

# the Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

#### SUNDAY, NOVEMBER 5

Classical guitarist Kevin Sherwin at 3:30 P.M.

#### SUNDAY, NOVEMBER 12

Patrice Monahan Jazz Trio at 3:30 P.M.

#### TUESDAY, NOVEMBER 14

The Troubadours, a vocal ensemble group from the Boston Conservatory at Berklee, will perform at 11:00 A.M.

Photojournalist Barry Pell presents, "A Year in Chile" at 2:15 P.M.

#### THURSDAY, NOVEMBER 16

A lively and interactive show with musician Jim Kellerman at 7:00 P.M.

#### SUNDAY, NOVEMBER 19

Howie Newman performs songs from yesteryear at 3:30 P.M.

*Public is welcome at all events!*

RSVP to Jennifer Miller at [jmiller@goddardhouse.org](mailto:jmiller@goddardhouse.org)  
or 617-731-8500 x110

### RESIDENT PROFILE



This week, on a beautiful autumn afternoon, I had the chance to sit down with resident **Elaine Gedanken**. Born in Brooklyn New York, Elaine attended Brooklyn College with a major in Elementary Education. She loved watching the children develop and grow.

Elaine moved in just under a year ago, and has smoothly transitioned into her life at the Goddard House. From knitting and reading, to attending Flower Arranging on Fridays, Elaine keeps her days busy while still finding time to call her children. With two daughters relatively close by (one in Massachusetts and one in Vermont) and a son in California, there is always something to chat about.

Throughout our lovely discussion, we noticed the beautiful colors of the surrounding trees, from deep red to vibrant yellow. We both agreed that fall is our favorite season. This time of year is also quite special because November is the birthday month for her youngest great-grandchild—she is turning two! Elaine mentioned how lucky she feels to have the opportunity to watch not only her grandchildren, but also her great-grandchildren grow up.

Speaking of favorites, we ended our discussion with talking about our favorite types of ice cream. Elaine mentioned she flip-flops between two different types—butter pecan and pistachio (yum). It is such a joy to have Elaine in our community and I look forward to her pointers during Knitting Club!

*-EnrichedLIFE Assistant Emily Jenkins*

## BABIES ON THE WAY!

Olmsted Assistant Director **Katie O'Connell** and Marketing Associate and Outreach Coordinator **Michaela Barrows** were the guests of honor at a surprise baby shower thrown by residents and staff. The Goddard House living room was decked out in white and gold as we enjoyed home-baked cakes, cupcakes, gumballs, and warm appetizers!



*Olmsted Assistant Director **Katie O'Connell** (left) and Marketing Associate and Outreach Coordinator **Michaela Barrows** (right) cut the cake at their surprise baby shower!*

## *Eat, Drink, and Be Thankful!*

Family members are welcome to join us for

### Thanksgiving Lunch

Thursday, November 23<sup>rd</sup>  
11:30 A.M. - 2:30 P.M.

RSVP to Jennifer Miller by  
November 17<sup>th</sup>

617-731-8500 x110 or  
[jmiller@goddardhouse.org](mailto:jmiller@goddardhouse.org)

*Top row, left to right: Resident Care Associate **Gemma Gonzales** and **Fay G.** pose for a photo as we explore the area; **Agnes R.** with her daughter and Front Desk Manager **Patti Barrows** enjoying the seaside breeze.*



*Bottom row, left to right: **Ethel G.**, **Ruth B.**, and **Katherine S.** walk back from the scenic overlook; EnrichedLIFE Assistant **Emily Jenkins** and **Shirley B.** do a little shopping; **Susan F.**, EnrichedLIFE Director **Jennifer Miller**, and **Linda K.** take a selfie on the Rockport banks!*



## TRIP TO ROCKPORT

We enjoyed a lovely fall afternoon strolling along the scenic Bearskin Neck area of Rockport. It was a beautiful day for a walk through this seaside town!





# Goddard House Hosts Its Annual Phyllis Vineyard Award Luncheon

by *Community Partnership Director Ginny Mazur*

At a special luncheon hosted by the Goddard House Board of Trustees, two employees were awarded the 2017 Phyllis Vineyard Award for Exemplary Service because of their demonstrated excellence and commitment in service to Goddard House. Any resident, resident family member, legal decision maker, or employee can nominate one resident care employee and one employee from another department for the award. The winners were chosen by the award review committee that was comprised of Interim Executive Director **Lance Chapman**, Resident Care Director **Erin Koenig**, Director of Maintenance **Lito Mutia**, and Executive Chef **Vi Luu**.

