

ASSOCIATE PROFILE



Emmanuel Winnie (pictured at left with resident Arlene W.) has a contagious smile and is full of historical knowledge. It was a conversation with him about Russia during our “Grab Your Passport!” celebration that intrigued me to learn more about him. If you recall, the dining associates wore winter hats with a Russian emblem on them that day. Emmanuel gave me a

brief history of the symbol and I learned that he loves history and knows a lot about the world. This conversation inspired me to highlight him for the month of October.

Emmanuel moved to the United States from Liberia three years ago to be with his wife, Gbaper, mother, and sisters. In Liberia Emmanuel grew up in the Baptist church. His father is a Minister of the Gospel in Liberia and he grew up on the church’s compound. He remembers as a young child that his responsibilities included cleaning and keeping the church looking nice. When asked about favorite memories, he spoke about going to devotion in the morning and evening. Devotion is going into the church and praying for five to ten minutes. His face lit up as he also spoke about soccer, a sport he still plays today with friends in Mattapan.

Here at Goddard House, Emmanuel has had many roles, working as a dining associate and dishwasher, as well as in our Building & Grounds department. He is so appreciative to be here and says, “Goddard House is a home away from home.” One day Emmanuel would like to study theology and become a Minister of the Gospel.

-EnrichedLIFE Director Erica Curcio

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NEWSLETTER CONTRIBUTORS

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Healing Conversations

by Director of Community Relations **Ginny Mazur**

Join Goddard House and the Brookline Community Aging Network as we continue our Fall 2018 community lecture series this November with two renowned speakers who respectively emphasize the effects of social engagement and creativity on cognitive, emotional and physical health. It’s the perfect way wrap up the year with us before the holidays!

World leader in the field of Music Therapy and former chair at Berklee College of Music, Dr. Suzanne Hanser presents The Healing Power of Music Therapy on Wednesday, November 7th.

Dr. Nancy Donovan, Director of Geriatric Psychiatry at Brigham and Women’s Hospital, discusses her research and findings related to the impact of loneliness on health and how social engagement and good mental health can offer protection from cognitive decline on Wednesday, November 14th. Presented by Brookline Community Aging Network. Please join us! 🏠

The Healing Power of Music Therapy

Wednesday, November 7, 2018

New Ways of Thinking About
**Emotional Health, Loneliness
and Social Engagement**
in older adults

Wednesday, November 14, 2018

Both events held at Goddard House
Refreshments: 6:00-6:30 P.M.
Talk with discussion: 6:30-7:30 P.M.

Events are free of charge. RSVP to pbarrows@goddardhouse.org or call 617-731-8500 (Monday–Friday 7 A.M.–4 P.M.)



October 2018

the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

TUESDAYS IN OCTOBER

Alfred Hitchcock Film Festival includes weekly showings of Hitchcock titles at 7:00 P.M.

THURSDAY, OCTOBER 4

Caretenders will provide walker and cane screenings for residents at 2:00 P.M.

WEDNESDAY, OCTOBER 17

Goddard House will host a Brain Healthy Cooking luncheon at the Brookline Senior Center at 1:00 P.M. *Public welcome!*

THURSDAY, OCTOBER 18

The Annual Phyllis Vineyard Award Luncheon at 12:30 P.M.

THURSDAY, OCTOBER 25

October Birthday Lunch at 12:00 P.M.

SATURDAY, OCTOBER 27

LGBT Out to Brunch hosted at Goddard House from 10:00 A.M.–1:00 P.M. *Public welcome!*



RESIDENT PROFILE

During the month of September, we grabbed our passports and traveled to South Africa. This journey started at the very beginning of the month with an art show in Gallery M, by none other than Goddard House resident **Musia Watkin**.

Musia has lived at Goddard House for seven years, and this was her second art show. She was born and raised in Johannesburg, South Africa, and moved to the US 21 years ago. South Africa

appears to hold a special place in her heart. When asked about one of her favorite memories, she closed her eyes, smiled and then told me about the pure South African air that comes from the mountain. The temperature never had extremes; the weather was just right. She also told me that South African people are warm and wonderful to be around.

