

The Goddard Times



June 2014 Issue

ARTZ and Goddard House Walk at the Arnold

Arboretum: A Jewel of a Park, a National Landmark, & a Great Place for a Walk

By Cynthia B. Malm

Less than two miles from Goddard House/Olmsted Place is one of Boston's most beautiful landscapes - the Arnold Arboretum of Harvard University - the crown jewel of what is known as the "Emerald Necklace", the name for a series of urban parks around Boston. The Arboretum spreads out over 265 acres, and was designed by America's first landscape architect Frederick Law Olmsted, and the Arboretum's first director, Charles Sprague Sargent. It is the oldest public arboretum in the United States, and is one of the world's leading centers for the study of plants. The Arnold Arboretum is a National Historic Landmark, and is also a beloved Boston public landscape.



The Redbud Tree

The forecast for rain on May 16th did not deter an ARTZ-Goddard House sponsored walk at the Arboretum. People from the community, Goddard House/Olmsted Place residents and their guests came prepared, wearing all-weather layers and walking shoes. Though the roadway around the Arboretum is paved and wide, the group made a wise decision to take the scenic route, strolling along the Linden Path and through the terraces of the Shrub and Vine Garden. The path meandered through a grove of trees, and led to a clearing. There, a stunning, show-stopper of a tree, called a Redbud (*Cercis Canadensis*) dazzled the eyes: its neon-pink blooms illuminated the landscape and brightened the cloudy sky.

Dee Brenner brought lilac cuttings for all, from her own garden. Those fragrant blossoms were a delightful prelude to the next destination: the Lilac Collection, a favorite late-May attraction at the Arboretum, since the lilacs were planted in 1900! Imagine a hillside of nearly 200 Lilacs: both popular cultivars and more unusual species:

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ARTZ and Goddard House Walk at the Arnold Arboretum (Continued from Page 1)

white, deep purple, soft lavender. Now imagine the incredible cloud of heavenly fragrance: lilacs in bloom! With conveniently-located park benches nearby, the group relaxed in Lilac-splendor, as bottled-water refreshment was offered and enjoyed. Even the sun began to shine. One attendee, Evelyn was moved to poetry: she recited for the group (by memory) a bit of a poem by Alfred Noyes: 'Go down to Kew in lilac-time, in lilac-time, in lilac-time; Go down to Kew in lilac-time (it isn't far from London!)'. *Go down to the "Arb" in lilac-time (or any time!) – it isn't far from Boston!*

For more information about *Nature Explorations in Your Own Backyard* walking program schedule, contact **Sally Sutton** at sutton@thehearth.org



Lilac Tree in Full Bloom



The Group at the Start



Mary Jane & Frank



The Walking Group

Congratulations to Sharlyn Ruano on Becoming a US Citizen!!!

By Brandon Fisher

Goddard House's own Sharlyn Ruano received her US citizenship this May. Born and raised Jalapa, Guatemala, Sharlyn resided there for 12 years before coming to the States. Her grandmother, two cousins, four nephews, and some friends still live there. After departing Guatemala, she came directly to Boston and has been here for the past 12 years now. Her mother, brother, sister, and niece are living here now too. Sharlyn has been studying for her citizenship for the past four months and started the preparations in high school, but then continued her studies on her own afterwards.

When asked what it means for her to be a citizen, Sharlyn gleefully responded, "I'm very happy and proud to finally be a citizen now. My family is also excited and now my brother and sister are working on their citizenships as well." In her free time she loves going to the Six Flags theme park, **(Continued on Page 3)**

Congratulations Sharlyn (Continued from Page 2)

relaxing on the beach, and going fishing. She's even caught a couple fish so far, but decided to set them all free. As for Guatemala, she misses all her family, friends, and all the good times we had going to the pools and beaches. She also really misses the warm weather, that averages between 70-75 degrees all year.

Although Boston, Massachusetts is now home, there are some things Boston falls short on. Back in Guatemala, she loved going to the local eateries and enjoying tamales. These delicious treats are traditionally filled with maize (corn), chicken or beef, and enveloped in a rich tomato, red sauce. They are then cooked in boiling water to perfection. I was delighted to find out that she plans to go back to Guatemala next month for two weeks to celebrate her citizenship, catch up with family and friends, and just maybe get an authentic tamale! If you see Sharlyn in the halls, we encourage you to congratulate her on this momentous occasion!!



