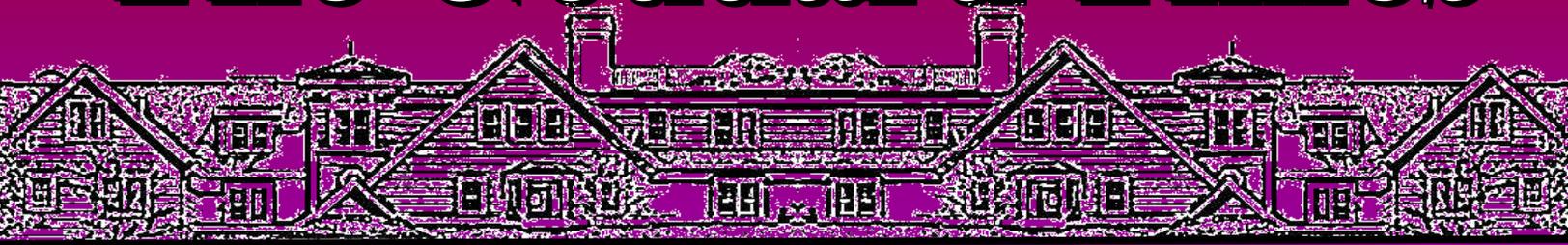


# The Goddard Times



January 2015 Issue

## Review of 2014—The Past, Present, & Future

By John Moniz III

Dear Goddard Friends and Families,

I am hoping that everyone had a wonderful holiday with their families and friends, and took time to enjoy all that this time of year has to offer. I am also wishing everyone a happy and prosperous New Year. Looking back, we have a lot to celebrate as we reflect on 2014. There were many great developments at The Goddard House and I wanted to take the time to review the past year.

I know that a lot of you have noticed the renovations made on the first floor as well as to Olmstead Place. Thank you for being patient as we go through this process. I know that renovations can be disruptive, but the end result will have a lasting impact on the community. In addition to our inside renovations, I hope everyone has enjoyed the expansion of our outdoor space, including the patio and garden beds. I am excited for that winter thaw to start and see the colors of spring and summer return.

The outdoor renovations allowed us to have our first Jazz Concert Series in August. It was a great event every Thursday night to be outside enjoying the wonderful weather, great company, and fantastic sounds of the different bands that performed for us. The community in and out of the building appreciated the event and we look forward to hosting it again next year.

Communication was a main focus for me, as well as the leadership team this year. This is why we created the community newsletter, resident focus group, spousal education support group for people with memory loss, welcome socials, a resident welcoming committee and an educational seminar for traditional residents with memory loss. I want to ensure that the community is aware of all the news, events, and information going on in our community and beyond. We hope that you are feeling more connected to Goddard House and hope you will let us know of any way that we can make improvements to the newsletter or any of our gatherings and events, to make them accessible and informative for you.

Finally, I wanted to keep everyone informed of some upcoming policy changes that might be impacting our community and industry in 2015. The State of Massachusetts is proposing many great changes, but there are two significant proposed changes that would negatively impact the assisted living industry. The first change would be to add the sub-regulatory rule that would allow changes to be made to laws that would impact our industry with little to no input from stakeholders. The goal is to have this verbiage removed. The second rule is already in place in regulations but has not been enforced. This is regarding the requirement for residents who need 90 days of ongoing skilled care in assisted living. We are advocating for further clarification of this rule if they choose to enforce it with more fidelity than they have been in the past. Therefore, I have been spending time over the past few weeks attending industry meetings and public hearings, giving testimony to have the first rule be stricken and to have further discussion on the skilled care component. I will be keeping everyone informed of the changes, however much of this information has been made public in a variety of media sources. Please feel free to reach out to me if you have any further questions or concerns, and I would be glad to provide more in-depth insight into these policy changes.



**Vol. 3 No. 1 – January 2015**

### Newsletter Contributors:

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## A Delicious 'Thank You' to our Goddard House Friends By Michaela Barrows

On Wednesday December 3rd, friends of Goddard House gathered with us at Seasons 52 Fresh Grill, located in Chestnut Hill, to enjoy a holiday appreciation luncheon. So much has been accomplished in 2014 we couldn't help but give thanks back to some key people who have helped make it all possible. Good food, good cheer and good fun was had by all!

It was an intimate setting of about thirty people spending a relaxing lunch with new and old friends. As we began to set up for the event, something unexpected happened. We discovered our banquet server Ben, was the grandson of one of our residents Basil Ente. Ben was one of two servers who helped provide a very successful afternoon event. He introduced himself immediately and was eager to mention the admiration he has for his grandfather as well as Goddard House Assisted Living. We thought to ourselves "what a small world" but in this case it was the perfect final touch.

