaging presentation on the "jazz funnies."



Concert with Allen Brant

Sunday, August 28th at 3:30pm

Allen's performances feature interactive songs and stories with guitar and banjo. His songs range from traditional folk music to contemporary, amusing and nostalgic. Many of his songs invite audience participation..."just for the fun of it." Allen has been performing since the early 1960s. Join him for an afternoon of music.

Beginning this week, Goddard House residents will have their art work on display at Brick Wall Kitchen in Brookline! For months, they've been working on paintings, collaged and mixed media with artist Nancy Marks during our weekly Open Art Studios program. Visit Brick Wall Kitchen throughout the month of August for a glimpse of Goddard House talent.

The Brick Wall Kitchen is located at 224 Cypress Street in Brookline. It is open Tues. through Fri. (8am to 3pm), Sat. (9am to 3pm; 6 to 9pm) and Sun. (9am to 3pm).

For more information visit: www.goddardhouse.org



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