

The Goddard Times



May 2014 Issue

Goddard House Visits Butterfly Place

By Brandon Fisher & Eden Walsh

In late April, Goddard House residents ventured to The Butterfly Place in Westford, Massachusetts to see New England butterflies and tropical species from all over the world. At Butterfly Place guests will notice butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. The garden features hundreds of free-flying butterflies. In addition to their population of butterflies, visitors can enjoy their koi fish and quail birds which all live amongst one another in the same habitat. On this trip their white button quail was nesting atop of her baby eggs. "My favorite part of the Butterfly Place was the white quail. I've never seen one before and this one was calmly nesting on top of her babies," recalled Bridgina.



Clementine, Lubow, Mucia, & Bridgina

Upon entering The Butterfly Place, guests first walk through the lobby, which houses all of the caterpillar's cocoons. The group had the rare opportunity to have a viewing of a butterfly spreading its wings for the first time, as it gracefully glided out of its cocoon. Lubow recollected that, "it was beautiful to see a butterfly take flight for the first time, as it departed from its cocoon." After touring the lobby, our group walked down the winding pathway into the main garden area to see all of the butterflies. On the pathway, the first thing everyone noticed was a vibrant parakeet relaxing in a tall tree.

Once inside the greenhouse, everyone immediately noticed the delightfully warm climate (around 80-85degrees,) which gave them a nice preview of summer! Soft, ambient music played throughout the background of the greenhouse, which added to the summer oasis feel. Since the trip happened during April break,

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the garden was visited by families and their children, which added to overall playful tone of the day.

All agreed that it surprising how many varieties, colors, and different sizes of butterflies there were here. "I really enjoyed how big and exotic the butterflies were and couldn't believe how tame and calm they were while flying around us. It was surprising that they wouldn't fly away from the flower or tree they were on as we came around," said Mucia. Some of the butterflies seen were black and bright blue whereas others were black with yellow stripes, to



describe a few of the hundreds seen. Mucia added, "I hope we go back soon, because it was so relaxing to be in nature while taking in all these wondrous creatures flying around."

The tour of the Butterfly Place ends at a gift shop complete with souvenirs ranging from tee shirts to mugs to even an at home butterfly hatching kit! For just under fifteen dollars, visitors can bring home a pair of painted lady caterpillars. Supplied inside the kit is food for the caterpillars to eat and a full set of instructions detailing how to care and raise them. The kit is only available from March through September 30th because the butterflies need a certain climate to successfully hatch.



It was clearly evident on the resident's faces that this was a much needed peaceful outing after a very long winter. "I loved The Butterfly Place very much, because of all of the varieties of butterflies that we've never seen before! My favorite was a black butterfly with yellow stripes. I recommend everyone to go at least once," said Lubow. For those that have yet to experience Butterfly Place, it is a destination that is not to be missed.



Clementine, Lubow, & Mucia

State Senator Cynthia Stone Creem Joins us on May 7th as Goddard House Celebrates Older Americans Month

By Ginny Mazur

Cindy Creem has been proudly serving as State Senator from the First Middlesex and Norfolk district for 12 years. Cindy was born and raised in Brookline, where she attended Runkle Elementary School and Brookline High School. She attended Boston University, where she also earned her law degree. At college, Cindy met her future husband, Harvey Creem of Newton. Cindy and Harvey married and settled in Newton to raise their two children, Gary and Stacey.

As Senator, Cindy has a proud history of championing issues important to her constituency which are for the benefit of all Massachusetts residents. She has been a steadfast defender of civil rights, equality and gay marriage, and has successfully sponsored landmark legislation on food allergies and on stem cell research. Cindy has also been a strong advocate for pension and ethics reform, and for transparency in government. Senior issues have always been a priority for the Senator, who was selected as the Massachusetts Council on Aging's Advocate of the Year in 2009.



Senator Cynthia Creem

Join Senator Creem at Goddard House for a talk and discussion about her role at the Statehouse, background in politics and issues/legislation significant to older citizens in Massachusetts. This event will take place **Wednesday, May 7th, 3:00 p.m. in the library.**

Safe Today, Healthy Tomorrow: Tips to Stay Safe While Exercising

By Chris Parchmann, MS, CSCS, NSCA-CPT, Owner Forever Fit

Here are safety tips in line with this year's Older American's Month theme from our Goddard House fitness director. Not exercising but wondering about how to start? See Jennifer Bourgoin, Program Director, to talk to one of our senior fitness specialists.

Reduced Flexibility

- Warm-up prior to exercise
- Perform stretching exercises at the end of an exercise session
- Avoid exercises that require extreme ranges of motion

Propensity for Injuries

- Exercise in an uncluttered space
- Use a slow and controlled speed when performing movements
- Emphasize proper posture and exercise technique

Susceptibility to Colds and Flu

- Drink plenty of fluids



- Obtain ample rest and sleep
- Shower or wash face and hands after exercise session

Reduced Tolerance to Heat and Humidity

- Exercise in climate controlled facilities whenever possible
- Schedule exercise earlier in the day
- Drink plenty of fluids

Poor Balance:

- Perform exercises in a seated position
- Use support such as the back of a chair or walker when performing standing exercises
- Perform standing exercises with a hip to shoulder width apart stance to increase stability



My Favorite Brookline Things

Every month we'll feature Brookline "favorites" in any category from residents, family and staff members.

