



the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

SUNDAY, FEBRUARY 4

Brian Kane will bring us jazz saxophone and vocal interpretations of songs from the Swing Era and Great American Songbook at 3:30 P.M. *Public welcome!*

SUNDAY, FEBRUARY 11

Classical musician Dieter Weslowski will perform at 3:30 P.M. Dieter's vocal repertoire spans from opera to jazz, from blues to gospel music. *Public welcome!*

MONDAY, FEBRUARY 19

Arts educator and talented percussionist Cornell Coley will lead us in a drum circle at 2:30 P.M. *Public welcome!*

WEDNESDAY, FEBRUARY 28

An innovative crafting workshop with Cindy Scheff, professional designer and owner of Earthly Arts, LLC, at 1:30 P.M.

For public events, RSVP to Jennifer Miller at jmiller@goddardhouse.org or 617-731-8500 x110

RESIDENT PROFILE



Arlane Lally grew up in Waltham, Massachusetts and has five siblings: Jackie, Hal, Dorothy, Patricia, and Joan. Although she describes her younger years as being tough, the support of her siblings helped her push through. She recalled growing up and going into Boston every Saturday just so her mom could buy them all nice clothes. She says her mom “worked very hard and always made sure they were well fed and looked nice.”

Arlane got married and moved to Newton, where she raised two daughters (Susan and Patricia) and a son (Patrick). She is extremely proud of her three children, as well as her grandchildren. In addition to raising her family, Arlane took up such hobbies as sewing and golfing. She was an avid golfer for more than ten years! Arlane can be described as one of our most outgoing residents and participates in not only floral arranging, music, and trips but also she never turns down an opportunity to get up and dance.

Arlane is a self-described people person—always friendly, having a good sense of humor, and willing to help others. Her most famous trait is that she “absolutely never lies.” She says she loves to laugh even if that means laughing at herself!

Arlane is able to bring something vibrant to our neighborhood. Her laugh and smile brings light to anyone she comes in contact with. It is a pleasure to have her part of the Goddard House community.

-Olmsted Assistant Program Director Katie O'Connell



“Cool” Classics Winter / Spring Concert Series 2018

Join us at Goddard House for a trio of “mostly” classical music concerts featuring talented musicians performing a wide range of repertoires.

All receptions start at 3:00 P.M. followed by concerts from 3:30–4:30 P.M. and are free of charge.

RSVP to Jennifer Miller,
jmiller@goddardhouse.org
or 617.731.8500 ext. 110

Saturday, February 24th

Enjoy the soprano stylings of **Gwynne Chapman** and her special guest pianist, **HuiMin Wang**. Back by popular demand, their program will include works by Rachmaninoff, Handel, Herbert, Porter, Gershwin, and others.
Snow date March 3rd



Saturday, March 24th

The accomplished quartet of **Jane Sheena** (cello), **Karl Ørvik** (viola), **Leah Bartell** and **Gabriel Solomon** (violin) features faculty from the acclaimed music program at the Waldorf School of Lexington. Concert will include works by Haydn, Samuel Barber, and Amy Beach. *Snow date March 31st*

Saturday, April 28th

Back Bay Choral Bridges Program, conducted by **Jonathan Mott**, offers an inspiring selection of classical and popular works as we celebrate Brookline Open Studios. Special appearance by the Goddard House **Olmsted Place Chorus**, led by **Deborah Gromack**, music therapist/conductor.



WINTER WARMTH!



*Clockwise, from bottom left: Residents took a quick trip to Hawaii for lunch! (L-R) **Walter V.**, **Dorothy P.**, and **Susan F.** enjoy a tropical salad in a Hawaiian lei; **Arlene W.** savors a cup of hot chocolate in the middle of one of our blizzards. Keeping warm never tasted so good!; Want a fresh take on an old classic? Try adding some fresh herbs to faithful recipes. These pastry puffs featured mint from our indoor garden; Even through the winter months, **Agnes R.** utilizes the basil grown in our indoor garden for Garden to Gourmet; **Linda K.** was all smiles after accepting her Lifetime Achievement Award from residents and associates.*

Getting to Know Goddard House's Music Therapy Interns

by Community Partnership Director **Ginny Mazur** and Intern Supervisor **Sally McKnight Harrison**

Ginny and Sally had a chance to ask two questions of 3/4 of our Music Therapy interns! Here are some fun facts about Jacqueline San Nicolas, Ryan Soh, and Alison Dagger (we also have a wonderful fourth intern, K.C. Marsh).

