



the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

WEDNESDAY, FEBRUARY 6

We will depart at 9:30 A.M. for the American Repertory Theater's 11:00 A.M. performance of *Othello*. Shakespeare's most intimate tragedy explores society's polarizing struggles with difference. Residents will have a presentation on the background of *Othello* on February 4th.

TUESDAY, FEBRUARY 12

Our "Grab Your Passport! Destination: Abu Dhabi" celebration will feature a session with a Henna artist from 2:00-4:00 P.M. Residents are invited to get temporary Arabic Henna tattoos!

THURSDAY, FEBRUARY 14

In celebration of Valentine's Day, Director of Dining Experience Andrew Santalucia will host a chocolate dipping at 10:30 A.M. and pianist Mark West will perform light romantic classical and jazz love standards at 2:00 P.M.



RESIDENT PROFILE



It's hard to believe **Mary Christopher** has only been living at Goddard House for a few months now. She is so involved with programs and other residents that you would think she has been here for years. I wanted to learn more about Mary after she tried on her tap shoes for the first time! Her face was full of joy and she began to tell me a story about being a child on stage.

Mary grew up in Cambridge, near Central Square. Her father owned a grocery store on the corner of Columbia and Harvard Streets. When she was old enough, she moved across town to Watertown and worked as an administrative assistant at the Harvard School of Public Health. Mary loves spending time with her friends, seeing plays, and going to museums! She has traveled extensively through her life. Some places she has been include Argentina, Egypt, and Greece. If she could get on a plane today and go anywhere, she says she would go to the Far East.



Mary makes pumpkin mousse with Doris G. during Garden to Gourmet.

Above, left: Mary out for lunch during our "Grab Your Passport! Destination: Portugal" celebration

Mary walks every day! If you're ever interested in taking a walk on a beautiful day, find Mary! She will surely go for a walk with you!

-EnrichedLIFE Director Erica Curcio

The Look Ahead for Goddard House...2019

by Executive Director *Carolyn Sandel*

We hear it all the time and we never take it for granted—there is a palpable positive energy that can be felt in the lobby as one walks in and throughout Goddard House. Many of the renovations and innovations we've been working on over the last year or two are coming to completion and to fruition. I thought it would be meaningful to acknowledge these accomplishments and take look at how they position our community for a successful and exciting 2019—and beyond.

Rooted in our Mission and Values

We've made a commitment to be sure we are always tying our newest ideas to our Mission and Values. Rather than innovation for its own sake, a more powerful and meaningful way forward is often found in connecting our new ideas, to our strong roots. A campaign intended to foster a deeper understanding and a wider working knowledge of our Goddard House values is in play. Keep an eye out for this theme of connections to our values in all that we do.

Our Partnership with Senior Living Residences (SLR)

For more than three years now we have been in partnership with SLR. The management changes, improvements, expertise, training and support to our staff and our daily operations have been astounding. Espousing very similar sets of CORE values, SLR and Goddard House have become aligned partners in providing Goddard House residents and associates with the greatest opportunities to succeed. When we speak of success, we speak of quality of life; we speak of fostering meaningful engagement; we speak of associate appreciation and creating a thoughtful environment for all who work and live under this one roof.

Brain Healthy Cooking & Dementia Friendly Movements

Goddard House is proud to be at the forefront of both these movements. Through our SLR partners,

we have become a community more knowledgeable about the health benefits found in the Mediterranean Diet Pyramid and the research-based effects this style of cooking and eating can have on the health of our residents and associates. We have recently begun to offer workshops on this and related subjects around the greater Boston area.

Similarly, the Town of Brookline and Goddard House are involved at the State level in the Dementia Friendly movement aimed at creating greater awareness and reducing the stigma of dementia. Through a certified Dementia Friendly training provided by SLR, many Goddard House staff have been exposed to the Dementia Friendly Experience, an empathic training geared to create an experiential learning opportunity for staff who work each day with residents living with memory loss and dementia.

