

**WORTH A THOUSAND WORDS – ART CREATIONS
AT GODDARD HOUSE**

Expressive arts programs have been part of daily life at both Goddard House communities for over a decade. Expressive therapies include art, music, dance/movement, poetry, and life storytelling. *In Touch* recently visited with Goddard House residents who find meaning and delight in art making:



Artists at Work

“Joy. Inspiration. Magic. Surprise.” Or as Nancy Ketchum, a Goddard House in Brookline resident states, “I don’t think of it as art – it’s expressing images, feelings, and ideas that don’t appear any other way to me. It’s original! I can appreciate the originality in myself and others through the art groups at Goddard House in Brookline.”

“The role of expressive art making in a wellness-based setting like Goddard House is to encourage residents to express themselves in both non-verbal and verbal ways that bring them satisfaction and joy,” says art therapist/instructor, Susan Swanson. “The art groups encourage each individual to explore their unique inner vision, stimulating not only artwork but memories and stories. Participants surprise themselves with abilities they may not have known they had and love sharing the results with their friends.”

“My role is also to guide participants to create images, offering a variety of media so they can discover approaches that are best suited to them. Residents explore through

drawing, painting, sculpting, collage, jewelry-making and other techniques. The art is tangible and is often given as gifts to friends or family members. We also exhibit the works here at Goddard House in Brookline. Staff and other residents get excited about it and offer wonderful, positive feedback that builds esteem for the work that is done in the group.

Resident Barbara Woods says she takes pride in saying, “I made them!” when she gets compliments on her stunning earrings. Marian Miller surprises herself, noting that while she has visited museums around the world as an art aficionado, that this is the first time in her life that she’s the one holding the paintbrush. “The group gives me courage to try out this ‘new talent’ – painting.”



Art by Nancy Ketchum and Trish Manly

Swanson and the group agree that the social aspects are just as important as art making. “Everyone is supportive and often amazed by each other. We touch each other through this work,” observes participant Sally Holmes, known for her beautifully designed note cards. With a warm, down-to-earth style and 25 years of experience,

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Worth a Thousand Words

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Swanson emphasizes the aspects of the expressive arts approach that are important for ease, trust and confidence to develop: "It's not about the finished product – it's about exploring that unique creative vision that we all possess. When people feel appreciated and acknowledged – that's when the magic happens that you see in the results."

KEN'S BOURBON CHICKEN

The recipe Ken cooked at the 4th Annual Brookline Food Festival this summer which raised \$6,000 for the Brookline Food Pantry:

- 2 lbs. boneless chicken breast, cut into bite-size pieces
- 1-2 tablespoons olive oil
- 1 garlic clove, crushed
- 1/4 teaspoon ginger
- 3/4 teaspoon crushed red pepper flakes
- 1/4 cup apple juice
- 1/3 cup light brown sugar
- 2 tablespoons ketchup
- 1 tablespoon cider vinegar
- 1/2 cup water
- 1/3 cup soy sauce

Heat oil in a large skillet. Add chicken pieces and cook until lightly browned. Remove chicken. Add remaining ingredients, heating over medium heat until well mixed and dissolved. Add chicken and bring to a hard boil. Reduce heat and simmer for 20 minutes. Serve over hot rice and enjoy!

A PASSION FOR COOKING

*F*ood and cooking have always inspired me. My first job at age fourteen was in the concession stand at a drive-in movie theater (who remembers those?). Then, I took it to the next step and graduated from UMASS Amherst with a degree in Hotel and Restaurant Administration. My previous career included ownership of two restaurants and supervision of multiple corporate dining locations.



From L to R: Kacey Bongarzone, Jose Aguilar, Chris Kimball, Oswin Ruano, and Ken Yarvitz

Inspiration at Goddard House in Brookline is knowing that the residents I serve are happy, and that both their nutritional needs and culinary expectations are being met. You also have to be passionate about cooking; otherwise you should not be in this business.

My wife, Betsy, has accused me of being on a "seefood" diet – eating all the food I see. I do appreciate all types of food, but nothing beats a perfectly done steak – medium rare of course! I like to cook at home whenever I find the time and really enjoy authentic BBQ and smoking my own ribs and chicken.

It was fascinating recently for us, myself and the Goddard House staff, to be in the audience for a taping of one of my favorite cooking shows, the PBS series, America's Test Kitchen. We all appreciated the teamwork, detail, and timing that were involved to make sure that host Chris Kimball and the on-air chefs get everything just right. It inspired us with ideas to take back to our Goddard House kitchen.

– Ken Yarvitz, Executive Chef, Goddard House in Brookline



STRIKE UP THE BAND!

15 members of the exuberant Second Line Social Aid and Pleasure Society Brass Band performed their second annual "stomp-your-feet" concert and parade of New Orleans jazz through

Goddard House Skilled Nursing & Rehabilitation Center. Talk about inspiration! Residents, staff, and families were dancing in the hallways! The band is a forerunner of the street band movement that's sweeping across America and founder of HONK! - The Festival of Activist Street Bands held in Davis Square, Somerville, now in its sixth season. Street bands, comprised of professional and amateur musicians alike, often originate as musicians rally around social causes and community service endeavors – such as the recent Goddard House concert. SLSAPS is known for their stunning arrangements, original attire, intergenerational membership, and for inspiring legions of fans, old and young alike.

