

The Goddard Times



February 2016 Issue

A Day in the Life

By Alice Tilton and Georgia Callahan

Every day, Olmsted residents enjoy a great variety of activities, from art and cooking, to museum trips and brain games. Programs fill the day in Olmsted and each resident brings something special to the experience. On Thursday, February 21, Program Specialist Georgia Callahan joined resident Linda Keleishik to document a few highlights from her day.

At 9:00am on Thursday January 21, Lesley Expressive Therapy interns Natalia Van Bilderbeek and Daniela Hyacinth introduced a new art project to the residents. Using a malleable, clay like material, special stones and colored glass, residents created their own personal beach scenes to bring them a little closer to summer on a cold day. Linda commented, "It's fun and cheerful. It makes you feel happy. Maybe we'll have a party!"



Linda and her art project.

After cleaning up the art project, Georgia engaged the residents in word games. Soon it was time for Linda to get her coat, because she was going out to lunch. Olmsted residents take regular lunch trips to community restaurants and it is one of Linda's favorite things to do. Especially if the van travels through familiar Brookline or West Roxbury, she has a great time showing everyone around. On Thursday, lunch was pizza and salad at Papa Ginos. While eating, Linda shared one of her life philosophies, "My mission in life is to be a decent person and to do good for some people in case they need help. If you say something good that goes a long way. You can't push people away."

(Continued on Page 2)

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A Day in the Life (Continued from Page 1)

Afterwards, residents made their way back to Goddard House just in time to enjoy music with Angela Schroder-Dill, one of Goddard's music therapists. With everyone splitting up to return their coats to their rooms, Angela found Linda at her doorway, and enjoyed an impromptu musical moment before sitting down with the group. Linda, who studied music at the Boston Conservatory, lends her large voice to all of our musical activities. Linda said, "My favorite thing about music is that there's something that comes over you that you can't explain. Music helps me feel better."

After music, Linda and the other residents went to the dining room for a quick energy break. Cheese, crackers and ginger ale gave her the much needed energy to enjoy the rest of the afternoon. Back in the living room, Georgia led residents in a fun beanbag toss game. Linda took the challenge seriously and ended up with a perfect score! Everyone clapped for her to which she responded, "The people here are very friendly. No hard times here— everyone gets along."

After dinner, the residents enjoyed "armchair travel," a virtual trip to another place from the comfort of the living room. On this particular evening residents traveled to Paris. Residents were shown pictures and video clips related to their destination and led residents in a discussion of what a trip to France might be like. Linda offered her thoughts on what destinations were worthwhile and which ones could be skipped. After the lively discussion it was time for some gentle stretching and yoga, after which Linda enjoyed a snack and a movie, looking forward to what the next day would bring her.



Linda and Angela performing together.



Linda playing a beanbag toss game.



Linda enjoying her meal at Papa Ginos.

Will You Be My Valentine?

By Michaela Barrows

What is Valentine's Day to you? Every year when February 14th rolls around, depending on who you are, this holiday may be welcomed or dreaded. For some people it poignantly addresses the absence of a significant other and brings up complicated feelings. Other people find a way to embrace the celebration with their "valentine," whether that person is a partner, friend or grand-child.

There's often the expectation that you need to be in a romantic relationship to enjoy this "Hallmark Holiday," but I disagree. Yes, that may have initially been the reason to celebrate Valentine's Day, but if you're not in the midst of a romance, we can still celebrate life and love. We can take some time to express gratitude and admiration for the people around us with whom we have caring and positive relationships. Whether through a small or grand gesture, it's important to let people know they are well thought of. We can all find comfort in affirming that we have people in our lives who know and care about us and that we care about them.

So this Valentine's Day, we want to highlight that spirit of caring and regard within the Goddard House community. **Join us in the Country Kitchen on February 8th at 2:00 p.m. to create some Valentine's Day sweet baked goods for you to take home or gift to your valentines as a gesture of love, friendship or appreciation.** Be creative - make it your own kind of Valentine's Day!



Friends!



Goddard residents engaged in a lecture.

Lifelong Learning

By Jenna Henning

Education is important at any age. For older adults, a stimulated mind improves cognitive ability and promotes a healthy brain. The Goddard House Institute Lecture Series provides a platform for lifelong learning. Each month, a different professor from a local university presents an hour-long lecture on his or her area of expertise.

The Goddard House Institute Lecture Series began last year with Adam Silver, Assistant Professor of Political Science at Emmanuel College. Silver, who specializes in American political institutions, discussed polarization in the 114th US Congress.

(Continued on Page 4)

Learning (Continued from Page 3)

Since then we've hosted Professors who've covered a range of topics including opera, social psychology, playwriting, and secret intelligence in Boston during World War II. I spoke to a group of residents who agreed, "Each speaker has been as engaging and informative as the last. We're enjoying continuing to learn."