What inspired you to train to become a music therapist?

Jacqueline: Using music for me has always been a way of validating emotions, feelings, and experiences. Through music, I hope to be an agent of positive change, and to use my voice to help others to amplify theirs.

Ryan: Music has always been a huge part of my life growing up and still is a big part of my life. I love music and it has always helped me express myself. It was the thing that stayed with me regardless of how the seasons changed in life. I also love helping people and music therapy was perfect to help me bridge them together.

Alison: Music is such a powerful tool for connection and revealing facets of the self that are not readily available to the conscious mind. I have personally experienced this in my training and other areas of my life. The moment that inspired me the most was playing my flute for a family member battling breast cancer. As I played, the pain disappeared from her face and, even though it was only for a brief moment, she was able to lose herself in the music and find relief. That's when I knew this was my calling.



Left to right: Music interns **Jacqueline San Nicolas**, **Alison Dagger**, and **Ryan Soh**.
Not pictured: **Katherine (K.C.) Marsh**

What group do you enjoy facilitating with residents of Goddard House?

Jacqueline: I enjoy co-leading the large music therapy group on Olmsted, and interacting with the residents through singing along, rhythmic interventions, and improvisation.

Ryan: I enjoy facilitating the small music therapy group on Olmsted. It is a intimate setting of about 5 people and we get the residents really engaged with us in the music. It is a really fun time for the residents. I love it when they are all singing along to the music! It warms my heart to see the residents happy and smiling.

Alison: I enjoy leading all of the music therapy groups on Olmsted. We have a lovely time singing and creating music together. I am especially looking forward to co-facilitating a new music and imagery group with Art Therapy Intern Joy Geha beginning this month.

SAVE THE DATE!

Brookline Community Aging Network presents

Ending Ageism

a talk and book signing with
Dr. Margaret Morganroth Guellette

Thursday, March 8, 2018

6:00-7:30 P.M.

Hunneman Hall, Brookline Public Library
361 Washington St, Brookline

Join us for this special program which coincides with the town-wide exhibit of The Reunion Project. In her book, *Ending Ageism*, Dr. Gullette provides evidence of the sudden onset of age-related shaming. Telling stories about such happenings and confronting the way aging is portrayed in media and the arts, she asks people to work together to fight ageism.

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

ASSOCIATE PROFILE



Goddard House welcomes Executive Chef, Scott Hebert! Scott graduated from Newbury College with a degree in Culinary Arts and never looked back. With 25-years of experience as a chef and in the restaurant business, he will be a true asset here at Goddard House. Scott took the time to answer a few questions from EnrichedLIFE Director Jennifer Miller.

Working in assisted living must be quite different than working in fine-dining establishments.

What are you looking forward to most here at Goddard House? Do you foresee any challenges?

I'm looking forward to the earlier hours and learning a new style of cooking. I hope my experience in fine dining can bring the food at Goddard House to the next level! Challenges will be working with a much smaller staff and within a tighter budget.

You're cooking yourself a meal...

What is your go-to menu?

Dover Sole Meuniere with mashed potatoes, and grilled asparagus. Braised short ribs are a close second!

When you're not cooking, what are some of your favorite pastimes?

I love being with my family and being outdoors. Favorite pastimes include mountain biking, fishing, hiking, and anything at the beach.



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NEWSLETTER CONTRIBUTORS

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GODDARD
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Let's Jam! Green City Growers Hosts Jam-Making Class

by EnrichedLIFE Director **Jennifer Miller**

On January 17th, residents rolled up their sleeves and got busy making jam with Green City Growers' Urban Farmer, **Claire Trail**. Claire brought with her fruits, mason jars, and a long-lived love for sustainable farming. She also has a mission to bring food production and people closer together.

Enter Goddard House.

Goddard House residents took turns picking fruit and other flavors to include in their jam. Residents washed, cut, smashed, and stirred their jams and added just the right amount of sugar to cut the tartness. Taste-tests were encouraged! Residents enjoyed a small snack featuring the jam immediately after making. It was a wonderful opportunity to keep the garden on everyone's mind as we are in the middle of a cold, cold winter.

Although the fruit was not grown on site, Goddard House looks forward to making jams from our berry bushes and apple trees planted in the 2017 season. 



*Clockwise, from top left: Claire discusses the ins and outs of jam making with Olmsted Program Specialist **Kristin Cipriano** and **Susan F.**; **Bridgina B.***



mashes blueberries; jam in process!