

the Goddard Times

Two Women, Two Marches and Half a Century

by Jenna Henning

Fifty-four years in between, yet the image remains the same. Throngs of caring citizens display signs of protest, of concern, of disbelief; a prominent Washington D.C. landmark sets the backdrop. Women and men stand in solidarity, exercising our fundamental rights to peaceful assembly and freedom of speech. The first picture is the 1963 March on Washington for Jobs and Freedom. The second is the 2017 Women's March on Washington.

Resident Clementine Brown attended the first March on Washington in August of 1963. She was one of the estimated 250,000 in attendance as Martin Luther King, Jr. stood on the steps of the Lincoln Memorial and delivered his now famous "I Have a Dream" speech. I talked with Clementine about her experience that summer, and

her motivations for traveling from Boston to Washington D.C. to take part in the mass demonstration.

"I had just celebrated my 35th birthday and the message was clear – 'If I don't stand up now and be counted, who was I?' So I took a cab to Roxbury where I booked a single \$15 ticket for a 10pm ride on the Freedom Bus. As we were leaving, the bus passed a group of young boys who were holding a white bed linen, and written on it were the words 'Speed on Freedom Fighters.' It filled me with courage."

"We rode the bus overnight to Washington D.C. When we arrived in the morning, we disembarked and, without much direction, walked towards the Lincoln Memorial. Everyone wanted to be as close as possible to the speakers. Going on the march was the best thing I've ever done. People there really cared. We cried our hearts out. I made friends with the people around me, and went back to one of my new



Note from the Editor

In honor of Women's History Month and International Women's Day (March 8th), the March issue of *The Goddard Times* is dedicated to the women of Goddard House. The articles in this edition are centered on the remarkable women who make up our community.

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acquaintance's apartment. We ordered pizza. I slept on the floor. The next morning, I boarded my bus back to Boston."

I was in awe listening to Clementine and couldn't help but draw parallels to my own experience. I was one of the estimated half a million individuals who attended the Women's March on Washington this past January. The sheer power of being in a group of like-minded people, joined together for a common purpose, was impactful beyond words. Though the overwhelming significance of Clementine's experience was not lost on this history buff. The 1963 March on Washington was met with great hostility, and not with the popular support given to this year's Women's March. We applaud the courage of those, like Clementine, who stood up in the face of adversity before us, for they paved the way for future generations to continue the tradition.

Fifty-four years in between, yet our reasons for participating are, fundamentally, the same – to be counted among the myriad of voices rising up together. And while protest is patriotic, it's what comes after that affects change. So I'll take the advice of Clementine - "Stay active. Stay engaged. Go to the polls. Always ask 'what can I do next?'".



The front pages of *The New York Times* on the day following each protest.

Wisdom and Memories: Brookline Seniors and *The Reunion Project* at Goddard House

By Guest Contributor, Elenore Parker

Fifty Brookline senior women recently participated in *The Reunion Project*, a combination of art and narrative by Lora Brody that was designed to encourage older women to reflect on their memories and recognize the wisdom that comes with age.

The project culminates in an art exhibit featuring photographs and quotations that will be on display at Goddard House's *Gallery M* and at the Brookline Senior Center's *Gallery 59*. **The exhibit will open at both Goddard House and the Senior Center on April 3 and will run through May 31 at Goddard House and through June 30 at the Senior Center. Gallery hours are 8:30 am – 6 pm, daily at Goddard House and 8:30 am – 5 pm, M-F at the Senior Center.** Each exhibit features a different set of portraits. The Goddard House exhibit features mostly their residents.

Goddard house will hold a special event in conjunction with Brookline Open Studios on April 29 and 30 from 11 am to 5 pm. Artist Lora Brody will describe the project using photos, narrative and history at 2 pm both days.

The Reunion Project was designed and conducted by Brody. She is a Visiting Research Associate at the Women's Study Research Center of Brandeis University, where she is working on a multi-media project about aging as documented in image, text and spoken word. She had previously conducted a similar project at a gathering of Wellesley College Alumnae and had noted the positive impact experienced by the participants. Brody stated, "In a society that is quick to forget that ageism diminishes the speaker as well as the potential listener, the goal of *The Reunion Project* is to give Senior Women an opportunity to examine their lives ,and to share their experiences with each other and with other generations."

Ginny Mazur, Community Partnership Director at Goddard House, learned about the project and recognized its potential benefits for senior women and the community. She remarked, "When I look at the younger - and older-self photos, I imagine all the life lived in between them."

Lora Brody was invited to conduct *The Reunion Project* in Brookline. The project was welcomed by Senior Center Director Ruthann Dobek, who remarked, "It's important to promote a positive image of aging with an emphasis on people's history and the wisdom people bring to their life experiences."

