

The Goddard Times



July 2015 Issue

Goddard House Welcome its First Ever Chicken Coop!

By Michaela Barrows with John Moniz, Executive Director

As most of you may have noticed we have some new residents here at Goddard House! With their beaks, feathers and wings they aren't your typical residents. Six new chickens have arrived at Goddard House and they're here to stay. As with any new resident there are always questions about someone's background or interests. With the chickens come a lot of questions by staff and residents as well as the outside community. So we have decided to do some answering of the "who, what, where when and why" questions in this month's issue of the Goddard House Times. The following are some answers from our very own Executive Director, John Moniz, and more background information provided by Michaela Barrows to introduce our new feathery friends.

Q: I know we have quite a few chickens of all different breeds. Where do our chickens come from and what kinds of breeds are they?

A: We have a total of six chickens in our coop covering five different breeds: (2) Bantam Cochin, (1) Heritage Rhode Island Red, (1) Ameraucana, (1) Marans and (1) Faverolles. They were brought to us by *Green City*

Growers and Yarbards Backyard Chickens. Since there are so many interesting details we couldn't

possibly fit in this issue there will be packets in the library informing you more on each individual chicken and where they come from.

Q: What will happen with their eggs and who will be responsible for taking care of the chickens?

A: Since the eggs are not pasteurized they are not available to be served in the Goddard House dining room. However, we are able to donate the eggs to local organizations. When it comes to taking care of the chickens there will be many hands in the coop so to speak. It will be a mix of Goddard House staff as well as some helping hands from *Yarbards Backyard Chickens*. Our very own Marvin Gomez, Sheereen Hossen-Montrose, and Patti Barrows will be overseeing the chickens every day to help feed and maintain the coop. There will also be weekly follow-up visits from the *Yarbards Backyard Chickens* team as well to make sure we are stocked with chicken supplies and the chickens are in good health.

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L to R: Sherry (GH), Khrysti (*Green City Growers*) and Shereen (GH) are having a blast learning about our new chickens

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Newsletter Contributors:

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Nick Polinsky
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Alice Tilton
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Goddard House Welcomes.... (Continued from Page 1)



L to R: Jorge, Diana, Sherry, Marvin, John, Sheereen, Alec, Jenna, Michaela, Mike, Alice, Betty and Khrysti

Q: Can you tell me more about the folks at *Yardbirds Backyard Chickens & Green City Growers*

A: *Green City Growers* is an organization we have been partnered with for some time now. They help maintain our four vegetable gardens here at Goddard House as well as many locations around the city. At *Green City Growers* they make it their mission to turn unused space into thriving gardens. Their newest project has been on top of America's oldest ball park, Fenway. As the folks say at *Green City Growers* "We help you farm. Anywhere."

In 2014 *Green City Growers* partnered with *Yardbirds Backyard Chickens* and has since expanded their company. The chickens "offer a unique opportunity to connect local breeders and hobbyists with a vast population of urban chicken keepers to be." Having chickens here at Goddard House not only supports urban chicken coops in the city but are also a great source of entertainment, education and comfort to our residents.

Q: What provoked your innovative idea to have our new Backyard Chickens?

A: After reading articles in the Boston Globe and hearing a story on NPR about the therapeutic benefits of chickens, they were a clear choice for Goddard House. When we proposed the idea of having chickens here, we had hoped the residents would find the hens engaging and fun to watch. Now that they are finally here and interacting with the residents and staff it's amazing to see the interaction everyone is having - the engagement goes beyond words.

Q: As most people know, you grew up on a farm in Rhode Island with plenty of animals. Is there a possibility of more outside guests in the future?

A: Well there may have been talk about maybe having honey bees too - with town approval, of course! In the last community I worked at in Cambridge, I implemented honey bees and it's a huge success. They're harvesting lots of honey over there and it would be great to produce our own Goddard House Honey.

Q: Since the chickens are in the backyard of our Olmsted Assisted Living area, will there be opportunities for Traditional residents to visit as well?

A: All residents are welcome and encouraged to visit the chickens between the hours of 9:00am - 6:00pm. For a Traditional resident, they would need to speak to Traditional Program Director, Jennifer Henning, to arrange a time for a visit with them.

