

The Goddard Times



June 2015 Issue

Congratulations to This Year's Mass Alfa Marketing Innovation Award Winner, Lance Chapman!

Nominated by Ginny Mazur

In this issue of The Goddard Times, we'll be featuring the nomination submissions sent in on behalf of the staff and residents here at Goddard House to the annual Mass Alfa Awards Gala. Lance Chapman, Marketing Director at Goddard House, was nominated for the Marketing Innovation award and won! Here's what Ginny had to say:

Life is an adventure, a trip, a journey... make the most of it! This is the spirited philosophy behind the **Passport Program**. It's backed up by the premise that any bold adventure requires a combination of daring, experimenting and charting your course. When we hand you your passport, you gain personalized entry into our vibrant world of assisted living as a fun and welcoming first-step on your journey. You are invited to sample cuisine, music and to explore the creative and enlightening programs of our community.

The more you visit and get your passport stamped along the way, (Continued on Page 2)



Congratulations to This Year's Mass Alfa Resident Spirit Award Nominee, Bridgina Benson!

Nominated by Jennifer Bourgoin



When our nominee initially came to our community, she was wary about the prospect of residing in an assisted living community. Throughout the past couple of years, our nominee transformed from a woman hoping to leave and go home to one of the most active and engaged residents in our community. She is the leader of and promotes participation in many of our programs, encouraging other residents to attend and proposing ideas for new groups. Our nominee leads our gardening program and is the sole member who waters the garden on days the group doesn't meet.

Our nominee is known throughout our building as someone who not only actively participates in our community, but also encourages other residents to engage and connect when they may otherwise be isolated. Our nominee helped to (Continued on Page 2)

Celebrating with a Father's Day Tribute

By Lance Chapman and Barry, Ron & Jeff Schneier

We asked Ken's three sons, Barry, Ron and Jeff to send us some stories from the list of treasured memories they hold of their father. To any of us who know Ken, we will not be surprised by the beautiful stories of fatherhood and the generous superlatives his sons use to describe the man. To Ken, and all of the father's here at Goddard House, we hope this article helps to express how special your legacies are as your father is so highly regarded here in this community.

Ken's son Barry writes... Our father's service to his country during World War II as a US Marine on board the USS Wasp is one of his proudest accomplishments. Continuing for many years after the war, Ken often wears his USS Wasp cap as a conversation starter with former shipmates, fellow veterans, history buffs or it prompts (Continued on Page 2)



Congratulations Lance (Continued from Page 1)

the more you'll develop a sense of people, place and culture. The **Passport Program** will support and orient you towards making your decision to move to assisted living – when you are ready. And by that time, we hope that our community will feel like more than a great destination...that it will feel like home!

This year's nominee is responsible for the implementation of the Passport Program, as it's been developed by our Executive Director. The passport program reflects his leadership, compassion and creativity – as do all of his endeavors at our community. He brings clinical expertise in social work to his role of Marketing Director. Our nominee often notes that he is perhaps even more of an educator and counselor, working with older adults and families to convey everything they need to know about assisted living and to work through feelings of fear, anxiety and loss that often accompany their consideration of a move to assisted living. He balances these qualities with creative, savvy innovation and an always upbeat style that we believe has roots in his other successful career, Rock 'N Roll, emphasizing that most people discover there is so much more to be gained in life with a move to assisted living. "He doesn't just move you in," says one resident, "he guides you in and stays connected, encouraging you in the weeks and months afterwards. That is the mark of a stellar human being, just as much as of an effective marketing director." Our candidate is both – and then some!

Congratulations Bridgina (Continued from Page 1)

inspire the creation of the "Welcoming Committee," which has the mission of welcoming new residents into our community by inviting them to meals, encouraging them to attend programs, and ensuring that new residents make friends quickly. Our nominee consistently goes out of her way to welcome new residents to our community with her positive outlook and thoughtful perspective.