Sharlyn Ruano & Gladis Lemus

Ginny Mazur Wins State-Wide Leadership Award—An Interview with a Real Winner

By Lance Chapman

The Massachusetts Assisted Living Facilities Association (Mass-ALFA), a non-profit association dedicated to professionally operated assisted living residences in Massachusetts awarded Goddard House Community Partnership Director Ginny Mazur with their most prestigious Leadership Award for 2014. Ginny has served in several key roles at the Goddard House for the past 15 years. Her work as an advocate for older adults is well known throughout the Greater Boston area as she brings her passion, tenacity and hopefulness to all her work and her endeavors. Recently I had a chance to sit with Ginny to reflect on her award and her vision for future work in this field she is so committed to... and to be sure she knows how proud we all are of her accomplishments.



Jennifer & Ginny, with
Mike Banville & Emily Meyer of Mass-Alfa

Lance: Congratulations on your award! Tell me what you were feeling as you received the award?

Ginny: I was a bit shocked because the award was in the category of leadership. I tend to see myself as more of a collaborator than a leader but I suppose there is leadership quality required within all good collaborative work.

Lance: What meaning does this award have for you personally?

Ginny: I want to say that I am deeply honored by this award. I can say that in dealing with a progressive disability I am inspired each day by the residents of Goddard House in the ways they deal with their own



Ginny Mazur Wins State-Wide Leadership Award (Continued from Page 3)

issues of aging. Over this last year I've made a decision to push through and meet new challenges despite my hearing disability. I'm learning to be more honest with myself about what I can't do and yet not let that stop me from growing and learning new ways in which I can serve people. I call it resiliency.

Lance: What impact do you think the award will have on your work at Goddard House and the community?

Ginny: My first thought was, I must be doing something right. The award does feel like a validation of what I do for Goddard House and that the "Greater Good" we work towards each day has been recognized. It has also made me rethink what leadership really is. I recently read a talk by Marshall Ganz of the Kennedy School of Government. He talked about having a curiosity about what is possible is what leads people to creative solutions. Ganz states, "Hope is not only audacious, it is substantial. Hope is what allows us to deal with problems creatively. Hope is one of the most precious gifts we can give each other and the people we work with ---to make change."

Lance: It sounds like we're getting to some of those deeper reasons about why you come to work each day and what rewards you find here?

Ginny: I've learned since my hearing has dramatically declined that I had to adapt my work to those changes. Overtime I began to see that there are many different ways to do what we love and contribute. Back in 2007, when I was almost deaf, Goddard House stuck by me. Many places would not have been so generous to me and I will always hold Goddard House in very high regard for that.

Lance: What would you like to say in closing Ginny?

Ginny: Over this last year it has been great for us to keep finding new community partnerships for Goddard House to participate in. John Moniz, our new Executive Director has really given me the freedom to do more of what I love to do. Creating partnerships between Goddard House and other great organizations like ARTZ (Artists for Alzheimer's) and Brookline Community Aging Network.

I also am looking forward to working with the wave of new young people just getting into this field here at Goddard House. They bring good new energy and ideas. I hope to collaborate more with them as they build more creative ways to do this very important work.



Brandon, Marie, Viola, Lisa, Cindy, Kim Carrigan, Lance, Luce, George, Lubow, Ginny, & Jennifer

Color Me Olmsted

By Lance Chapman

The door opens and you're ensconced in a bright yellow light. Is it just me, or did someone turn up the volume on the wall colors? Relax, these colors aren't for the faint of heart...they have been specifically chosen to benefit the residents of Olmsted Place.

As we further enhance the memory support neighborhood at Goddard House Assisted Living we needed to look at what research has discovered about memory loss and how it is associated with changes in color perceptions. For instance, we've known that high contrast can help the person with dementia identify objects more easily as the disease progresses. You may have noticed some of the high contrast features in the bathrooms of each apartment in Olmsted Place. This is an important place to apply this color-contrast principle to assist residents in continuing to discriminate between bathroom fixtures and their intended uses.