The sole intention of this event was to shine a light on how much we value our partnerships throughout the Eldercare field and their continuous dedication to providing excellent care... and there, when we least expected it, was this young man telling us how much he loves Goddard House. Thank you again to everyone who made 2014 a successful and memorable year at Goddard House. We are eager to see what 2015 has in store for us!



Ben showcasing the desserts

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## Helpful Winter Hints By Lance Chapman

With snow, ice and colder temperatures upon us, a few helpful **Winter Hints** on keeping older adults safe are in order. 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 two sensible tips and reminders to help keep you, a friend or a neighbor, safe until the spring thaw.

\* **Avoid Walking on Icy Surfaces:** when older adults fall the results can be devastating and long-lasting. Ice is a treacherous surface even for the most sure-footed individuals. Icy walkways, sidewalks and steps are to be avoided at all costs. Asking for help in de-icing your walks and steps is a better alternative.

If you must venture out on a snowy or icy day, be sure to pre-treat your steps and walkway with a supply of rock salt you can keep by your door for easy access. Give the salt time to thaw the ice before stepping out. Wear shoes or boots with good traction. Remember that when you return home your walk may have frozen over again so move with caution and ask for help whenever possible.

\* **Hats, Gloves, Scarves and Wool Socks:** remember your mother telling you, "*dress in layers.*" Well, she was right. People over 65 years old are more susceptible to hypothermia and frostbite in colder temperatures. Dress in proper winter clothing even if you are going around the corner. Add some wind and a few inches of snow to the cold temperature and suddenly a short walk to the corner store or to the mailbox at the end of a long driveway can become a dangerous trip if you're not wearing warm clothing.

Dress warmly inside your home as well. Keep your thermostat at or above 65 degrees. Bundle up in layers and pull out that warm afghan or down comforter for the bed. Keep in touch with friends, family and neighbors and ask for help if you are having trouble keeping warm.

**Stay tuned for more winter tips in our next issue of The Goddard Times!**

A hearty warming winter dish submitted by Executive Chef, Nick Polinsky

## Hungarian Beef Stew "Goulash"

Submitted by  
Nick Polinsky

### Ingredients:

- 2 diced yellow onions
- 2 tbsp olive oil
- 1 tbsp garlic, chopped
- 2lbs ground chuck, cut into small cubes
- 3 tbsp Hungarian paprika
- 1 tsp ground marjoram
- 1 tsp lemon zest
- ¼ cup white vinegar
- 1 tsp caraway seeds
- ½ cup burgundy wine
- 1 cup tomato puree
- 2 cups beef broth
- 4 large carrots, peeled and sliced
- 4 ribs of celery, cut on an angle
- 1 ½ cups diced peeled potatoes
- 1 red pepper, seeded, washed and diced
- salt and pepper, to taste



### Preparation:

- In a large Dutch oven, add the diced onion, garlic and olive oil over medium-high heat. Cook until the onions start to shimmer and become translucent. Add the ground chuck and cook until it begins to brown on the edges. Season with salt, pepper, paprika and ground marjoram and stir until meat and onions are evenly coated.
- Blend the lemon zest, white vinegar, caraway seeds and burgundy together. Add to the Dutch oven once evenly blended and then stir in tomato puree. Pour in beef broth and bring the mixture to a boil over medium heat. Reduce the heat to low, cover, and simmer 45 minutes, stirring occasionally.
- Stir in the carrots, celery, potatoes and pepper. Simmer the vegetables mixed in with the goulash over low heat until all of the veggies are fork tender. Remove from heat and serve warm in soup bowls. Makes eight servings. Garnish with sour cream.

## Goddard House Traditional Holiday Party

By Jennifer Bourgoin

On Thursday, December 11th, nearly 200 friends of Goddard House filled the newly renovated first floor to celebrate the holiday season together. Friends and family came from all over the country to see their families and share in this festive annual party. Decorated with white Christmas lights, spruce sprigs, and dozens of poinsettias, the décor set the tone for an elegant and stylish evening.

The evening began with a very special visit from Santa Claus. Santa sat by the decorated Christmas tree and gave his wrapped gifts to every child that visited. Children were delighted as they opened boxes of legos, bracelet making kits, coloring books and play dough. Children weren't the only ones who enjoyed Santa's visit – many residents and staff members alike sat on Santa's lap to talk about their wish list and get a candy cane from his bag.

As guests arrived at Goddard House and began munching on appetizers, many watched the Figgy Puddin Carolers who strolled through the hallways singing festive songs. Many other guests went to the bar, where they could get one of our vibrantly colored blue or red cocktails. Small red and white striped candy canes dangled from each of the red martini glasses as guests milled about. Another popular section of the party was the jewelry sale, where our ardent jewelry makers sold over \$120 worth of jewelry! We look forward to replenishing our bead supply with this money!