Goddard House Assisted Living Presents the 2nd Annual

SUMMER JAZZ CONCERT SERIES

165 Chestnut Street | Brookline, MA | www.goddardhouse.org

“Cookin’ Up Jazz at Goddard House” 



Thursday, August 6th at 6pm
CLAUDIA ELIAZA

Claudia Eliaza is an exuberant songstress with a fragrantly rich voice that captivates her audience at large. Having performed at the world famous Carnegie Hall, Claudia continues to perform in other prestigious venues such as the Berklee Performance Center. With outstanding success, She has also toured the US and abroad. Claudia's style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin and African rhythms.

Thursday, August 13th at 6pm
LISA YVES

Swinging Jazz in the Evening! Join Lisa Yves on piano, Eric Blindman on violin and Miki Matsuki on drums for swing and jazz hits that will make you want to move and groove. For 30 years, Lisa has performed and recorded jazz standards and her original compositions with exciting collaborators like Harry Connick Jr. and Keith Lockhart.

Thursday, August 20th at 6pm
AFRIKA GENTE

Afrika Gente (pronounced “hen-tay”), featuring Cornell Coley and Curtis Henderson, is an outstanding versatile Latin jazz band, plays thrilling originals AND well-loved hits – Latin jazz, samba, jazz, afro-beat, zouk and soca. They will be playing specialty afrolatin instruments and offering seniors magical music from the golden era!

Thursday, August 27th at 6pm
STAN STRICKLAND

Billed as “Boston’s favorite jazzman,” Stan Strickland is a talented singer, saxophonist, and flutist. Stan has opened for jazz greats Miles Davis and Sonny Rollins, and has performed in clubs and concert halls around the world, including Symphony Hall, Carnegie Recital Hall and the Kennedy Center. His rich vocals and charismatic persona will have you moving to the groove.

Light Hors D’oeuvres Served

All concerts are from 6:00-8:00pm

Please RSVP one week before the concert you would like to attend:
Jenna Henning, Traditional Program Director
(617) 731-8500 ext. 152 or jhenning@goddardhouse.org

This light and rich dessert was served for Father's Day. It can be prepared in advanced and chilled until ready to be served! From our kitchen to yours—we wish you best dishes and a happy summer!

Submitted by Chef Nick Polinsky,
Food Service Director

Chocolate Peanut Pudding Cake

Ingredients:

- 1 stick of butter (softened)
- 1 cup flour
- 1 cup roasted peanuts
- 8 ounces cream cheese (softened)
- 1/4 cup peanut butter
- 1 cup powdered sugar
- 12 ounces cool whip
- 1 package instant pudding (vanilla)
- 1 package instant pudding (chocolate)
- 2 3/4 cups of milk



Preparation:

- Preheat your oven to 350 degrees.
- First layer: Chop (1 cup) dry roasted peanuts. Blend butter, flour and 3/4 cup peanuts. Press mixture into a 9x13" pan and bake at 350 degrees for 20 minutes. Let cool.
- Second layer: Blend cream cheese and peanut butter until creamy. Add sugar and beat. Blend in 1/2 cup cool whip and mix until creamy. Spread onto the cooled cake.
- Third layer: Mix both puddings and milk and spread onto cake. Spread remaining cool whip on. Garnish with remaining peanuts. Keep refrigerated and serve chilled.
- Pro Tip: Recipe can be made with sugar free pudding.

Introducing our new Olmsted Program Director—Alice Tilton!

By Alice Tilton

I couldn't be happier to take on the role of Olmsted Program Director. I have learned a lot about aging, dementia and the importance of personal connections since starting as a Program Assistant in Olmsted two years ago. I look forward to building upon this knowledge and making new connections in my new role.

At Smith College and then the University of New Hampshire, I studied American history and special education. I never expected my history degree to be as useful as it is at Goddard House, where residents love to ponder the events that have shaped their lives. My degree in special education has also been useful in developing my commitment to inclusion for individuals with illness or disability.

The habilitation model that Goddard House embraces is inherently inclusive. We meet each resident where he or she is, striving to find meaning, ability and the potential for happiness in any situation. For example, when we undertake a baking project in Olmsted, we don't expect all residents to grasp the project from start to finish. Rather we encourage some residents to read directions, others to mix dough and still others to count cookies, all according to their individual ability and interest. In the end we have a delicious treat without anyone feeling like baking is beyond their ability.



