

Goddard House –
AN EXTENDED FAMILY OF CARING

ADVOCACY FOR HEALTHY AGING AND CAREGIVING

*B*arbara Moscovitz, MSW, LICSW, has served as Coordinator of Geriatric Social Work and Director of Senior HealthWISE on the Geriatric Medicine Unit at Massachusetts General Hospital for the past 15 years. She is the 2007 recipient of the Kenneth B. Schwartz Compassionate Caregiver Award. Barbara facilitates a monthly family caregiver support group at Goddard House in Brookline Assisted Living. Beginning in January, she will also lead a caregiver support group there that will be open to members of the community. A passionate advocate, she talked with *In Touch* about healthy aging and the ongoing need for family caregiver support:



Barbara Moscovitz

In considering how we age and how we care for our aged loved ones, we should begin with a look at our youth-oriented culture that teaches us to fear growing older on many levels. Out of that fear, we have separated aging from the rest of life. Aging, though, is a natural progression in our lives. There's a need to normalize geriatrics – to develop and understand it as medicine practiced for the specific needs of later life over a span of 30-40 years, not only for the very frail.

I encourage people of all ages to consider your own old age and how you'll want to live and to be treated. I tell my students that an 80-year-old is simply a 40-year-old who has lived 40 years longer. We all want to be known as ourselves – for our experience, talents, stories, and opinions. We don't want to be ignored. Imagine it. We need to change our cultural attitudes and to invest long-term to create many more geriatric resources to support the needs of our growing elderly population.

Our bodies and minds age uniquely. People age not only as individuals but often as part of couples and families. We have to be realistic and think proactively and functionally so that if we experience illness we can consciously adapt to life changes. Moving to retirement housing, assisted living, or a nursing home changes one's world. These options can be potentially rewarding and appropriate to changing life circumstances. That's why it's important to learn about our many options in advance of an illness or crisis – and not have them be a default in crisis.

Older adults are often involved in making decisions with help from family caregivers. I advocate for family caregivers' support, appreciating their needs firsthand. When my own mother had Alzheimer's disease, I was humbled by how difficult it was to help her from another state and to manage the situation myself. Today, I facilitate support groups for family caregivers of the residents at Goddard House in Brookline that explore the questions, "How do I respect the integrity of my parents and offer help?" and "How do I manage the ways that caregiving is impacting my life?" Goddard House in Brookline is unique in that Nancy Shapiro, the Executive Director, sees the need for ongoing family support during the adult child's ever-adapting relationship to their parents move into assisted living. For me, being hired here is a sign of respect for the lives of families.

Family caregivers are often relieved when their parent moves into assisted living but can be surprised that being a caregiver hasn't stopped – parents still need them in different ways. Life, relationships, and demands keep on going in this new

Continued on page 2

Barbara Moscovitz

Continued from the front page

venue. In my role, I seek to offer support to adult children as they navigate these transitions.

The demands of an ever-changing and complex world challenge us all. I give a lot of credit to Goddard House for recognizing that none of us can do it alone and that caring for elders also extends to caring for family, staff caregivers, and the community as part of an extended network that supports proactive aging, health, and well being.

TAKING THE MATILDA GODDARD SCHOLARSHIP TO THE MAX!

*G*oddard House Skilled Nursing & Rehabilitation Center Unit Coordinator, Rose Mushi, L.P.N., is just the second Goddard House employee to reach the maximum Matilda Goddard Scholarship for the amount of \$6,000, over the course of several years. She is currently pursuing her Bachelors degree in Nursing from Salem State University and only has one semester to go! Rose felt the need to return to school so she can provide higher levels of advanced geriatric care. *"I feel privileged to have had the opportunity to get help from The Matilda Goddard Scholarship to continue my education. I hope my story will encourage other staff to take the same opportunity to better their lives."* – Rose Mushi

To make a donation to the fund, please contact the Community Partnership Office at 617-676-6312 or donate online at www.goddardhouse.org.



Rose Mushi

THE MEN'S GROUP CONNECTION

*F*amily member David Crellin has deepened ties with his father, Floyd Crellin, and other residents of the assisted living community, by serving as facilitator for the Goddard House in Brookline Men's Group.

Volunteering with the men's group has not only enriched my relationship with my father; it has been a way for these fantastic men who live at Goddard House in Brookline to get to know each other. My goal was for us not to become a debating society focused on political-social issues, but instead to learn about each other's lives by sharing our stories and experiences in the world as men growing from youth to adulthood and on through our older years. Occasionally I present a topic I hope will be of interest, but usually start the group simply by asking, "What's on your mind this week?" Members often talk about topical subjects in the news, but we've also talked about our fathers and families, people who've had an important influence on us, our career choices, the things that have caused us stress and sadness, and what we have been proudest about as our life accomplishments. I have never been part of a group like this and had been influenced by old stereotypes about men's reticence to share or develop friendships, so I'm continually surprised by how forthcoming we are with our thoughts and feelings.

I am also here out of gratitude for how my father's life has been enriched by living at Goddard House in Brookline. Everyone seems to care about my father. He constantly tells me that he feels very cared for by staff and other residents who know, value, and appreciate him. The staff is extraordinary here; a community starts with the staff, but at some point the residents need to take it further. Here at Goddard House in Brookline, they do.