Who: Rob Dundon

What: El Centro

Where: 236 Washington Street
Brookline, MA 02445

Favorite Things: Carne Asada Tostadas, Pollo Empanadas, and of course their oversized Azul Agave Margaritas

Fondest Memory Here: "A group of five friends and I went there one night, close to their closing and they were nice enough to keep the restaurant open past close so that we could all finish our meals," recalled Rob.

Insider Tips: "Ask for Veronica if she's there— she's a Brookline local that can recommend several delicious dishes and is always warm and inviting."



El Centro

By Kenneth Yarvitz

Salmon Francesca

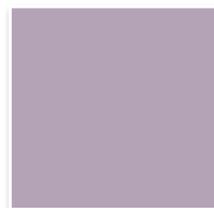
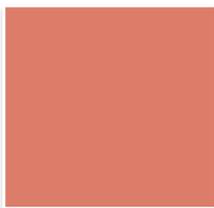
Ingredients:

- 1-1½ pounds boneless skinless salmon filets
- 1 8oz can (8 to 10 count) artichoke hearts in water, drained
- ½ cup seasoned bread crumbs
- 1 tbs. chopped fresh parsley
- 1 lemon, juiced
- 1 ½ tbs. minced garlic
- 1 tbs. parmesan romano cheese

Preparation:

- Preheat oven to 375 degrees. Cut salmon into 4 filets and place in a shallow oiled baking dish. Gently squeeze any excess liquid from the artichoke hearts, break the hearts into quarters, and arrange in spaces between the salmon filets. Sprinkle the bread crumbs and parsley over the salmon and artichoke hearts; sprinkle lemon juice over the crumbs.
- Melt butter with garlic in a small saucepan over medium low heat; drizzle the butter mixture over the bread crumbs. Sprinkle the top with romano cheese.
- Bake in the preheated oven until the crumbs and cheese brown lightly and the salmon is cooked. 12 to 15 minutes or until done. Serve hot. Serves 4.





Way Finding Colors in Olmsted Place

By Cindy Allard

Over the past month Olmsted Place has been undergoing substantial renovations to make the space more accessible and resident-friendly. Walking down the halls of Olmsted Place, visitors will now see vibrant colors all throughout the neighborhoods. The freshly painted walls are done in brighter colors which will assist residents with Alzheimer’s disease by stimulating their appetite, helping to simulate daylight and their ability to find their way around Olmsted Place more easily. In addition, the dining rooms will be bright blue and feature tropical, salt water fish tanks. The walls of each neighborhood are painted in specific colors, which have been shown to help residents differentiate their own neighborhood from other resident neighborhoods.

Generally people with Alzheimer’s disease have vision that is muted one to two times below normal brightness making softer colors harder to see. The colors featured on the walls are now Daffodil Yellow, Aloe Green, Ash Violet, Cool Blue, Lei Flower Red, and Slick Blue. Referred to as ‘way finding’ walls, the hallways are now Daffodil Yellow in order to help direct residents to their own neighborhoods. Doors intended for residents to enter are painted in contrasting colors so that they are more easily seen whereas doors not intended for residents, such as storage, utility rooms, and exit doors, will be painted the same color as the hallways so that they will blend in. These fresh changes will make Olmsted Place a more warm, inviting, and friendly place to live.

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

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



Arnold Arboretum
Friday, May 16th



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 and depart 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.



Goddard Residents Visit the Museum of Fine Arts, Boston **By Valerie Burrows, Accessibility Coordinator at the MFA**

Recently, residents from Goddard Traditional Assisted Living visited the Museum of Fine Arts Boston for a guided tour of the “Think Pink” exhibit through the Museum’s *Access To Art* Program.

The fascinating exhibition “Think Pink” explores the history and changing meanings of the color as its popularity ebbed and flowed in fashion and visual culture from the 18th century to the present day. An interdisciplinary show drawing from across the MFA collections, “Think Pink” juxtaposes clothing, accessories, graphic illustrations, jewelry and paintings to shed light on changes in style; the evolution of pink for girls, blue for boys; and advances in color technology. “Think Pink” includes a selection of dresses and accessories from the collection of the late Evelyn Lauder, who was instrumental in creating an awareness of breast cancer by choosing the color as a visual reference. From pinking shears to pink ribbons, the color pink is associated with fashion and femininity; perhaps no other color has as much social significance and gender association.



