

The Goddard Times

February 2015 Issue

That Certain Something

By Ginny Mazur and Lance Chapman with Cindy Allard

When we walk onto Olmsted Place at Goddard House, despite the many challenges of memory loss, we find that the residents there are active, engaged and supportive of each other. These may not be the typical qualities that many of us associate with dementia. We've seen how much the ability levels of individuals with memory loss are impacted, when caregivers change their responses to them in supporting and empowering ways. But how do they do it? What is... *that certain something?* Lance Chapman and Ginny Mazur sat down with Cindy Allard, RT, BSN, Olmsted Program Director, to have her offer some deeper explanations of how this engaging and supportive environment gets created. We tapped into Cindy's wisdom which comes from her 30 years of experience in this field. She offered us an overview of the many considerations that go into planning programs, hiring and training staff and developing this memory support environment which then allows Olmsted Place residents to act and feel more like themselves.

Cindy passionately offered her explanations: "We follow the habilitation model of meeting our residents wherever they are in their minds and emotions. In this

model every interaction is considered an activity, part of the program. Meaningful, purposeful programs that connect with emotions are the foundation of care and, they are *the spice of life* that proclaim, "*Feel good, have fun and live in the moment!*"

"I've been working with older adults for over 30 years after getting a degree in recreational therapy. Over the years, I've worked in the full continuum of geriatric and Alzheimer's care. Several years ago, I returned to school for a BSN in nursing. At that juncture, I truly felt that the people with Alzheimer's, with whom I was working, needed and deserved more. I earned my nursing degree to broaden and deepen my work so that I could fully understand the needs of the whole person (mind, body and emotions) and have that knowledge translate into the high quality of care and programming residents experience each day on Olmsted Place."

"We need to form trusting emotional and physical connections with Olmsted residents. We do this by responding to their invitation for us to engage with them in their space and world. It's important not to initiate, but instead to wait to enter their personal space with their permission. When we wait for them, we earn their trust. That trust helps us develop a flow to each day on Olmsted Place. From early morning until 8 p.m. we are

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Cindy Allard

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guiding people to and from activities, responding to all that we know about the individual. Groups begin with invitations to participate, introductions and greetings. There is a transition phase as we begin each program which needs to be engaging and focused without too many distractions or too much stimuli. People are welcomed by name and referenced by what's important to each individual. It's essential to know everyone and take time for that process of reintroduction many times each day. From there, we can emphasize shared connections and relationships that engage and build community."

"During each program or activity, residents are asked questions in a *failure-free* atmosphere and allowed to experience the success of that. This allows residents to re-gain confidence and self-esteem which so often is lost with dementia. Olmsted staff members are constantly assessing the right balance of stimulation to maximize group participation. Staff, then, remind each resident of how much they enjoyed a past similar experience to have them evoke those emotions again, which frames the personal, emotional context for participation and their connection to their life. This technique offers structure, comfort and familiarity but always with a flexible back-up plan. If the group conversation is going in a direction all are interested in, there's no need to intervene even if it goes off on a tangent – treasure those moments of full engagement."

"At the end of each program we leave plenty of time for a recap of what has been covered and learned. This wrap-up phase also helps to wind-down and guide participants to the next activity so they do not feel idle, bored or lost. Anxiety, worry and pacing come out of boredom, out of not getting one's needs for engagement met. When a person's needs are addressed those behaviors occur far less frequently."

"Finally, I believe this approach works so well because facilitating these real associations to experiences and preferences support each person being related to and having their needs fully considered. This differs for everyone. If I suggest to you, "Let's go for tea", and you're a coffee drinker, we won't connect. I've really got to know you. Caregivers need to evoke positive emotions that remain intact longer. It is essential for our staff to understand that the people who live on Olmsted are educated adults. Yes, they have memory loss, but in the moment, they can be who they always have been and experience having a continued purpose in life. We focus on what they can still do...on the person that is still there. As Maya Angelou said, *"People will forget what you said, people will forget what you did but people will never forget how you made them feel."*"

From the Top: Ilana Zaks' Remarkable Concert at Goddard House

By Ginny Mazur

"I was mesmerized", commented Goddard House resident Clementine Brown. "From the Top was over the top this week!" The National Public Radio show hosted a special concert at Goddard House Assisted Living on January 15th as part our partnership with the Center for the Development of Arts Leaders, featuring 14 year old violinist, Ilana Zaks.