In January we had the privilege of having Professor Lynn Johnson of Boston College, who also happens to be the daughter of a Goddard House resident! Professor Johnson works in the history department, and her research over the past several years focuses on the history of immigration in Boston, as well as the affect that immigration has had on the city's economy, religious culture, industry, and commercial life. The lecture was incredibly interesting to residents, many of whom have spent their lives in the Boston area and have been able to observe shifts in the city's culture and demographics.

Stay tuned to find out who the next featured professor will be!

For the Love of Chocolate

By Ginny Mazur



Cup of Drinking Chocolate

Join us on Thursday, February 11th at 4:00 in the Living Room, as Goddard House celebrates Valentines' Day with a nod to the history of Chocolate where we'll serve up a sweetened elixir of dark drinking chocolate. Not to be confused with hot cocoa, we'll serve up Nick Polinsky's rendition of the potion made famous at establishments like Larry Burdick's chocolate cafes around Boston and Jacques Torres in New York City. Here's a little history:

Chocolate comes from the seeds of a tropical rainforest tree. The Mayans and Aztecs were consuming chocolate as a drink dating to at least 3500 years ago. Can you imagine any other food fad that's been going for that long?! The chocolate tree was given the Latin name *Theobroma cacao* (*Literal Translation: Food of the Gods*) by the 18th century botanist Linnaeus in 1753, who was a well-known chocolate lover.

One of the first products the explorers in Central America brought back to the courts of Europe was chocolate. This amazing and novel food quickly became fashionable among the elite, and various European cultures adapted it to suit their tastes. It quickly made its way to the Americas in the early 1700s where it took on many new forms, though, here too, it began as an unsweetened, hot beverage.

Chocolate (Continued from Page 4)

Scientific research supports that the consumption of a chocolate drink can be immensely positive to one's health. A study conducted by Cornell University has shown that hot chocolate contains more antioxidants than wine and tea, therefore reducing the risk of heart disease. In a single serving of cocoa, the researchers found 611 milligrams of gallic acid (GAE) and 564 milligrams of epicatechin (ECE) compared with 340 milligrams of GAE and 163 milligrams of ECE in red wine, and 165 milligrams of GAE and 47 milligrams of ECE in green tea.

That – is reason alone to drink your chocolate, even apart from its myths as a love potion, aphrodisiac and the status as the world's favorite flavor! We hope you join us on the 11th as we celebrate with a toast to chocolate.

Mexican Sipping Chocolate

Ingredients:

- 2 cups whole milk
- 1 teaspoon honey
- 3 ounces dark chocolate, chopped
- 1/8 teaspoon ground cinnamon
- A dash to 1/8 teaspoon chili powder
- 1 tablespoon orange zest

Preparation:

1. Add all of the ingredients to a medium saucepan and heat on low, stirring with a whisk until the chocolate has melted.
2. Continue to heat until the sipping chocolate has turned a nice dark brown color and is warm (10 to 15 minutes), stirring occasionally. Do not heat the milk to boiling.
3. Strain the sipping chocolate into 4 cups. Serve immediately.



**Submitted by
Executive Chef
Nick Polinsky**

Joseph McDonald: Memories of Florida, Family and Niagara Falls

By Lance Chapman

Joseph McDonald has been a resident of Goddard House for four years. Joe, as he prefers to be called, is a warm, likeable, friendly man. If you call him sir, he will quickly remind you with an easy smile on his face, "I was only an enlisted man and there's no need to call me sir. I only made it to Private First Class, so just call me Joe."

Joe was born in 1921 and raised in Niagara Falls, New York by his parents, Joseph and Rose McDonald, just a few blocks from the famous falls on the Niagara River. He also had one sister named Margaret. His father and his uncles were a large family that

owned a coal business back in the 1920's and 1930's. They had a large coal storage and would sell and bring coal to people's homes. It was still the primary home heating method in those days. Joe remembers a few years later when Home Heating Oil became more popular because it was cleaner than coal. He recalls the family had trouble as the coal business faded.

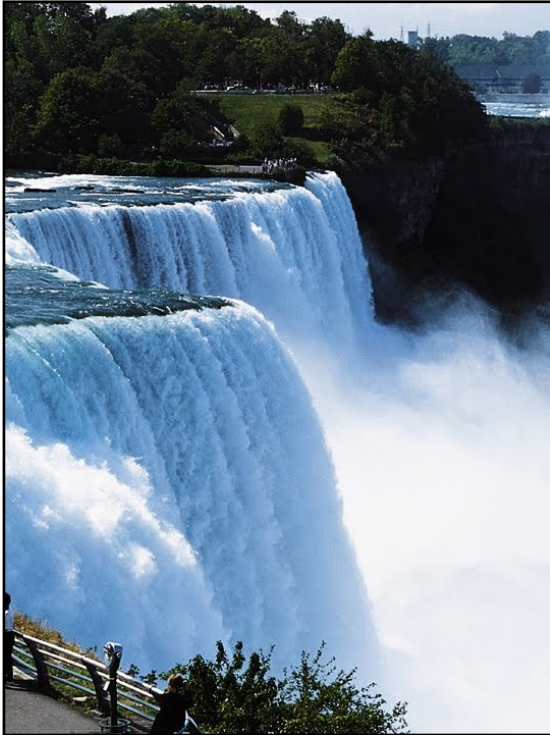
We talked more about Joe's recollections of his childhood. He recalled that, "growing up in Niagara Falls meant that the summer months brought all the tourists who wanted to see the famous waterfall. In those days everyone came by train. Because we lived just two blocks from the train my father put a *Rooms for Rent* sign out on the lawn advertising two rooms we had for tourists each summer. My mother had fixed up a couple of the bedrooms in the house for paying guests. My job was to sit on the front porch and as people walked up the street looking for a room I would wave them into the yard. If they came in I would quickly run and get my mother to come and meet them."