Alice Tilton

As Program Director my primary mission is to stimulate residents emotionally, cognitively, physically and spiritually within the context of the habilitation model. There's nothing I love more than to design and implement programs that meet these diverse needs for a group of residents that I know well. One of my central roles is training and supporting a wonderful staff of program enrichment specialists. Each staff member brings unique talent, training and experience to their position. I am grateful for the opportunity to collaborate with such a great team.

There is nothing like seeing "unartistic" residents take pride in an art project or watching someone jump at an opportunity to compete in a physical challenge. Seeing a resident light up when I play her favorite song makes my day. I can't wait to channel my energy and creativity and that of the program staff into more of these memorable moments.

A Walk with Musia Watkin

By Brandon Fisher

Pictured here on the right is Musia Watkin smiling next to a bed of lush flowers, maintained by Musia. This flower bed is located directly behind the third dining room, on the Traditional side of Goddard House. Musia and her family tend to the garden weekly by watering, weeding, pruning, and planting new flowers to add to the backyard's overall beauty. Musia remarks on her past experience gardening, "I used to water the garden in the spring every day, unless it rained—of course!" With recent patio renovations, an irrigation system waters the garden daily.



I had the privilege of talking with Musia about the flower bed and asked about the budding Siberian purple and white irises. She commented, "I think the garden, which was extended last spring, has enhanced the beauty of the Goddard campus." In addition to the manicured flower beds, Musia has established two bird feeders. "I'm delighted to see the feeders are attracting a variety of neighborhood birds. They're well-fed and gathering happily at Goddard House."



Goddard House Goes to Washington!

By Ginny Mazur with Greg L. Finch, DMin MDiv MTS BED



L to R: Brandon, Ginny and John with Dr. Raquel Chapin Stephen, Coordinator of the Art Therapy Program at Lesley University in Washington

This May, Goddard House was invited by the National Center for Creative Aging in Washington D.C. to participate in their 2015 Leadership Exchange that brought together professionals to share their expertise about dynamic, arts-based programs for older adults that are developing throughout the United States and around the world.

NCCA's mission is to foster an understanding of the vital relationship between creative expression and healthy aging, and to developing programs that build upon this understanding. The organization was the brainchild of the late Gene Cohen, M.D., a Brockton Mass. born geriatric psychiatrist, who served as Director of the National Institute on Aging at the National Institutes of Health in Bethesda, MD.

A prolific writer and passionate advocate for the elderly, Cohen was dedicated to the idea that older adults are capable of functioning at high levels of creativity and intellectual rigor. Cohen argued, based on his research, that the brain would continue creating new cells at any age so long as it was engaged in new and challenging intellectual activities. According to Dr. Walter Reich, a colleague at George Washington University, "Single-handedly he changed the image of aging from one of senescence to a period of creativity."

Unlike many conferences, attendees at the Leadership Exchange are called upon to delve into a dynamic process of both teaching and learning from one another. Artists, academicians, architects and developers join together with medical and aging services professionals to investigate new and existing models of healthy aging.

Conference Director Greg Finch noted afterwards, "Goddard House brought leading edge thought in creative aging to more than 250 attendees from across the country and around the world at the 2015 The Creative Age: NCCA Leadership Exchange and Conference at the Arena Stage in Washington. Ginny Mazur and John Moniz both brought powerful insights to every single phase of the process, from idea generation that shaped the 2015 Conference itself to the expertise and wisdom presented in Leadership Exchange sessions that brought the conversations to life. Ginny served as a tireless advocate to make certain that every voice could hear and be heard throughout the conference. And beyond their primary roles, they both stepped into the breach to facilitate special interest groups that addressed how spiritual life and LGBTQ issues shape us in older age. Brandon Fisher encouraged discussion and insights by manning the poster sessions. The insights, wisdom and willingness of Goddard staff to be part of the visioning process will help shape the field of creative aging for years to come."

Super Scoop Saturdays—J.P. Licks Ice-Cream Coming to Goddard House this Summer!

By Ginny Mazur

Thank you to J.P. Licks in Jamaica Plain, for partnering with us on a special collaboration for Goddard House residents. We're happy to announce that we'll be offering J.P. Licks award-winning, locally made ice-cream as an afternoon treat here on Saturday afternoons over the summer. A different flavor will be featured each week and ice cream will be served up on both Traditional and Olmsted Place at 3:00PM. Enjoy!