"I knew when I sat down and read the program that this was going to be an extraordinary young performer, already with an international career and being a student of the legendary Itzhak Perlman," Brown (herself a National leader in marketing the arts) went on to say. "What could be more a more amazing than spending a chilly winter evening right here at Goddard House – at world-class concert. Thank you, Ilana!"

Ilana let her audience know that she picked up a toy violin at age 3 and couldn't put it down...that is until she got a real one. Hailing from a family of generations of violinists, this You Tube Video features a Boston Hatch Shell performance with Ilana as soloist in Lalo Symphonie Espagnole:

https://www.youtube.com/watch?feature=player_detailpage&v=a8AO5IBR56g



Ilana Zaks

Master's Level Dance Therapist Joins Goddard House Team

By Michaela Barrows

This month I had the privilege of sitting down to interview Diana Valverde , a Dance Therapist and recent addition to the Goddard House staff, to find out a little more of her background and the special expertise and passion she brings with her to Goddard House.

Q: Tell us a little bit about where you are from Diana?

A: I grew up down south in Atlanta, Georgia. I lived with my mother, father and one older brother Daniel. I really enjoyed it in Atlanta. My favorite part of living in Georgia was Piedmont Park. I liked to visit and see all the dogwood trees. When I graduate high school I decided to move onto college. I attended and graduated from Northwestern University in Evanston Illinois. After obtaining my Masters I returned to Atlanta Georgia where I met my husband, Omar. Although I loved Atlanta and Chicago, I'm also enjoying living in the Boston area. My favorite part of living in Massachusetts is visiting all the historic landmarks.

Q: I heard you moved to Boston just last year from Atlanta, Georgia. What led you to call Boston your new home?

A: My husband and I moved to Waltham from Atlanta so he could pursue his new career as an Aerospace Engineer. When I started looking for a new position myself I came across the job posting for a Dance Therapist at Goddard House working with seniors with memory loss. I hold a Master's Degree in Dance Therapy and so I was instantly interested. After interviewing and visiting Goddard House I knew this would be the right place for me.



Diana Valverde

Q: What would you say it is that makes working at Goddard House special for you?

A: Each day I come into Goddard House it can be a new experience. I look forward to working with the same residents every day and having the opportunity to really get to know them. We are always trying to come up with new programs and activities to learn more about our residents with memory loss. The sky is truly the limit!

Q: Tell us a little about your professional background. What type of prior work did you do?

A: At my previous occupation I worked at a psychiatric hospital. I worked with adult patients for one or two days who were going through a challenging time in their life and I didn't always get to know the outcome of my work. It could be frustrating and difficult, not seeing the end result, which made it harder to see if I was really making a difference in their lives. Although the adults I work with now are experiencing their own challenges, I am now in a position where I can affect them almost immediately. While making a daily positive impact I am able to see and experience the overall outcome. It is truly rewarding!

Q: What do you see yourself doing in this field or another if we fast forward another five years?

A: In the future I would like to develop a curriculum to incorporate more of a mind, body and spirit experience that can uplift a person's overall health through art and music. A dance movement therapist utilizes music to address the emotional, cognitive, physical and social needs of a client. With the power of music and art the possibilities of improving someone's over all well-being are endless.

Q: Tell us about some favorite activities you've been involved in?

A: From the time I was four years old I was heavily involved in dancing. I danced ballet, jazz and modern. In college I went on to be a competitive ballroom dancer. In high school I joined a 24 member singing group. We traveled to Germany to compete with students from all over the world. Before college I was also involved in cross county running.

Q: I've really enjoyed getting to know you and I am excited that you've joined our great team here at Goddard House. When you're off the clock, tell us about what you like to do with your free time?

A: In my free time I really enjoy going to the movies with my husband. My favorite movie is "The Scarlet Pimpernel". I often like to visit the Chestnut Hill Movie Theatre. Since we are both dancers, my husband and I are always looking for rooms and classes to practice in. Our preferred style of dance is Salsa and Swing. We also like to get together with our friends and play board games and cards. We always have the most fun playing Clue.