Although our nominee is not a native of our city, she has become immersed in our city's community through her volunteer work and participation in city-wide events. Our nominee actively participates in many of our service-oriented groups including our jewelry making group that recently sold \$600 of homemade bracelets at the Walk to End Alzheimer's and donated the proceeds to the Alzheimer's Association. Our nominee was also an active participant of our "Intergenerational Service Projects" group, which paired students from a local middle school with residents at our community. The pairs met weekly to do community service projects, including baking bread for a local food pantry, writing holiday cards to soldiers serving overseas, and making placemats for a local shelter's Thanksgiving dinner.

Bridgina Benson contributes to an uplifting atmosphere at Goddard House by warmly welcoming new residents to our community, encouraging other residents to get involved in programs, and actively promoting and participating in community service projects.

Celebrating Ken Schneier (Continued from Page 1)

someone to thank him for his service. I am always amazed at the stories he tells and the time he takes to answer the questions of anyone who asks. These are equally proud moments for Dad and the rest of us. In every story he tells we realize there is something more we are learning about him.

His son Ron writes ... **Brave:** Our father is brave. Dad was in high school when WWII broke out and he joined the Marines as soon as he graduated. He couldn't wait to be drafted and he joined up prior to his 18th birthday. **Devoted:** Our father is devoted. Married to our mother Arlene for 66 years, together for two-thirds of a century! We all watched Dad's devotion to our mother over the years. This devotion increased as our mother became frail and her health declined over the last few years. Whether it was helping with her medical needs or doing the grocery shopping, Dad was always there to help his wife and our mother. **Generous:** Our father is incredibly generous. Try paying the bill if you go out to dinner with him. Rarely does he let you pay the bill. I remember as a child, I would go out bowling with my friends and when he came to pick us up our father would pay for everyone's bowling. No one expected this of him, he just wanted to do this. (Continued on Page 4)

Congratulations to This Year's Mass Alfa Direct Service Award Nominee, Marvin Gomez!

Nominated by John Moniz

Our nominee is the glue that holds us all together at our community. He is a Maintenance worker who goes the extra mile for Residents, staff and family members every day---and with a smile!

Our nominee has formed genuinely caring relationships with Residents and "fixes" so much more than broken items in apartments. He listens, move their cars in storms, shops on his own for that little something that a resident might need but not have access to on his/her own. "No" or "I can't" do not seem to be words he is familiar with.

Our nominee has gained confidence in ability to communicate with Residents, Family members and vendors. During the three years we have known him he has blossomed in his ability to make solid connections and relationships and developed his language skills by successfully completing ESOL courses. Our nominee and Residents actually speak the same language--the language of the heart.

Our nominee brings joy and laughter to our Residents every day. He does not just take care of a building-- he also keeps an eye on the well-being of Residents is an adjunct care partner who does not hesitate to let Resident Care know if some one is "not quite themselves". We always know when our nominee is in a Resident's apartment because we can hear the heartwarming laughter throughout the hallways.

Marvin Gomez is a gentleman who appreciates and respects the wisdom of elders and goes above and beyond the task at hand--every time!



Congratulations to This Year's Mass Alfa Leadership Award Nominee, Marie Curcio!

Nominated by Ginny Mazur

Our nominee teaches us that working with older adults, in what is their home and community, makes everyone a partner in caregiving. In the spirit of genuine care partnering with residents, our nominee designed and implements a comprehensive staff education and training program through which all employees are mentored so they can learn and grow. Our nominee teaches, motivates, inspires and brainstorms ideas with us so that we are not intimidated by the high standards that she sets. Her class discussions help us understand how to put into practice what we learn. She makes learning fun and success within reach for us all! As one staff member exclaimed, "We all communicate better with our residents and, when I look around, I'm proud to say that our work has greatly improved." Our nominee has brought life to our work with elders and helped to change the culture of our community.



Our nominee, Social Worker, QA and Staff Development Director, shares her inspiring approach to teaching and mentoring making it clear that we all do this "work of the heart". She has taught us that genuine caring, dignity, respect and autonomy are not just words; they require understanding, commitment and a structure within which we strive toward implementing best practices. Education is meaningful through stories and role playing that help everyone to understand the message. Her standards are high but she has helped us to understand and feel immensely proud of our work on behalf of residents. Clearly, our nominee's own mentoring by Dr. Bill Thomas, a pioneer of culture change, drives her passion for teaching the value of respecting the wisdom of elders.