LGBT Friendly Accreditation through SAGE

Adding to our list of firsts, in early 2019 Goddard House will earn the distinction of becoming the first assisted living community in Massachusetts to obtain SAGE accreditation as an LGBT Friendly Assisted Living Community. Managers, front line staff, and residents will all go through components of these trainings designed to heighten our awareness and responsiveness to the needs of LGBT seniors when they arrive as new residents at Goddard House. Research indicates that many in this group report going back into the “closet” as they move into assisted living communities in fear of rejection. This is counter to our Core values and so we anticipate the great honor of completing the accreditation and learning to better meet the needs of this group of older adults.

Caring for our Beautiful Building

By the end of January 2019 we will have completed a two-year process of major interior and exterior renovations both on the Traditional and Olmsted programs. Upgrades to elevators, roof, HVAC, roadways and parking areas have also been completed.

So, onward into 2019! *Enrich Engage Together.* 



FUN AT GODDARD

Right: Joy R. enjoys shrimp cocktail at the December birthday lunch



Gallery M artist **Ginny Zanger** posing in front of her Yupo painting with resident **Murray K.**



Left: **Rita S.** celebrating New Year's Eve



Right: Happy New Year from **Peg S.!**

Come Out of the Cold and Into the Music!

by Director of Community Relations **Ginny Mazur**

Long known for presenting dynamic music events, Goddard House carries on our tradition this winter and spring with community concerts featuring performers known for their passion and virtuosity.

On Saturday, February 2nd, violinist **Joshua Peckins** and pianist **Eliko Akahori** will perform *The Art of the Recital*, featuring works including Beethoven's "Kreutzer" Violin Sonata No. 9—a piece so compelling it inspired Leo Tolstoy in naming his novella, *The Kreutzer Sonata*.



*Violinist **Joshua Peckins** and Pianist **Eliko Akahori***

On March 30th, expect the unexpected and a lot of fast-moving fun as Zulu Time, an acoustic trio, merge classical with jazz, tango and klezmer. Classically-trained violinist **Gabriel Soloman** and bassist **Richey Tally** join acclaimed accordionist **Cory Pescaturo** to feature works by composers ranging from Astor Piazzolla and Guy Visour to Chick Corea.



*Acoustic Trio **Zulu Time***

Both concerts are Saturday afternoons, 3:30–4:30 P.M. with receptions at 3:00 P.M. Seating is limited. RSVP to Patti Barrows at the Goddard House front desk.

 **“Cool” Classics**  
Winter | Spring Concert Series 2019





Goddard House Happenings



ASSOCIATE PROFILE

Resident Care Associate **Juliet Gregory** (pictured at left with Goddard resident Doris G.) has only been working at Goddard House for a little over a month but has already made a big impact on the

residents and her co-workers. She is always up for helping with programs and puts in 110% effort when caring for the residents.

Juliet has lived in the Boston area for more than 30 years and has been a certified nursing assistant for more than 20. When talking to her, she said that some of her favorite things to do are to sing and listen to music. However, her biggest joy comes from spending time with her family.

We are so lucky to have Juliet as part of the Goddard House family!

-Olmsted Program Assistant Kristen Cipriano

Our Holiday Party for our associates was a ball! Above: (back row) Building & Grounds Associate **Joseph Harris**, Program Assistant **Rebecca Margolin**, and Dining Associate **Sandra Appiah**; (front row) Resident Care Associate **Jeanette Salvant**, Olmsted Nurse Manager **Alla Rumyantseva**, Olmsted Resident Care Associate **Takia Parrish** and Dining Associate **Ann Marie Boswell**. Below, left: **Joseph** with the cake. Below, right: Resident Care Associate **Rose Galvant**



MINDFULNESS



*Mindfulness Based Stress Reduction (MBSR) teacher **Bob Linscott** of UMass Medical School's Center for Mindfulness screened the movie, The Connection: Mind Your Body with residents and the local community!*

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NEWSLETTER CONTRIBUTORS

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