A scrumptious dessert treat submitted by Dining Room Manager, Alec Mikels

Double Chocolate Chip Cookies

Submitted by
Alec Mikels

Ingredients:

- 6 ounces semisweet chocolate, chopped into 1/2-inch pieces
- 2 tablespoons unsalted butter, at room temperature
- 1 cup flour
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon fine sea salt
- 3/4 cup of granulated sugar
- 2 eggs at room temperature
- 1 teaspoon pure vanilla extract
- 1 cup semisweet chocolate chips
- 2 tablespoons of water



Preparation:

- Place an oven rack in the center of the oven. Preheat the oven to 300 degrees F.
- Line 2 baking sheets with parchment paper or silicone mats. Set aside.
- In a small bowl, combine the bittersweet chocolate and butter. Place the bowl over a pan of barely simmering water and stir occasionally until the chocolate has melted and the mixture is smooth.
- In a medium bowl, whisk together the flour, cocoa powder, baking powder and salt.
- In another medium bowl, whisk together the sugar, eggs, 2 tablespoons water and vanilla extract. Gradually add the dry ingredients and stir until thick and smooth. Fold in the melted chocolate. Stir in the chocolate chips. Using a cookie or ice cream scoop, scoop level 1/4 cupfuls of the batter onto the prepared baking sheets. Bake until slightly puffed and the tops begin to crack, 18 to 20 minutes. Allow the cookies to cool completely on the baking sheets and serve.

New Staff Spotlight : Michaela Barrows, Marketing Assistant and Outreach Coordinator

By Lance Chapman

Michaela, Thanks for doing this interview for the newsletter. This is a great way for residents and families to learn about new staff members and have a sense of how you came to join this special community.

Tell us a bit about where you grew up?

In Raynham, MA which is about an hour south of Boston. By the time I was in High School we had moved to Middleboro, MA. My favorite memory of Middleboro is really about how much I enjoyed living in a small close-knit town. I played softball in high school my freshman year and my favorite subject was Psychology in school.

Tell us a little about your family.

My grandfather is originally from Puerto Rico. He came over to the United States in the 1960's. My stepfather, originally from New Bedford, MA, has owned his own contracting company since he was 18 years old. My mother is originally from New Jersey and she works in Kent Hospital in RI and performs echocardiograms on patients there. I have two sisters and one brother. I am the oldest of the four of us.



Michaela Barrows

When you're not working what are some of your favorite hobbies or pastimes?

I love to ski. I started skiing when I was five years old. My family owns a time share in Lincoln, NH near Loon Mountain. I really enjoy the peaceful trip up and back to New Hampshire and the different trails and runs you can choose from. I also learned to snowboard when I was sixteen and I enjoy that as well.

What positions have you held before coming to Goddard House?

I worked as a cell phone sales rep for Verizon Wireless and I worked in the Verizon store in Middleboro. I did not enjoy that work very much so I soon found a job with Santander Bank as a Bank Teller. I enjoyed that job and the fast pace of the bank. I liked the opportunity to work with a variety of people and helping customers who came to my window each day.

How did you hear about the Marketing Assistant Position here at Goddard House?

My roommate and best friend is Delaney Blute who started working here in the nursing department this past year. She mentioned the job opening to me and it sounded interesting. Once I interviewed I knew it would be a good fit. I am enjoying learning the ins and outs of Senior Living and the various Marketing strategies involved.

What are you hoping to learn in this position at Goddard House?

I am excited to get to know many of the residents and what the future of Goddard House and the Senior Living field has in store for me. I am enjoying working with older adults and learning their varied personalities and the wisdom found within their stories.

Helpful Winter Hints

By Lance Chapman

In our last issue of *The Goddard Times*, we published a few *Helpful Winter Hints* on keeping older adults safe during these tough times. New England winters can be unpredictable, at times bringing on some dangerous weather conditions. For older adults, especially those living alone, these Winter Hints are five sensible tips and reminders to help keep you, a friend or a neighbor, safe until the spring thaw.

1. A Light in The Darkness

Winter months can cause people to feel lonely and depressed. The cold weather can keep people of any age feeling more isolated and sad. The shorter hours of daylight can also have a depressing effect on our emotions. In some cases, the holidays can be hard times filled with memories of loved ones we miss. To combat the “dark and drearies of winter” stay connected to your friends by phone or online via Facebook. Reach out to your local Council on Aging or Senior Center and find out what activities they provide and if they have a bus that can pick you up. Ask friends or neighbors over for coffee or tea. Check in with family and ask them to look in on you. Keep your holiday decorations and lights up as long as you want...like a little light into the darkness.



Lance Chapman

2. Winter Driving

Winter is a tricky month for older adults to be driving. Our recommendation is to stay off the roads in winter unless it's absolutely necessary. Winter driving often requires faster reflexes and better eyesight because of poor road conditions and lower visibility when driving. Another good tip is to be sure the car is serviced by your mechanic before the winter weather hits. A pre-winter service to your car can help keep it working dependably through the colder months. If possible, ask a friend or family member to take the car in for servicing. Lastly, having a membership with AAA can pay for itself with one incident. Keeping a charged cell phone in the car so that you can call for assistance if you breakdown is also a smart move.