(Continued on Page 4)

Congratulations Marie (Continued from Page 3)

Our nominee has made a difference for the Residents, family members and staff of our Community through emphasis on creating an atmosphere of dignity and respect for both older adults and the individuals (all of us) who care for and about them. We learn about technical aspects of our work but embrace the person-centered methods of communicating the information we are tasked with knowing. We are proud to share that, in 2014; our nominee was honored with the Outstanding Mentor Award by Leading Age. She has succeeded in making a difference through effective teaching and listening and by creating enthusiasm and confidence building through sharing information.

She supports each of us to be the best we can be at the work that we love! Our Goddard House nominee, Marie Curcio, MSW, NHA, inspires us all to learn and grow---with heart.

Celebrating Ken Schneier (Continued from Page 2)

Hardworking: Dad has always been hardworking. He worked for his last employer well into his eighties and only left the job as our mother's needs increased.

Selfless: Dad is selfless. When you are with our father he will rarely talk about himself. His interest is in you and how you are doing. He is truly curious to know what is going on in your life. It is refreshing to be with someone who isn't so focused on himself, but instead spends time conversing with you about your family and matters of common interest.



The Schneier Clan

Sweetness and Kindness: Dad is a sweet and kind gentleman. Everyone he meets remarks what a sweet and kind father you have. You might not know that he also has a sweet tooth. He loves extra sugar in his iced tea and a brownie with his hot fudge sundae. Yes, Dad enjoys his sweets yet remarkably stays trim and fit.

His son Jeff writes... I love that my dad used to take me and my friends on walks in the woods as little kids. He helped give us an early appreciation of nature and the ocean. He taught us all how to body surf in Maine at Ogunquit Beach and later he would drive us to Rhode Island to surf as young teenagers.

His sons also shared about a recent unexpected highlight in Ken's life. A few years ago the USS Wasp was in Boston for Navy Fleet Week. I asked my father if he wanted to go but he thought the crowds would make it difficult and he decided to pass on seeing the ship. I decided to call the ship's commander to discover they wanted to offer him a private showing of the ship and how honored they would be to have him on board. We were met by the ship's captain who then handed us over to one of the commanding officers who gave us a private tour of the ship. It was an amazing day and equally wonderful to see the respect my father commanded from the current crew.

After reading these stories from Ken's sons I am left with a sense of how central to the direction of our lives fathers can be. Some of us may have not had the good fortune to have such a wonderful dad, while, some others of us may see lots of Ken's qualities in our own father. No matter what type of father we had we can always choose to be a little kinder or a little sweeter...and we know that aging often requires us to be a little braver too.

Congratulations to This Year's Mass Alfa Executive Director Award Nominee, John Moniz!

Nominated by Marie Curcio

Communication and engagement of residents is our nominee's driving passion. Our nominee has transformed our Community in the short time he has been Executive Director through creation of a community newsletter, resident focus group, spousal education and support group for caregivers of individuals with memory loss, a resident welcome committee and educational seminars. In addition, our nominee has developed numerous partnerships with Community organizations, engaged in advocacy and with legislators and formed professional relationships with arts and educational Institutions on behalf of our assisted living community.

He also has maintained regular communication with residents, family members and staff through Constant Contact and Facebook communications. All of which keeps everyone connected, informed and feeling validated. Our nominee has supported resident interests in music and the arts through partnerships with leading area music schools and enhanced resident programs quality through the presence of numerous on site expressive therapists—(art, dance, music, poetry and movement) and started a highly successful summer jazz series enjoyed by residents and local community members. Soon we will feature resident, staff and local artists in our very own art gallery! Our nominee has made extensive community renovations that improve quality of life for our residents. Plans are underway to improve the lighting quality, install surround sound systems for hearing impaired individuals and Wi-Fi throughout our building. Our Nominee has arranged for senators, congressmen and women to meet with our residents, has partnered with the LGBT community to offer a monthly Brunch Bunch on site and has the Green City Growers in to regularly teach and work side by side with our resident gardeners. We expect to be the first urban ALF community in the Greater Boston area build a chicken coop and welcome chickens to our community this summer! Our nominee has created vibrant, ENERGIZED community for all who live and work here.