Back in 1999, Lars Sivik published an article on color discrimination and preferences among persons with Alzheimer's Disease. Sivik's findings indicated that discrimination was significantly better in the yellow range and red range. He also found that dementia had a significant impact on a person's ability to name colors although they could continue to indicate their color preferences even in cases of advanced dementia. In contrast, the blue and green ranges were the most difficult for persons with dementia to identify and discriminate between.

As we add these enhanced design elements to Olmsted Place the research literature is instructive on which colors, textures and contrasts help create a more resident-centered environment. It is exciting to see all the changes taking place as we continue to work together to create a memory support neighborhood that will be an example of the commitment Goddard House has to the residents that today and in the future call this their home.

Submitted by Ginny Mazur - from *Raising the Salad Bar*
by Catherine Walthers (Available at Brookline Booksmith)

Spinach & Strawberry Salad

Ingredients:

- 6-8 cups baby spinach or arugula, washed and dried
- 1 section (about 3 inches) daikon radish, peeled
- 2 oranges, peeled and cut into sections
- 10-12 strawberries, washed, hulled and sliced
- 3 tbs. raspberry vinegar
- 1/3 cup fresh orange juice
- 2 tsp. maple syrup or honey
- 1 tsp. dijon mustard
- 2 tsp finely minced shallots
- 6 tablespoons olive oil
- 1/4 tsp. kosher salt

Preparation:

- Place the spinach in a salad bowl. Hold a very sharp knife at a 45 degree angle, cut the daikon radish into the thinnest slices you can make, & then cut each slice into thin matchsticks. Add to the spinach.
- To make the dressing, whisk together the vinegar, maple syrup, mustard, shallots, oil and salt. Just before serving, drizzle the vinaigrette over the salad; mix well. Add orange sections and sliced strawberries, and drizzle more vinaigrette. Serve immediately.



Goddard House in Partnership with Artists for Alzheimer's Presents:

It Takes a Village: Brookline Walking Club **Nature Explorations in Your Own Backyard**



Boston Public Garden

Friday, June 20th

To RSVP please contact Sally at
Sutton@thehearth.org or (518) 932-9803



People with dementia and their care partners are encouraged to join us! We will meet at Goddard House, 165 Chestnut Street, Brookline at 10am, depart promptly at 10:15 by van and will return around noon for lunch. Van transportation is available from Goddard House for attendees, but is limited so you must RSVP.

Participants should be comfortable walking for about an hour and should plan to bring any necessities such as water, bug spray, sunscreen, a hat, etc. We will be meeting by the duckling sculpture in the Garden.

Introducing the new Resident Care Director, Lisa Donohue:

Welcome Lisa to your new post at Goddard House!



Lisa Donohue

Tell us a little bit about yourself: Where are you from, what do you like to do, and what are some of your hobbies?

I'm originally from Woburn, Massachusetts and grew up in Burlington. I actually met my husband at The 99 Restaurant in Billerica. We now live together with our six kids. I love spending time with my family, going to their sporting events, hanging out at the pool or beach, spending a day relaxing, or traveling around. Some of my favorite destinations so far have been Florida, California, and Hawaii.

What do you think you'll bring to the table to add to the resident care department at Goddard House?

I want to be able to make it a safe and friendly place for the residents to call home while working cohesively with my colleagues and the entire staff here. I'm a firm believer in an open door policy and am always open to suggestions. If you have yet to meet me, stop by!

What are you most excited about while making the transition into your new position?

Before Goddard House, I was working at a long-term care/ rehabilitation facility in Woburn, Massachusetts as a Staff Developer and prior to that a Shift Supervisor. I'm really excited for the challenges that lie ahead with learning about this position and how I can better assist the residents. I also want to be able to get to the residents and their families on a more personal level.

Is there someone in your life who has inspired you on your path?

I would definitely say my parents because they were always very supportive and stood by me every step of the way. Before this career path, I was a stay-at-home mom. "I always say anyone can do whatever they want – perseverance is the key!"