He also remembers growing up Roman Catholic and cutting through some of his neighbors yards on his daily weekday walks to Catholic School. Joe attended St. Mary's School, which was initially just first through eighth grade when he started. Later they added a High School, which he also attended. Joe remembers with mixed feelings the Sisters of Mercy as they presided strictly over each class and walked the halls in their long black robes and habits. After high school, Joe attended Niagara University. He graduated 4 years later with a degree in Business Administration. His plans shifted as World War II was well under way in Europe. Just six weeks after graduating, Joe was drafted into the Army Air Corps.



Joe with his granddaughter Katherine and son Joe Jr. at the Annual Family Barbeque.

Joseph McDonald: Memories of Florida, Family, and Niagara Falls (Continued from Page 6)



Niagara Falls

Joe describes his three years of service, “My service to my country was both lucky and undistinguished. I was sent to be stationed in Miami Beach where the Army had purchased a bunch of seaside hotels for the servicemen to stay in who were coming back from Europe. They would stay briefly until they got their discharges or new assignments. I was in charge of keeping the hotels in good order and fixing beds or whatever else needed fixing.” Joe went on to state, “It was not exciting work but I began to realize it was a might better than getting shot at.”

Joe added, “I stayed in Florida for the better part of two years until I was transferred to San Antonio, Texas. All I remember about that year was that it was hotter than hell. One day we got orders that we were all shipping out to California. We assumed this was to get ready for an invasion of Japan.” Joe considers himself lucky again because just a few weeks later, prior to the invasion, Joe’s three years of service were up and he punched a train ticket back to Niagara Falls, NY.

Once home he began work as a Certified Public Accountant, although he doesn’t quite recall where. He does remember marrying his lovely wife when they were both 40 years of age. “The baby came quickly after that because we were late getting married in those days,” he exclaimed. “We named the boy Joseph and he’s a very good man. He’s the one who found this place for me.”

I asked Joe what else he wanted to talk about or what he wanted the readers of our newsletter to know. He said he wanted to tell people he could say a lot more about his life but because he has a memory problem he can’t always remember. “I am very content with my life here. I am very healthy and over ninety years old. I know I’ve been here a few years. I feel I have had a happy life with a good family and I married a very lovely woman.” At this moment Joe asked that I take a portrait of he and his wife off the wall so he could take a closer look. His eyes focused... and after a silent moment, he pointed to her. Gently touching the glass of the framed photo he said, “See how lucky I am. How did a guy like me ever get a lovely gal like that?”



Joe and his wife in 1993

Featured February Events!

Please Join Us!

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



Acapella Concert with the Northeastern Nor'easters

Friday, February 5th at 7:00pm

The Nor'Easters are Northeastern's premiere co-ed a cappella group. As the oldest group on campus, the Nor'Easters have continuously sought to maintain the highest standards of musicality while still keeping the fun and love alive. We welcome you to join us for their musical performance!



Bruce Hambro Presents: "Dean Martin: King of Cool"

Saturday, February 13th at 3:30pm

Bruce Hambro is a history teacher as well as a student of the American entertainment industry. Join him for an entertaining and engaging presentation on the "King of Cool." Musical and video clips of such signature songs as, "Memories are Made of These," "That's Amore," and "Everybody Loves Somebody."



Valentine's Concert with Sally McKnight and Jim Buchanan

Sunday, February 14th at 3:30pm

Jim Buchanan (fiddle and guitar) and Sally McKnight Harrison (hammered dulcimer) have been playing and singing together for a decade. Their mix of Irish tunes, Valentine's Day songs, and traditional folk songs are sure to get your toes tapping and your voices singing along. Enjoy!

Passes to the Museum of Fine Arts Boston

Thanks to a grant from the Lowell Foundation, the Museum of Fine Arts Boston is again offering free museum passes to Goddard House residents and guests (Two passes per person, please) while the supply lasts. Sign out your pass tickets in the program office.

Please Note: Unused tickets will be credited against our participation to receive tickets for the pass program in the future, so please do not take a pass until you've planned your trip. If you currently have any expired, unused passes, please turn them in to Jenna Henning.



For more information visit: www.goddardhouse.org



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