John Moniz III is an ED with a talent for transforming communities into supportive milieus that empower residents, family members and staff through relationship building, communication and engagement in life.

ALL ABOARD THE S.S. GODDARD!

JOIN OUR PASSPORT PROGRAM

➤ GET YOUR FREE PASSPORT TO PROGRAMS

As a member of our PASSPORT PROGRAM you will gain access to activities while earning a reward. It's all FREE!

➤ JOIN US FOR FUN AND ADVENTURE

Passport Holders will be able to sign up for up to eight (8) different programs, activities and trips.

➤ REWARDS: Earn Passport Points

Attend at least five (5) Passport Programs to earn your reward. We'll stamp your Passport every time you attend a Program. Rewards include two tickets to the American Repertory Theater, a \$50 Rewards Card to Trader Joe's or to Zaftigs Delicatessen in Brookline.

➤ CHECK OUT OUR LIST OF PASSPORT PROGRAMS

For upcoming events call Lance Chapman at 617-731-8500, ext. 105 or email us at: lchapman@goddardhouse.org



The sweetness of berries plays off tart rhubarb in this lightly-spiced compote, which is great over Greek yogurt! This brain-healthy treat was served by Nick at the recent town-wide Brookline Health Expo: Healthy Brain = Healthy Life

Submitted by Nick Polinsky
Food Service Director

Rhubarb and Berry Compote Parfait

Ingredients:

- 2 lbs. rhubarb, trimmed and cut into 1" pieces
- 1 lb. strawberries, hulled and halved
- 6 oz. fresh blueberries
- $\frac{3}{4}$ cup coconut sugar
- $\frac{1}{4}$ tsp kosher salt
- 1 stick of cinnamon
- 1 star anise
- 1 vanilla bean, split lengthwise & seeds scraped and reserved
- Zest and juice of 1 orange
- Greek yogurt, for serving



Simple Syrup Preparation:

- Heat all ingredients, except yogurt, in a 4 qt. saucepan over medium heat. Cook, stirring occasionally, until berries have released their juices and rhubarb is soft, about 10 minutes.
- Pour into a fine strainer set over a bowl, and transfer fruit and spices to a bowl; return juices to saucepan, and bring to a boil over high heat. Reduce to a simmer, and cook until liquid is thickened and reduced by $\frac{2}{3}$, about thirty minutes.
- Pour sauce over fruit and stir to combine; let cool to room temperature. Discard whole spices, and serve over yogurt.

Order Up! The Ovention Oven is Here!
An Interview with our Executive Chef,
Nick Polinsky
By Lance Chapman

Goddard House Foodies are celebrating the arrival of our new Ovention Oven. The cause for all the hoop-lah is this new versatile oven will arrive soon and has the potential to have a very positive impact on the dining experience of our residents here at Goddard House. To get to the bottom of this newest of culinary appliances, I cornered our Chef, Nick Polinsky after his return from a 3-day culinary conference and trade show, Menu Direction 2015 which was held in Nashville, Tennessee.



The Ovention Oven

Q: Nick, tell us what the Ovention Oven will allow us to do that our conventional ovens don't?

A: The Ovention has a dual conveyor working at 12,000CFM (cubic feet/minute) which allows us to bake, broil, toast or grill any item of food --- with shorter cook times. Cooking a fresh piece of cod will now only take 4 ½ minutes and a burger in 5 minutes flat! This kind of multi-task cooking, without the need for oils and fats, will allow us to cook healthier food with consistency and without the need to hold food in steam trays before serving. In addition, the oven preheats in fifteen minutes and uses 3 times less energy than a standard conveyer oven.

