



the Goddard Times



GODDARD HOUSE

UPCOMING EVENTS

JANUARY SPEAKER SPOTLIGHT

Art Matters with presenter Beth Knaus

American Art—Part 1

Monday, January 6th at 2:00 P.M.

American West

Monday, January 13th at 2:00 P.M.

American Art—Part 2

Monday, January 20th at 2:00 P.M.

American Art—Part 3

Monday, January 27th at 2:00 P.M.

All speaker series are open to the public and take place in our Library



“Cool” Classics

Winter / Spring Concert Series 2020



Dueling Pianos:

Adam Bergeron and Ethan Stone

Saturday, February 8th

2:30 P.M. reception • 3:00 P.M. performance

Concert Pianist HuiMin Wang and guest cellist will perform Rachmaninoff's Cello Sonata

Saturday, March 28th

2:30 P.M. reception • 3:00 P.M. performance

RESIDENT PROFILE



George Christopher has been living at Goddard House for almost a year now. He most recently came to us from West Roxbury, but spent most of his life working and living in Newton.

George was an elementary school special education teacher who worked with children from four to eleven years old. No wonder he is so helpful and compassionate to others!

When George wasn't teaching, he was traveling the world. He proudly states that he's been to 48 countries in his lifetime! Two very important places to him are London and the South of France. London was where George spent a year of college and made great friends. He loved visiting his friends, going to museums, and trying the different ethnic foods that London has to offer. George also holds a special place in his heart for the South of France. He has many friends who live there and has probably been there 10-12 times in his life, each visit lasting three to four weeks!

Here at Goddard House George's favorite programs are the ones that involve exercise and trips. He also really appreciates the movie program schedule.

-EnrichedLIFE Director Erica Curcio

Goddard House Residents Present at National Conference in Boston

by *Community & Academic Arts Advisor* **Ginny Mazur**

It was an honor to participate in the National Organization for the Arts in Health Conference, held in Boston recently, as part of their pre-conference, The Creative Age: Arts, Health and Aging.

At the invitation of **Dr. Gay Hanna**, internationally recognized co-founder of the field of Creative Aging, Goddard House residents **John K.**, **Bridgina B.**, and **Arlene W.** were interviewed along with Goddard House CEO **Candace Cramer**, EnrichedLIFE Director **Erica Curcio**, and Community & Academic Arts Advisor **Ginny Mazur** on a panel. The Goddard House Case Study offered the residents an opportunity to present their experiences of creative and meaningful programs at Goddard House that they lead and participate in regularly.

Attendees gained practical insights on developing arts-in-aging activities. They took away resources for



implementing programs in their own communities. The Goddard House team and other presenters demonstrated effective practices to help providers

understand not only the challenges of later life, but the potential for creative expression.

Creative aging was discussed in terms of flourishing through the arts in health programs to support the boom of people living longer and healthier lives as well as the challenges of caring for older people living with chronic illness such as dementia. Attendees took away core understandings of program development. These included empowering older adults, partnerships, funding and marketing through the “groundbreaking case study of the award-winning Goddard House”—where the resident presenters were the stars of the day!

Before the panel, our dance movement therapist, **Audrey Albert King**, offered a dynamic movement warm-up to participants!

Goddard House: Working to Make Brookline a Dementia Friendly Community

by *Assistant Executive Director* **Lance Chapman**

One of our outreach initiatives at Goddard House is to assist our local Brookline community in becoming a place where we find greater levels of empathy and understanding towards persons living with dementia, memory loss and Alzheimer’s disease. Our dedicated staff had the distinct honor of spending four days with the Brookline Fire Department teaching, training and talking together about memory loss and other issues related to aging and Alzheimer’s disease. The experience was heartwarming.

As trainers, we all walked away with such sincere respect for what these first responders do each day and how attentive and engaged they were in learning better ways to approach and assist persons living with



dementia while on an emergency call. In a town with 12,000 people over 65, we need to not only understand issues of aging but be ready to teach, plan, and design our community in thoughtful ways.

Perhaps the most meaningful part of the trainings were the question and answer sessions. These offered opportunities for the first responders to think back on some recent situations and consider how they could apply the training concepts going forward. Several firefighters shared stories of family members with memory loss and remarked that they could use the approaches and strategies with their loved ones also. We were invited to come and join next year’s training!



Holiday Parties!



Top row, left to right: **Ruth and Howard B.** with their daughter-in-law, **Terri**; Resident Care Associate **Patsy Johnson** with her gingerbread house from the hot chocolate social; Dining Associates **Grace Nalugwa** and **Sandra Mombrun** with **Agnes R.** and daughter **Patti**, **Bob C.** and son **David**, and **Ethel G.** and **Ken S.** Second row: Victorian Carolers from Big Smile Entertainment; **Karen M.** with her daughter, **Emily**; EnrichedLIFE Director **Erica Curcio** dances with **Howard B.**; Olmsted Nurse Manager **Mia St. Jean** and Nurse **Nicole Hudson**. Bottom row: **Carolyn C.** and **Mia**; Cook **Jorge Najera** and Director of Building & Grounds **Lita Mutia**; **Nick F.** with his family; Building & Grounds Associate **Marvin Gomez**





What is your wish for the New Year?



"A little peace."
Shirley B.



"That I accomplish my goals"
Bridgina B.



"Make it to my daughter's wedding."
Receptionist Ana Roman



"Good weather."
Agnes R.



"Health and happiness."
Resident Care Director Barbara Flynn

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NEWSLETTER CONTRIBUTORS

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ASSOCIATE PROFILE



Kat Cammarata has only been an Olmsted Program Specialist at Goddard House for a few weeks and is already bringing new and exciting programs to our residents. As a certified Meditation and Mindfulness

Teacher, Kat has begun leading Meditation groups for the residents of Olmsted. These groups involve breathing and relaxation techniques that can over time greatly improve a person's quality of life. When asked what sparked her interest in meditation, Kat responded that she began meditating on her own about eight years ago, when working in a high stress job. After noticing how beneficial it was for herself she decided that she wanted to bring this skillset to the elderly population, a group that she has always been interested in working with.

In her free time, Kat enjoys practicing yoga and volunteering within her community. We are so excited to have someone to bring such a great new initiative to Goddard House!

-Olmsted Program Director Kristen Cipriano



Dining Associates at our Traditional Holiday Party!