Moving to Music

By Donna Newman-Bluestein

Peek into the library most any Thursday afternoon between 3-4 PM and you will see a group of 10 to 15 residents moving to music and laughing joyfully. Most of the attendees are regulars who look forward to hearing some of their favorite music from the 1940's to the 1970's, including popular, Big Band, Broadway musicals, Latin, and Caribbean. On any given day, participants may all be moving in their seats or some may be up on their feet, doing the stroll, the waltz, or just plain making it up. There are no Dance Police present. The purpose? Well, that depends on who you ask.



Movement Group

While *Moving to Music* provides exercise that is aerobic, helps build muscle strength, flexibility, endurance and vitality, that is only part of the story. Unusual props, themes, and a sense of fun inspire participants to move in new ways, trying out others' movement, movement that is novel, surprising and uplifting, because it turns out that is good for brain health. Recent research shows that we continue to grow new brain cells throughout the lifespan when we engage in activities that are social, surprising and meaningful.

As one of the residents joined the others sitting in a circle at the beginning of a recent group, she asked, "Doesn't this feel like a welcoming community?" The group leader asked, "What does it take to create a welcoming community?" Another resident responded, "Unconditional love." The latter resident also announced at the following group, "I feel like a star here." *Moving to Music* is a group focused on building community through the unique contributions of each group member through their movement, words, song and presence. And it's simple; all you have to do is show up.

Mount Auburn Trip

By Jennifer Bourgoin



Visiting Matilda Goddard

On a beautiful morning in mid-May, Goddard House residents took a scenic bus tour of Mount Auburn Cemetery. Mount Auburn Cemetery, founded in 1831, is America's first "garden cemetery," occupying 174-acres of land. We decided to explore Mount Auburn not only for its blossoming trees, rare birds and scenic views of Boston, but also for a very special reason. The resting place of Matilda Goddard, the founder and namesake of Goddard House, is at Mount Auburn Cemetery. 2014 is the 200th anniversary of Matilda Goddard's birth.

Our knowledgeable tour guide provided us with a history of the cemetery and informed us about notable monuments. We visited the sphinx facing Bigelow Chapel, the beautiful Halecyon Lake and Washington Tower, which overlooks the city of Boston. We learned about Matilda Goddard, who started her own vest making business in the early 1800's and gave away most of the proceeds to charity, as well as other notable figures from the 1800s.

The highlight of the trip was the astounding beauty of the park. The vibrant pink and white dogwoods added color to the lush green landscape. We saw cardinals, blackbirds and blue jays flying overhead as springtime plants bloomed all around us. We also stopped by the greenhouses, where we could see flowers of every color growing. We look forward to returning to Mount Auburn in the fall, when the foliage of the rolling hills will welcome us into another season.



Featured June Events!

Please Join Us!

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



**Backyard Birds with the Mass
Audubon Wildlife Sanctuary**
Friday, June 13th at 10:30am

A wide variety of animals may visit backyards in the Greater Boston area. Come find out more about our local birds, as well as occasional visitors, and what brings them to our communities. We will be discussing our backyard birds before heading outside to do some bird watching!



Aurora Duo Concert
Sunday, June 15th at 3:30pm

Join the duo of Loren Pearson on violin and viola and her husband Kevin McGinty on piano as they perform chamber, symphonic, and operatic music for us. These two have been musicians for over ten years and have toured throughout Europe, so be sure not to miss this duo as they delight us with classical tunes.



**Pearls of Yiddish and Hebrew
Songs with Mena Levit**
Sunday, June 22nd at 3:30pm

Mena Levit, a soloist with the Moscow Musical Theatre, New Israeli Opera, and Jewish Theatre on Broadway, presents us with pearls of Yiddish and Hebrew songs. She is the owner of Vocal Art Studio in Wayland, MA and will delight you with highlights of Broadway Jewish musicals.

Goddard House Updates

Stay Tuned for...

- Save the Date! July 19th Goddard House's Annual Barbeque - Details will follow!
- The Goddard House Gazebo got a facelift this past month & will be fully updated soon!

For more information visit: www.goddardhouse.org



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