Frank Caro, co-chair of the BrooklineCAN Steering Committee, enthusiastically endorsed the project and BrooklineCAN (Brookline Community Aging Network) joined in as a sponsor. Caro stated, "*The Reunion Project* calls attention to the remarkable diversity of women who participate in activities at the Brookline Senior Center. The women are highly diverse in their origins and in their life experiences."

Through the efforts of Goddard House, the Brookline Senior Center, Center Communities of Brookline and BrooklineCAN, fifty local women were recruited to participate in the Brookline Reunion Project. Their ages range from 65 to 100.

Brody photographed each woman and scheduled individual interviews. Each woman was asked to bring a photo taken during her teen-age years. During the interviews, the participants responded to a series of open-ended prompts.

Brody and her assistants reproduced the photos and matted the pairs of photographs for display. Separately, quotations from the women's responses were reproduced and framed them for anonymous display.



Reunion Project participant Agnes Rogers.

Agnes Rogers, one of the participants, said "At 97, I've come to accept that age...it is what it is and it's not going to change...I'm just getting older and wiser."

The impact on the participants was summed up by Brody: the women "shuffled in and danced out".

Introducing Goddard House's New Olmsted Resident Care

Director—Erin Koenig

By Lance Chapman

We are excited to have Erin Koenig join our leadership team here at Goddard House. Recently, I sat down with Erin to learn more about her life. What follows are glimpses into her life, which have shaped and prepared her for her current role here at Goddard House



Erin, the new Olmsted Resident Care Director, sits with Olmsted residents, Astride,

When I ask Erin which early experiences contributed to her aspirations of becoming a nurse, she tells me the following story.

When she was a seventh grader at Medfield Middle School, instead of rushing home to play video games after school, Erin volunteered at a nursing facility near her home. This time was special to Erin because her grandmother lived at the nursing facility and she was able to visit with her while she was working. After attending Salem State University and Tri-County Vocational, she earned her LPN degree. Then, following a few experiences working in nursing homes, Erin discovered an opportunity to work within a Memory Care setting in an Assisted Living. She shares, "I knew I'd found my niche."

I ask Erin to elaborate on what led her to this important discovery. She explains, "In a skilled nursing center I spent most of my time passing out medications rather than truly caring for the residents. In an Assisted Living we offer a homelike setting where residents feel safe and connected to their neighbors and staff. These meaningful connections are unique." Erin adds, "It's all about taking time to connect with each resident. This is the best remedy to feelings of sadness or loneliness people may be experiencing. My staff and I become the residents' extended family and I do my best to teach and role model this for my staff... we all hug a lot." Erin goes on to describe the staff on Olmsted at Goddard House, "We have a lot of real rock stars here. They all want what is best for our residents."

Erin's passion for her work is palpable and infectious. During our interview she was never at a loss for words to explain her dedication to this job. I ask her how she works with new staff to inspire them to work well in this environment. Erin quickly states, "I believe the best staff people in a memory - support neighborhood almost always have a personal connection to this illness within their family. This personal experience gives people a sense of compassion for our residents, and a sense of familiarity with this disease." Erin recalls vivid memories of the Christmas she became aware that her beloved grandmother was losing her memory. She shares, "My grandmother would begin forgetting the names of some family members as they visited for the holiday. I sat next to her, reminding and cueing her throughout the day. I wasn't scared or worried. It was just a role I took very naturally to."

I ask Erin what nuggets of advice she would share with family members that are struggling to negotiate the emotions and frustrations of this disease. Erin suggests, "When your family member starts to forget your name or precious memories from your life...don't pull away. Maintain a positive outlook. I have great compassion for what the families of our residents are going through. Keep visiting, even when memories are fading. The love and warmth of your visit makes a difference."

Enjoy this delicious homemade pineapple whip with just three simple ingredients on the first day of Spring, March 20th!

Frozen Whipped Pineapple

Submitted by Marketing Associate, Michaela Barrows

Ingredients:

- 5 to 6 cups frozen pineapple chunks
- 1/2 to 1 cup cold, unsweetened almond milk or cold coconut milk
- A few drops of sweetener (raw honey, stevia pure maple) or lime juice

Directions

1. Add ingredients to high speed blender or food processor and blend until smooth.

When adding the milk, start with 1/2 cup and increase amount up to 1 cup until desired consistency. It is very important that the pineapple is frozen or this will not work.

1. As soon as it is smooth, remove and scoop into individual serving cups.
2. To garnish, add a fresh slice of pineapple on top.
3. Serve and eat immediately in order to enjoy the soft-serve ice cream texture.