To learn more and join in the fun this October 1st and 2nd, visit www.honkfest.org.

PIECING IT ALL TOGETHER: A LIFE IN ART AND SCIENCE



Michele David, MD

Michele David, MD, of Boston University Medical Center, recently displayed two of her beautiful handmade quilts for National Nursing Home Week. They were on view in the lobby of the skilled nursing center so that residents, staff and all visitors to Goddard House in Jamaica Plain could take in their beauty and learn about the therapeutic aspect that designing and making these quilts brought to Dr. David during a time when she needed it most – after she was diagnosed with a rare and debilitating illness.

“I couldn’t really work,” David, age 54, said. “I couldn’t write, or even read, because I was too ill. It was very scary.” But it was during that two-year period that she discovered the joyful pursuit of quilting. *In Touch* sat down with Michele (her Aunt, Dr. Imacula Cantave, is a Goddard House in Brookline resident) to learn more:

In Touch: How do you find time to quilt being a physician and administrator of medical programs? Is there anything about quilting that shapes the way you work in medicine and visa versa?

Dr. David: I make the time; because quilting is one way I manage the stresses in my life. Quilting helps me be a better doctor because it decreases the amount of stress I have. As a physician specializing in women’s health, I find that making quilts connects the many facets of my life as a scientist and artist.

In Touch: Is quilting today still a woman’s art predominantly?

Dr. David: It has long been considered women’s work, but there are now many more men who quilt. There is a feminine aesthetic to textile art that I first learned from women in Haiti, who taught me to sew as a child.

In Touch: Who/what inspired you to become an artist?

Dr. David: I am inspired by African and Haitian influences, and I love to explore patterns and color. My pieces have a lot of color

and symbolism related to my Haitian upbringing. I also have a community of quilters in my life. I belong to four quilting guilds and these women are very important to me. Quilters are warm and friendly. They are quick to help when it is necessary. My life would be bleaker without them.

To learn more about Dr. David and her wonderful quilts visit www.creole-creations.com



Creation: *And God Created the Earth*

THANK YOU RIVA BERKOVITZ AND JAMESON & THOMPSON FRAMERS!

Brookline photographer, Riva Berkovitz, has donated several dozen prints of her floral and nature photographs for resident rooms at Goddard House Skilled Nursing & Rehabilitation Center. More of her artwork will soon be displayed on loan, from her recent exhibit at the Moakley Federal Courthouse in Boston. Thanks also to local Jamaica Plain framers, Jameson & Thompson, for donating framing services for the photos. To see more of Riva’s work, visit:

www.rivaberkovitz.com

And to learn more about their fine art services, go to:

www.jamesonandthompson.com



Tulip By Riva Berkovitz

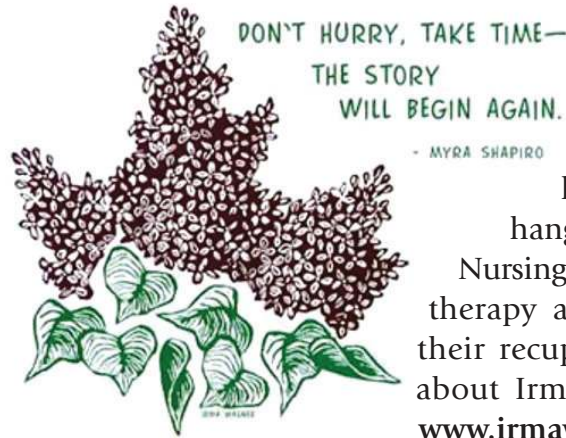


Pictured Left to Right:
Dwight Jameson (Owner),
Riva Berkovitz (Photographer),
Stephanie Putland (Framer)



This June 2011, Goddard House Skilled Nursing & Rehabilitation Center received its third consecutive deficiency free survey from the Massachusetts Department of Public Health. This follows a deficiency free survey from the Joint Commission on Accreditation of Healthcare Organizations resulting in a three year accreditation.

INSPIRING ART & WORDS – DONATION FROM JAMAICA PLAIN ARTIST, IRMA WAGNER



Thank you, Irma Wagner, for your donation of wood and rubber art prints with inspiring quotes about love, family, and life! These beautiful prints are now hanging in Goddard House Skilled Nursing & Rehabilitation Center's physical therapy area to encourage patients with their recuperation. For more information about Irma and her artwork please visit: www.irmawagnerart.com

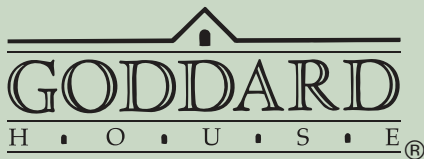
MASSACHUSETTS FIRST LADY VISITS GODDARD HOUSE

Goddard House Skilled Nursing & Rehabilitation Center was recently honored with a visit from Massachusetts First Lady Diane Patrick. During her tour, Mrs. Patrick noted, "The welcoming smiles of your residents and staff alike, attest to the fact that Goddard House is a wonderful place to recuperate, live, or work."



First Lady Diane Patrick with Goddard House resident, Norma Moore.

Visit Our New Website at www.goddardhouse.org



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