Q: That is impressive. In what other tangible ways do you see this new oven impacting the dining experience of our residents and guests?

A: The Ovention has the technology to store over 300 recipes and cook food consistently to order. It also allows us to enter in menu items that are new as well as some of our residents' most popular items. This will allow for more variety of entrées, fewer pre-cooked items, which tend to get soggy and food can now be cooked to-order for each resident. In short, residents will experience a higher quality meal when it reaches their table. Additionally, residents will no longer need to call down before meal times to order special requests.

Q: Customized meals, better quality and more choices, sounds like an answer to many of our prayers. Is there any downside to these new services?

A: Well, in some cases residents may need to wait a little longer for their meals since they are being cooked to order. Our hope is that residents won't mind if the finished product is more to their liking. With the Ovention we can totally eliminate the use of the microwave cooking which is notorious for food inconsistencies.

Q: I've also heard that the oven is very safe for our kitchen staff to use once they are trained. Could you elaborate on that?

A: Exactly! The exterior of the oven does not get hot so staff walking by will not be at risk of being burned. This feature also prevents the kitchen area from overheating, allowing the ambient room temperature to remain cooler and more comfortable for the kitchen staff.

Nick, thanks for taking the time to explain these exciting and tangible benefits of the Ovention oven. We have been informed the oven will be operational in May 2015 and we look forward to the many new options and choices it will provide for our residents. I'd like to put my order in now for some broiled panko encrusted salmon on a bed of rice pilaf, served with fresh cut shallots and almond green beans.

Order Up!

Flower Fridays

By Ginny Mazur & Jenna Henning

A generous array of flowers is donated to Goddard House every Friday, courtesy of Trader Joe's in Cambridge. And every Friday, Goddard House residents bring their creative energy to our flower arranging group for some floral therapy. The blooms are assembled into arrangements of varying shapes, colors, and sizes, and placed throughout common areas.

"I just marvel at what goes on the flowers every Friday!" exclaims Rachel Schectman, a regular participant in the flower arranging group. "We come together around all this beauty for different reasons."

Schectman observes: "For some it's a chance to tell stories of gardens that they've raised and to share stories about flowers. For others, like me, it's creative expression and a chance to share that with my friends here at Goddard House. While I may not consider myself an artist, flower arranging sparks my creativity in such a natural, effortless way. I love the process of exploring the natural colors and shapes, with the added bonus of the beautiful scents. What could be a more wonderful way to end the week?"

The individual creativity of the residents is apparent in the uniqueness of each floral display. From the delicate and simple, to the bold and full, no two are alike. Each remarkable display surges with creativity and tells a story unique to each individual resident. Beyond this, the group provides a chance for residents to reflect on past experiences with nature, blossom-picking, and trips to the countryside.

Clementine Brown, longtime gardening aficionado, is one of the story tellers. "My most striking memory of flowers is flying in a plane over tulip farms in Holland. It was spectacular! I had gardens at my home in Marblehead that were inspired by British gardens: a lower tier rock garden and an upper in the style of an English Garden by the Sea. I took many a lot of trips to England to visit incredible gardens there!"

Although the arrangements vary, there is one common factor – the pride each resident has for her creation. While working on their arrangements, several participants paused to share the name of their favorite flower; Clementine Brown enjoys peonies, Bridgina Benson loves red roses, Phyllis Gurdin prefers orchids and Michala Krug is fond of lilacs. The floral group is open to all residents – and, as bonus residents and staff are welcome to pick up a bouquet to take home as available!



Phyllis with Mother's Day Roses



Bridgina & Michala arranging their flowers



Aerial View of Dutch Tulip Farms



A Dutch Tulip Farm Up Close

Goddard House Celebrates National Nursing Assistant Week!