3. Carbon Monoxide Poisoning & Fire Safety

In an effort to stay warm sometimes people make risky decisions. Do not sit in your running car in a closed garage to keep warm. This can lead to Co2 Poisoning and death. Similarly, fireplaces and space heaters can be very dangerous devices if they are not in good working order. Have the chimney cleaned at the same time you have your car serviced, before the cold weather is upon us. A clean chimney can help prevent fires and will vent carbon monoxide fumes safely out of the house. Using a fireplace without a proper screen can also be a danger. A screen will prevent burning embers to spark a fire while you are asleep.

4. Storm Coverage

New England winter storms can be very severe and unpredictable. Be sure you have the basics you need to be warm and comfortable for at least 3 days. Flashlights with fresh batteries, warm clothing and bedding and a supply of non-perishable foods are three keys to faring well in a storm. A wind-up or battery powered radio is good for new updates on the storm and news about power being restored. If your power does go out be sure to dress warmly in layers.

5. Ask for Help

Resist the impulse to do winter tasks on your own. Cleaning and de-icing cars or walk ways often requires a little help. Local Senior Centers and community agencies exist to help older adults make it safely through the colder months of winter. Hearty New Englanders sometimes feel the need to “go it alone” rather than ask for help. We recommend reaching out early and sharing your winter storm story with a friend or neighbor.



Angela Schroder-Dill

Interview with our new Olmsted Place Music Therapist Angela Schroder-Dill

By Cindy Allard & Alice Tilton

Every Monday and Thursday morning, Olmsted Place residents and staff have the pleasure of a visit from Angela Schroder-Dill, one of three music therapists who come regularly to Olmsted. Angela comes prepared each week with her guitar, her djembe drum and a program that leaves everyone smiling and tapping their feet.

Residents with memory impairment rely on predictable, structured activities; Angela provides that structure without sacrificing creativity and excitement. She begins her visits with a familiar musical greeting, and then transitions into an hour of music that balances residents' requests with a particular theme she has planned for the day. The themes often reflect seasons, weather and holidays to which residents can easily relate. Angela draws upon an extensive repertoire of songs to find just the right piece of music to fit the mood. Residents love her

versions of old-time sing along songs and Broadway standards, as well as more contemporary music. She is also a skilled improviser, creating memorable songs that stitch together contributions from the residents. In addition to engaging residents through requests and song-writing, Angela also provides them with instruments to play, including bells, cymbals and drums. Residents keep beat with the music, connect with one another and can't help but smile.

Angela is a relative newcomer to the Boston area; she graduated with a Bachelor's degree in Music Therapy from the University of Missouri in Kansas City Conservatory of Music and Dance in 2012 and has lived in Massachusetts since August 2012. In addition to giving Goddard House and other organizations the gift of her music, Angela also provides mentorship and supervision to music therapy students from Berklee College of Music who train at Goddard House.

According to Angela, Goddard House is one of her favorite places to work and the feeling is mutual. Residents and staff alike often remark on how much they love her music therapy sessions, citing both her kind manner and her beautiful voice. Cindy Allard, Olmsted Place program director, summed up everyone's feelings when she said, "By the time Angela leaves, everyone feels good!"



Featured February Events! Please Join Us!

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



The Hearth of the Home: Colonial Style with Abigail

Thursday, February 5th at 11:00am

Abigail (Gail) Whitney introduces participants to how the hearth and farm were utilized for survival in the 18th century. Become aware of how food was preserved, stored and we'll be preparing an authentic 18th century recipe, using proper methods and cookware!



Concert with the Brookline A Capella Group

Monday, February 9th at 7:00pm

A soprano, alto, tenor, bass ensemble conducted by Susan Emmanoulidis, Brookline A Cappella explores the diversity of a cappella music from Early Music through contemporary repertoire. Don't miss this soothing blend of madrigals, spirituals, jazz, and contemporary folk.



Boston Conservatory Cabaret

Tuesday, February 24th at 11:00am

The Boston Conservatory trains exceptional young performing artists for careers that enrich and transform the human experience. Join on this Tuesday afternoon to enjoy a show featuring dance, music, and theatre. The Boston Conservatory Cabaret will be performing a captivating show for us, so be sure not to miss it!



Goddard House Updates

**Please see Brandon Fisher in Administration for
free passes to the MFA!**

**These passes are for entry to the
exhibits, while supplies last so don't delay!
Passes must be used by April 1st!**



For more information visit: www.goddardhouse.org



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