Macy's or Bust

By Guest Contributor, Art Canter

A reflection on his mother, Olmsted Resident Fay

I was twelve when we left Chelsea. The small company my dad worked for asked if he would move to Connecticut to further develop the business. None of us were happy about this, our friends and family were mostly in the Boston area and we had no desire to go to a strange place to try to make new friends all over again!

We purchased a home in a suburb of New Haven and tried to acclimate to living away from our extended

family in the Boston area. When we lived in Chelsea, my

Mom belonged to Eastern Star and volunteered at various charitable organizations. She would take on leadership roles to help with fund raising in order to be productive and help others, that she was accomplishing something!

In Connecticut many of our neighbors belonged to pool clubs and country clubs, but my mother did not want to hang out at a pool or club all day and just kibbitz, even though it might have provided her opportunities for new friendship! She discussed the possibility of getting a job, but my dad laughed it off saying, "what kind of a job can you get "? ,.... so she decided to take up knitting! I might add here that when my mother committed to something, she really committed to something! In her first year in CT she knitted about 20 sweaters! All members of our family had our own sweaters, made by my mother. In year two she decided to knit afghans, until we had throws on all of our beds and some of our den furniture!

While my mom was very talented and creative, she missed the socialization she had had with the charities and her friends when she lived in Chelsea. By year three she took some classes in lucite and started to make serving pieces, clocks and art objects out of lucite. By year four, she decided to take painting courses, and proceeded to do some paintings which ended up on some of the walls of our home.

Over the next few years, she succeeded at everything she worked with from beaded flowers and jewelry design to hand painting and design on clothing for people of all ages. While my Mom continued to do her clothing and later knitted scarves, she had heard that Macy's was opening up in New Haven. My older sister and I were out of state at colleges by then, and my younger sister was in junior high and living at home.

Without discussing this with any of us, my mom went to Macy's and was quickly hired to sell pocket books. She did not want any of us to know, particularly my father, so she arranged her hours to be from 9:30 (when my dad had already left the house and my sister had left for school) to 2:30 pm, in order to be home when my younger sister got home from school. She was so adept at customer



Fay and her husband.

service that by her second year, she was offered a management position, overseeing one of the major make up lines for the store!

Before taking this position, she had decided it was time to tell my dad and her kids, and proceeded to tell him after they had dinner one night. She explained that she had wanted to get out of the house and wanted to make sure she was home when my sister got home from school. She also explained that he would not have to worry, dinner would still be ready when he got home!



Macy's in New Haven, CT.

When my dad realized that she had been working at Macy's for two years without his knowledge, he went nuts! He started yelling at her: "I don't care if dinner is ready or not. Why do you have to work? Selling make-up is so important," he shouted. My mom explained that she did this to get out of the house and feel that she was accomplishing something. She really liked her co-workers and enjoyed growing her customer base. She also would thrive with the challenges of managing and further developing this make-up line.

My dad screamed at her, "I want you to quit this job!" He said, "People will think we need the money!!" My dad was embarrassed and did not care what my mother said, he had already made up his mind. My Mom screamed back telling him that she did not care what other people thought about her working, she was enjoying herself! She had moved to Connecticut to provide my Dad the opportunity to further his career and he should not be concerned about her working a measly 25 hours per week. The détente went on for a few weeks, with no communication between the two of them. My mom continued to ensure that my father had his dinner every night.

While my dad never accepted my Mom's working, which continued for the next 17 plus years, Macy's tried to cajole her to go full time and become the Manager of the whole first floor of the store. My Mom graciously turned down the offer, all she had wanted was to get out of the house and be productive!



Opening Minds through Art Exhibit by Olmsted Place Artists

Join us at Goddard House on Saturday, March 11th from 2-4pm for an Artists Reception. For those who can't attend, the artwork will be on display at Gallery M throughout the month of March.

Featured Upcoming Events!

Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Kristina Lessard at 617-731-8500 ext. 110



Jazz Concert with Joe Sardaro

Sunday, March 19th at 3:30pm

Joe Sardaro, aptly described as the Renaissance Gentleman of Jazz, is a versatile artist who brings art to his music. Joe has worked with giants like Shelly Anne, Sam Most, Al Viole, and Monty Budwig. Seasoned as a painter and jazz singer, Joe will delight you with his stylish and expansive repertoire.



Concert with From the Top

Thursday, March 23rd at 7:00pm

From the Top is an independent non-profit organization that celebrates the power of music in the hands of extraordinary young people. With From the Top's support, these young musicians are inspiring audiences with an appreciation for classical music. We hope you'll join us!



Concert with the Patrice Monahan Trio

Sunday, March 26th at 3:30pm

Infectious melodies and percussive grooves create for a smooth, sophisticated ambiance with Patrice's clear and beautiful vocals. The trio has been performing together for over three years, bringing their confident and enthusiastic rhythm section to many events. Enjoy!

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