This year's awards went to Lead Resident Care Associate on Olmsted Place **Patricia**

**Smith** of our Wellness Department and Dishwasher **Jorge Najera** of our Food Service Department.

Among the nomination statements written about Pat was: "She has a leadership quality that exudes confidence and that helps my family feel like our mother is in a safe place at Goddard House." Likewise, Jorge was praised for the excellent job he does: "Jorge exhibits consistent, positive work ethic, kindness towards residents and coworkers, and is an overall exemplary team player."

Phyllis Vineyard was a vice president and member of the Goddard House Board of Trustees for many years.

The annual award has been given to Goddard House staff in Phyllis' honor since 2011 after her retirement from the board. We are delighted that she has joined us for every awards luncheon since then.

Goddard House extends an additional congratulations all ten nominees and thanks our Food Service Department for a wonderful lunch. 



*Phyllis Vineyard (center) congratulates award winners **Pat Smith** (left) and **Jorge Najera** (right)*



*Left to right: Phyllis Vineyard Award winner **Pat Smith** and nominee **Marie Alice Laplante** enjoy the luncheon; Nominee **Marie Decorsse** and **Ginny Mazur** pose for a picture before the winners are announced; Nominee **Stephen Bullard** and past Phyllis Vineyard Award winner **Sheereen Hossen-Montrose** share a laugh*

## ASSOCIATE PROFILE



Olmsted Place Program Specialist **Pam Carella** (in photo at left with Mary A.) grew up in Alder Creek, a small town in upstate New York. She spent most of her childhood outdoors and if you couldn't find her outside, you could find her cooking or doing arts and crafts. Pam went to college in Canton, New York to study nutrition. She got her first job in

Boston as a diet technician, at what is now Beth Israel Deaconess Hospital. She also has experience working for a homecare agency, as a personal assistant, and activities specialist at other assisted living communities in the area.

Pam says that she has a lot of passions, but the absolute love of her life is her son. She adopted Matthew from South Korea at just four months old. He is now 20 and attending UMass Dartmouth, where he studies digital media and illustration. We had a good laugh when Pam shared something Matthew said to her when he was ten years old: "Mom, being with you is like being with a little kid!"

Pam was drawn to this field because she was extremely close to her grandmother. Pam says she is excited to "be myself and bring my passions to the residents." Her passions include cooking, being outdoors, dancing, meditation, and exercising. She truly loves hearing the residents' stories and is looking forward to bringing a more spiritual side to the activities, by helping each resident connect with his or her mind and body in a holistic way. Pam has attended community events at Goddard in the past and is glad to be a part of our team! We cannot wait to see how she will excel and grow here!

-Olmsted Assistant Director Katie O'Connell

## Growing the Garden at Goddard

by *EnrichedLIFE* Director **Jennifer Miller**

As the growing season comes to a close, Goddard House will still be enjoying our indoor garden throughout the winter. Fresh herbs such as basil, mint, thyme, cilantro, and others grow all year round and will continue to be utilized in appetizers made at Garden to Gourmet and featured at Happy Hour.

Although our total is not finalized, the garden at Goddard House has produced almost 200 pounds of fresh vegetables, herbs, and edible flowers this season. The produce was shared with the kitchen, staff members, and our resident farmers. Many times, the haul was accounted for within minutes of being picked!

We look forward to an even bigger season next year with the addition of six blueberry bushes, two dwarf apple trees, and a peach tree, which farmers tell us will likely produce a small first year crop of fruit. Perhaps there are organic farm-to-table pies in our future!

Thank you to Green City Growers for another wonderful season.



*Left: John Neri from Green City Growers makes a late season harvest with Goddard House residents*

*Right: EnrichedLIFE Assistant Emily Jenkins and Doris G. plate up home-grown green peppers stuffed with cream cheese and spices. The appetizers made it to Happy Hour still warm!*



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NEWSLETTER CONTRIBUTORS

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*EnrichedLIFE Director*

**Michaela Barrows,**  
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**Ginny Mazur,** *Community Partnership Director*

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**GODDARD  
HOUSE**  
ASSISTED LIVING®

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