(Continue Reading on Page 7 for the July Lineup of Flavors)



J.P. LICKS
Ice Cream • Yogurt • Coffee

Super Scoop Saturdays (Continued from Page 6)

July Flavors to Savor

Saturday July 4 th FRESH PEACH	Saturday July 11 th FRESH BANANA
Saturday July 18 th BLACK RASPBERRY	Saturday July 25 th CAPPUCINO CRUNCH



Cappuccino Crunch

If you have suggestions for August flavors please see in-house ice cream mavens, Goddard House resident **Barbara Belamarich** or Community Partnership Associate **Brandon Fisher** by July 20th, 2015.

Alzheimer's Talk Tips

By **Cindy Allard, BSN, Olmsted Resident Care Director**



Cindy Allard

The following is an excerpt from Cindy's talk, Building Blocks of Hope, given at the recent town-wide Brookline Health Expo: Healthy Brain = Healthy Life. Her talk wrapped up a day of presentations by noted speakers on subjects related to Alzheimer's and brain health as part of healthy aging:

Here are some simple tips for successful and failure free interactions with persons diagnosed with Alzheimer's and other memory loss diseases. They may be our family members, friends and neighbors. Our approach is key, to be present and keep things simple, which will allow appropriate and more meaningful responses. It is important to focus on their abilities, quality of life, and to help them be successful, ultimately creating a failure free environment. We do this because we want them to be the best they can be in that moment. To really connect and engage with people, live in the moment and revisit the past. This is easier to accomplish by finding joy and eliciting interactions with positive emotion, thus creating meaningful moments and memories.

It takes a village to care for persons with memory loss. The key to this is connections and community. These persons may not remember each other's names but they do connect and care for each other and others; they do remember. The Alzheimer's Association promotes the Habilitation Model of Care, teaching that every interaction is an activity, no matter the amount of time or who it is with. These moments can be short but meaningful, and can be accomplished by talking about a special memory at dinner, folding laundry or even when hearing a memory-provoking song. To ease your communication process, utilize your environment to initiate conversation. Sit outside and nature can guide your conversation. The reason for this is that it is easier for these persons to comment on what they are experiencing via their senses--seeing, hearing, feeling and smelling--without the stress of having to answer a question. Please remember to slow down and allow time for processing and responding. Enjoy the simple moments and just be present.

Recent memories are the hardest to retrieve for people with memory loss, but never assume they will forget everything. When an emotional response is activated, they are more likely to remember. This is why it is crucial to have failure free and successful engagements. Remember that these individuals are still very intuitive and they have the ability to connect with people, form relationships, and to give and receive love.

They can truly live in the moment and teach us how to live!

Featured July Events! Please Join Us!

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



Professor Kate Snodgrass Tuesday, July 7th at 3:00pm

Kate Snodgrass, the Artistic Director of Boston Playwrights' Theatre, and fellow actors will read and briefly discuss five 10--minute plays that have been culled from 17 years of Boston Theater Marathons—an annual charity celebration of new works for the stage. If you like a good show, don't miss drama with Kate!



Concert with Longwood Symphony Orchestra Saturday, July 18th at 3:30pm

Longwood Symphony Orchestra's members are primarily healthcare professionals from Boston's leading hospitals, including doctors, medical students, and nurses, many of whom pursued musical studies before turning to medicine. Enjoy their chamber music with us!



Persian Glory and Islamic Revolution Photo Lecture Tuesday, July 28th at 2:00pm

Photo-journalist and world traveler Barry Pell will take you on a journey through Iran - "Persian Glory and Islamic Revolution. With a history dating 2,500 years, the Persian Empire was the largest of ancient times, extending from Central Asia to north Africa. Come learn from Barry's travels!

Goddard House Updates

The 2015 Phyllis Vineyard Award for Exemplary Service Application

These applications will be available Tuesday, June 30th at the front desk for residents, family members, legal decision makers, or employees to fill out and nominate someone eligible for this award.

Please reference the application for details!



The 2015 Goddard House Annual Family BBQ

Be on the lookout for your invitation to our annual family BBQ to be held on Saturday, August 8th, 2015 from 11:00AM - 2:00PM.

Please **RSVP** by August 3rd, 2015 to: Jennifer Henning (617)731-8500ext.152 or at JHenning@goddardhouse.org



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