By Marie Curcio



Oxane, Marguette, Tammy, Ipodorme, Marie, Paulette, Marie, Ismaïlle, Carmel, Patricia & August

National Nursing Assistant Professional Week takes place from June 11th through the 18th. This annual event celebrates the exemplary work of certified nursing assistants who dedicate their career to responsive care partnering with our Residents. Our kind Personal Care Assistants (PCAs) at Goddard House go above and beyond their “assigned” tasks by listening, sharing stories, laughter and an encouraging word or two each and every day. So often their hard work is taken for granted.

We are proud of the caring and talented Personal Care Assistants at Goddard House and acknowledge theirs as a most important role. We celebrate and thank our wonderful Personal Care Assistants for their “work of the heart”.

Summer Safety Tips for Seniors

By Viola Baker

As the temperature rises in the summer months many people are enjoying the outdoors, including seniors. Activities such as barbecues, outdoor concerts, ballgames and family get-togethers will be sure to draw many outside. However, our seniors need to take extra precautions due to the intense heat and sun. The elderly are more susceptible to dehydration and heat stroke than their young counterparts. Staying safe this summer can be easily accomplished by following some basic tips.

Seniors may be tempted to sit in the sun for a long period of time, but this could lead to overheating. Seniors become overheated faster and it takes their bodies longer to cool down so they should limit their time spent in the sun as much as possible. The sun’s rays are strongest between 10:00am and 4:00pm. If you must be outside during a summer heat wave, limit your outdoor time to morning and evening. Dehydration can also occur on particularly hot summer days. The easiest way to stay cool is also often the most overlooked. Drinking plenty of water during the summer months is a great way to stay hydrated and safe while out in the sun. Sport drinks are a great way to replace electrolytes, but seniors should avoid caffeinated and alcoholic beverages as they speed up dehydration. Aim to drink 6-8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age, so be sure to increase your water intake.

Staying well ventilated and shaded are great ways to avoid heat stroke when you are outside. Light colored and breathable clothing should be worn whenever outside, along with a hat and sunglasses. Pick the right outfit for being outside in the sun. When possible, wear loose, lightweight and light-colored long sleeves to protect your skin from the sun’s UV rays. Use wide brimmed hats to keep the sun off your face and neck, as well as full coverage sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of the damage linked to cataracts and macular degeneration. Always use sunscreen. Sunscreen is a major component to prevent sunburn. Be sure to apply sunscreen 15-30 minutes before exposure. It only takes about 15 minutes for the sun to damage unprotected skin.

Your body works hard every day to maintain a normal temperature. Excessive heat forces your body to work harder than normal, which is the root cause of heat-related illness. Essentially, the heat forces your body to work beyond its limits. So when you are outside this summer and enjoying all that the warm weather has to offer just remember to listen to your body, keep cool and stay hydrated.



Featured June Events! Please Join Us!

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



Lecture with Bruce Hambro Saturday, June 6th at 3:30pm

Musical historian Bruce Hambro will present an entertaining overview of the life and times of beloved entertainer Judy Garland. During the program, an discussion is teamed with a power-point presentation harkening back to films such as *The Wizard of Oz*, *For Me and My Gal*, *Meet Me in St. Louis*, *Easter Parade* & many more!



Concert with Andy Mantel Thursday, June 11th at 7:00pm

Andy will be joining us on Thursday with a program honoring his good friend, musical colleague and Goddard resident, Gertrude Jonas, entitled "The Great Keyboard Composers: from Bach to Debussy." Join us as we celebrate all the classics and enjoy a pleasant respite from the day with his musical stylings.



Concert with Emil Altschuler Sunday, June 28th at 3:30pm

One of America's finest up and coming virtuoso violinists, Emil Altschuler, performs at a world class standard and possesses a commanding stage presence. Regarded as a "truly extraordinary violinist" by master violinist, Erick Friedman—this is a concert that you do not want to miss!

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Summer BBQ's are Back!

Summertime is finally here, and with it our weekly BBQ's! Starting June 11th, please join us on the backyard patio every Thursday from 11:30 until 1:30pm. These barbeques will go until mid-September, weather permitting. Residents and staff will enjoy the warmer weather and each other's company over finger-licking good food. We hope to see you there!



For more information visit: www.goddardhouse.org



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