Another highlight of the evening was the delicious food prepared by our new Executive Chef, Nick Polinsky and his dining services team. The wait staff passed hot appetizers as guests mingled and enjoyed a couple hors d'oeuvres stations, including a popular seafood section with raw oysters and a cascading display of shrimp cocktail. A beautiful food tower adorned the Palm Court Stage, with tasty cheeses, fruits, vegetables, dips and breads filling the room. If guests didn't fill up on the appetizers, they could indulge at the banquet style buffet. The Goddard House department heads served the guests prime rib, roasted turkey, green beans, roasted potatoes, butternut squash, salad and rolls.

The evening was full of good cheer as families, friends and loved ones from near and far visited each other. We truly enjoyed hosting the event, and we look forward to doing it again next year. We hope you all had as wonderful a time as we did!



The Goddard House Christmas Tree



Blue Ice Martini & Candy Cane Martini



The Figgy Puddin Carolers



Isabelle & her family



Nyle & her family enjoying dinner



Clementine & friends



Phyllis, her son Steven & her grandsons



Miriam shared the holidays with friends



Delores & Bernie having a laugh!



The Goddard House Staff



Luvinia, Gert and Barbara grabbing a bite

## Review of 2014—The Past, Present, & Future (Continued from Page 1)

Now as we look towards the future, I hope to continue the momentum of this year into 2015. Our goal as a leadership team is continuous improvement. Goddard House is building reputation in the community and beyond as a place of high quality living and excellent service to our community members. We are constantly looking for ways to improve the quality of living, and we hope you feel comfortable coming to us with our ideas. We want 2015 to be as successful as 2014. Once again Happy New Year to you and your loved ones and may 2015 be all you can hope it to be.

Best wishes,

John

### The Holidays are Celebrated in Olmsted Place By Cindy Allard

Olmsted hosted a delightful and festively themed holiday party on Thursday Evening, December 18th 2014. Residents and their guests gathered for a delicious feast that included a beautiful selection of appetizers and holiday-themed cocktails followed by beef bourguignon, roasted potatoes and fresh vegetables. It was evident looking around Goddard House, that everyone was pleased with Executive Chef, Nick Polinsky's creations. Nick ended his feast by serving dessert platters filled to the brim with assorted cookies, pastries, mousses and cakes.

In addition to all of the friends, families, and loved ones whom attended, there was one very special guest. Jolly 'Ole Saint Nicholas himself made an appearance for the party and brought holiday cheer to everyone that spoke with him. He posed for lots of pictures and brought smiles to all of our guests. The holiday decorations for the party were festive and added the perfect ambience to this special occasion. Everyone ate together in our dining room, which looked beautiful with red and white linens and place settings for each resident and their guests.

The Winiker Band was the highlight of the evening. They played a great selection of music that included holiday tunes and music from the 50s & 60s. Residents, guests and staff started dancing before dinner started and continued to dance throughout the evening until the music stopped. The band remarked that they were thrilled to see so many people on the dance floor and having such a good time. It was a special treat for the band, as it was a testament to both their great music and, as they remarked, the lovely spirit and culture of Goddard House.



Lorraine, her daughter Claire and family



Tammy & Mary Jane



Jolly 'Ole Saint Nicholas & Mary Jane



Judy, Larry and his wife Anna



Trish & Pat dancing to The Winiker Band



Richard & Karen



Vibeke & Trish having a ball with Jolly 'Ole Saint



Mary with her son Charles



Marilyn with daughters Phyllis & Jane



Sandra & her husband Paul



Guests enjoying the music and dancing the night away



Linda, Nelia, and Angela sharing holiday memories

# Featured January Events!

# Please Join Us!

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



### Boston Young Musicians Concert

**Saturday, January 3rd at 3:00pm**

Boston Young Musicians Concert is comprised of instrumentalists from the Boston area ranging in age from 7-15 years old, who specialize in playing violin, piano, and cello. They will be performing pieces from Bach, Tchaikovsky, Schubert and many more! We welcome you to join us.



### Barn Babies

**Tuesday, January 20th at 2:00pm**

Barn Babies is a traveling baby animal petting zoo that will be bringing a variety of animals including a goat, a little potbellied pig, lots of baby bunnies, chicks or chickens, puppies and kittens. Barn Babies also provides professional staff that to ensure everyone is safe, comfortable, and having a good time with the animals.



### Concert with Iris Winds

**Sunday, January 25th at 3:30pm**

Flutist Emilia Salazar and clarinetist Elise Kopesky use their passion for woodwind chamber music to excite new life into a musical tradition that spans centuries and crosses borders. The duo's concert repertoire includes a variety of styles ranging from Telemann to Muczynski and Mozart to Ragtime.

### Goddard House Updates

**Happy New Year from  
all of us at Goddard House!**

**Stay tuned for the Story of a Lifetime Group  
There's extraordinary stories in everyday lives**

**For more information visit: [www.goddardhouse.org](http://www.goddardhouse.org)**



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