Miriam, Estelle, Katherine, Mucia, Bridgina, Clementine, Lubow, Lorraine, & Art

In May, Goddard residents are scheduled for an Access tour to the recently restored “Dragon and Clouds” (1763) by the celebrated Japanese eccentric artist Soga Shōhaku. The Boston Globe called it “One of those jaw-dropping, brow-mopping masterpieces that causes crowds to congregate.” A native of Kyoto, and known for his unconventional techniques and irreverent humor, Shōhaku depicts a dragon swooping

down through whirls of clouds and mist, and swishing its scaly tail in a rhythmic symphony of rich shades of ink that extends across the thirty-five-foot-long composition. The exhibition commemorates the 55th anniversary of the Kyoto-Boston sister city relationship. When the painting first entered the MFA’s collection in 1911, it was mounted in four sections on thick paper.

In recent years, the work was determined to have originally comprised eight paintings on sliding doors (fusuma) that would have been part of a larger set adorning the interior of a Buddhist temple hall. In preparation for its inclusion in a 2012 exhibition of the MFA’s masterpieces in Japan, the paintings were treated by specialists in the Museum’s Asian Conservation Studio. Five years ago they began the process by separating and repairing the damaged paintings, and preparing custom-made wooden lattice cores with



Bridgina, Mucia, & Miriam

multiple layers of paper on each side. The paintings were mounted on these modified fusuma panels and

Goddard Residents Visit the MFA (Continued from Page 6)

finished with an appropriate lacquer wooden trim. The MFA has long been widely recognized for its unparalleled collection of works by Shōhaku, including these works on view along with Dragon and Clouds: Hawk (about 1763) and two hanging scrolls by the artist from the late 1770s.

In July, Goddard residents will visit the spectacular “Quilts and Color – Pilgrim/Roy Quilt Collection” exhibit. A visual treat and an abundance of eye-popping color, “Quilts and Color” features nearly 60 distinctive quilts from the renowned collection and is the first to explore how, over five decades, trained artists Paul Pilgrim and Gerald Roy searched out and collected quilts with bold, eye-popping designs that echoed the work of mid-20th century Abstract Expressionist and Op Artists. The MFA’s Access To Art Program provides tours for visitors with disabilities and elders by museum-trained guides.

Visit www.mfa.org/exhibitions for more information

Celebrating Matilda Goddard at 200!

By Ginny Mazur



Matilda Goddard

Sign up for a guided van tour on May 14th of Mount Auburn Cemetery in Cambridge to learn about the life, times and contemporaries of our founder and namesake, Matilda Goddard, (1814-1901), who is buried there. You’ll also experience the magnificent spring blooms of one of the nation’s most significant designed landscapes. In fact, the landscape at Mount Auburn was considered so exquisite that in the mid-1800’s, it ranked as one of the top three most visited tourist sites in the United States, right up there with Niagara Falls and Mount Vernon!

In the months leading up to Matilda’s 200th birthday on July 21st (which we’ll celebrate at our annual July barbecue this year), we’ll be sharing more about her and the times that shaped her life. Matilda was born in 1814 when the United States was still a very new Nation in its formative stages and not stable by any means. The War of 1812 with the British was still in full swing and much of Washington, D.C. was

burned down that year including the White House. In the midst of upheaval, New England almost seceded from the Union to go off on their own – imagine where we’d be if that had happened?! Our 4th President James Madison, saw to it, by winning the war that year that New England stayed on as part of the United States.

So it was in this climate, Matilda Goddard, was born in Cambridge to a family of wealthy carriage makers and began her own journey. If you have any historical notes you’d like to share about Boston in the times of Matilda Goddard, please contact the Community Partnership Office at Goddard House.



A Goddard Carriage



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



Michael Carter Presents
Colonial Boston

Saturday, May 10th at 3:30pm

History professor Michael Carter is known for giving exciting, informative and historical lectures about various topics including Colonial Boston. Come learn how Samuel Adams, John Hancock, Henry Knox, James Otis and Dr. Joseph Warren readied the colonies for revolution!



Longwood Symphony Orchestra
Sunday, May 11th at 3:30PM

Join *LSO on Call*, a community outreach initiative that brings free chamber music directly to people across Massachusetts. This symphony is composed of healthcare professionals from Boston's leading hospitals and universities - many of whom pursued music studies before turning to medicine.



Doctor Alan Balsam:
Healthy Aging with Music
Tuesday, May 20th at 3:30pm

Doctor Alan Balsam is the Director of Public Health and Human Services in Brookline but also an interpreter of songs from the 60s. Join Alan and our residents for a sing-along songs with Doctor Alan Balsam as he plays song from his melodic set "Remembering Pete Seeger"

Goddard House Updates

Stay Tuned for...

- In the next couple of weeks, we will be harvesting bok choy, radishes, and lettuce from our gardens
- Olmsted Place will have two fish tanks installed in their dining rooms by Boston Aquariums

For more information visit: www.goddardhouse.org



165 Chestnut Street
Brookline, MA 02445
617-731-8500