(from left to right)

*Standing: Floyd Crellin, Mac Kushner
Sitting: David Crellin, Bob Jones*

INTERACT – STRENGTHENING CARE SYSTEMS AND QUALITY OF LIFE



*Madeleine Biondolillo,
MD*

*A*s Chief Medical Officer of Radius Management Services, part of my job is to consult around the delivery of clinical care at Radius-managed sites like Goddard House Skilled Nursing & Rehabilitation Center. I love coming to Goddard House, not only to work with the staff – you have two of the most skilled medical directors in Boston, Drs. Roger Schutt and Lisa Caruso – but because it is so welcoming. There is a particular balance here between attending to the wishes and needs of the individual and creating a warm sense of community that respects and validates the experience of the older adults and families who make Goddard House their home or rehabilitation center.

Goddard House is one of the first skilled nursing centers in Boston to pilot INTERACT (Intervention to Reduce Acute Transfers), a program backed by the Massachusetts Department of Public Health. This model will become an essential nationwide aspect of geriatric care in the next two years. INTERACT monitors and evaluates clinical changes through an integrated system of in-house clinical tools, utilized by staff who know and work closely with the residents. All departments, including housekeeping, dietary, and management are trained to use INTERACT's early warning tool, which prompts staff to respond to and report changes in a resident's condition.

When changes in medical condition occur for frail elders, a crucial question arises: can the change in condition be managed at Goddard House or does the person require a transfer to the hospital? Whenever possible and appropriate, we want to avoid the stress of a hospital transfer for a frail elder or person with dementia. INTERACT offers a new level of clinical assessment that provides an immediate, organized medical picture of the individual when hospital admission is indicated. All the major hospitals in Boston are now participating in INTERACT, so communication between Goddard House and the hospital is backed up with the program's comprehensive evaluations. This works towards our goal of delivering effective, safe care and maintaining a high quality of life for all residents at Goddard House. – *Madeleine Biondolillo, MD*



Goddard House Skilled Nursing & Rehabilitation Center residents Geneva Phenix (F) and Lillian McClean (B) at Outlook Farm.

SAVE THE DATE! December 16th • 6-8pm FIRE OPAL DONATES TO GODDARD HOUSE THIS HOLIDAY SEASON

Fire Opal, Jamaica Plain's premier jewelry, crafts, and clothing boutique, is generously donating the proceeds of their 2010 holiday season gift wrapping sales (\$1.50 per package) to Goddard House. It's a longstanding community tradition for Fire Opal owners Steve Murakishi and Sue Stein to support a Jamaica Plain nonprofit organization every year during the holidays.

Join us on Thursday evening, December 16th, from 6-8 p.m. to celebrate *Goddard House Night at Fire Opal*, 683 Centre Street, for festive cheer and a great way to finish your shopping...or visit the Jamaica Plain store between December 2nd and 24th while the donation is in effect. Visit www.fire-opal.com for more information.

Thank you, Fire Opal, for this wonderful gift and for being part of our extended family of caring for older adults.



*Steve Murakishi & Sue Stein,
Fire Opal Owners*

WAY TO GO! FIELD TRIPS ARE ON THE RISE AT GODDARD HOUSE IN JAMAICA PLAIN

*R*esidents and families of Goddard House Skilled Nursing & Rehabilitation Center are on the go! Field trips are significantly increasing thanks to a new initiative created by Activities Director, Ngozi Amadi. Groups have been treated to such outings as Castle Island beach, apple picking at Outlook Farm in Natick, and Mohegan Sun Casino.

Continued on page 4

2010 Annual Appeal

SUPPORT OUR EXTENDED FAMILY OF CARING

2010 has continued to bring economic challenges to us all. Here at Goddard House, we continue to work diligently to deliver the highest standard of care to our elderly residents and to support our staff and family caregivers. We need your financial help to sustain our work. To make a gift to our 2010 Annual Appeal and be placed on our donors mailing list contact:

**Community
Partnership Office**
Goddard House
201 South Huntington Ave.
Jamaica Plain, MA 02130

Call us at 617-522-3080 x. 312

**You may also donate
on-line. Visit us at
www.goddardhouse.org**



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CONGRATULATIONS, LOURDES!



Lourdes Juillet

Congratulations to Goddard House Skilled Nursing and Rehabilitation Center L.P.N., Lourdes Juillet, who was awarded one of 50, \$2,000 scholarships from Massachusetts Senior Care Association this year. Over 350 eldercare employees applied for the statewide award. Lourdes is currently enrolled at Excelsior College and is working towards her Associates Degree in Nursing. *"What I love the most about this field, are the smiles on our residents faces after I make them feel better, not only physically, but also mentally."*

Field Trips Continued from page 3

Ngozi notes, "Having access to van transportation has made a hugely positive impact on Goddard House in Jamaica Plain because of the increased number of community outings in which our residents can now participate. We have now gone to some places they never dreamed of going at this stage in their life." Future trips include a Boston Harbor cruise, musical theater productions, and a return trip to the casino.

Resident Frank Jackson, 83, really enjoyed the recent trip to Mohegan Sun Casino, "It's nice to get outside and see something new. Even though I don't gamble, I thought the casino was beautiful, especially the inlaid stone floor. The buffet was great and I got to have as much seafood as I could eat! I didn't win any money, but a woman from our group won \$100! What a fun day."

A 2011 grant from the Bushrod H. Campbell and Adah F. Hall Charity Fund for approximately \$8,000 will insure transportation for future trips. Way to Go!

Visit us at www.goddardhouse.org

201 South Huntington Avenue
Jamaica Plain, MA 02130

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