In South Africa Musia first worked as an assistant to a children’s optometrist. She loved being around the children and learned a lot in that position. Later on in life she became a successful real estate agent. Listening to Musia talk about real estate, I could tell she really loved that position. She said being a real estate agent was demanding and challenging. She felt it was a great position for her.

Musia found sculpture and painting when her youngest son Cliff moved out of the house. She was left with a lot of idle time and decided to follow her inspiration of European sculpture to create her own. She is inspired by Henry Moore, a sculptor who makes you want to feel his forms. Musia says she “loves the tactile feel of doing sculpture.”

-EnrichedLIFE Director Erica Curcio

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The Memory Café...Goes to Camp

by Assistant Executive Director **Lance Chapman**

Who remembers making bracelets with plastic gimp? How about weaving your first pink and purple pot holder for mom? Who recalls playing Duck, Duck, Goose? Finger painting, anyone?

If any of these activities strike a chord, then you probably spent some time at a summer day camp. The folks at Goddard House have teamed up with the amazing people at the Brookline Senior Center for our second annual Camp Memory Connections. After the success of Camp MC 2017 under the picnic pavilion at Larz Anderson Park, we knew it deserved a reprise in 2018. On August 22, 2018, awaking to a rainy sky, we moved camp indoors this year.

The concept is a bit like a Memory Café...going camping.

With 50 “campers” all living with memory loss or dementia, and approximately 12 volunteer camp counselors, the fun schedule of activities was off to a good start. The camp day began with some sing-alongs with Music Therapist **Sally McKnight Harrison** from the staff of Lesley University’s music therapy program. Once we had sung camp favorites, it was time for some OMA Art (see photos) facilitated by **Ginny Mazur** of Goddard House. Groups of four campers were given instructions and materials on how to create their own group masterpiece using a black canvas and some pouring medium. Once the paint started flowing the creativity ensued and 12 beautiful pieces of artwork were created. This artwork is now on display in the OMA Gallery at Goddard House as well as at the Brookline Senior Center.



After some physical fitness activities, the camp settled down for some lunch and another music session. We ended the day with everyone enjoying the taste of some freshly made s’mores—the quintessential summer camp treat—to wind up the afternoon. Goddard House Director of Dining

Experience **Andrew Santalucia** exclaimed, “It was so much fun to be a part of this unique and fun day with the campers.” Graham crackers, marshmallow, and Hershey’s chocolate, warmed and melted... what a great ending to a wonderful day.

Plans to expand and improve Camp Memory Connections next year are already underway. 



Above, left to right: Goddard House Director of Community Relations **Ginny Mazur** and Assistant Executive Director **Lance Chapman** with **Margery David** at Camp Memory Connections at the Brookline Senior Center

Goddard House Happenings



Top row, left to right: August Birthday Lunch with **Arlene W.**, **Kitty N.**, **Jane M.**, **Marie S.**, **Gloria M.**, **Clementine B.**, **Janice H.**, and **Arthur B.**; **Carolyn C.**, **Marie S.**, and **Arlene W.** having a great time making floral arrangements for our community dining room; **Steve Z.** and **Arlene W.** painting at our Open Art Studio. Second row: trying their hand at making guacamole are **Doris G.** and **Clementine B.**; **Doris R.** and **Josephine L.** with EnrichedLIFE Assistant **Rebecca Margolin**; and **Isabel G.**, **Marie S.** and **Sally C.** Third row: Managers’ Outing to Provincetown was enjoyed by Executive Director **Carolyn Sandel**, Olmsted Nurse Manager **Jamie Ingebredion**, Assistant Executive Director **Lance Chapman**, Director of Business Administration **Josephine Hoey**, Director of Compass Programming **Marie Curcio** and EnrichedLIFE Director **Erica Curcio**; **James Montano** from American Repertory Theater came to talk about the options we have for upcoming shows! Here he chats with **Donald B.**, **Della M.**, **Jane M.**, **Robert C.**, **Kitty N.**, **Sally C.**, **Frank D.**, **Ann D.**, **Evie P.**, **Carol A.**, **Kitty S.**, **Ethel G.**, **Marilyn O.**, **Musia W.**, **Clementine B.**, and **Murray K.**; Residents were treated to a visit from then-State Senate Candidate **Nika Elugardo**, who later won election to Massachusetts 15th Suffolk/Norfolk district.