



April 2020

Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

 Here at Goddard House, while we have cancelled much of our previously scheduled programming for April, we are still enjoying some fun and engaging activities! We have taken the challenge of social distancing and put a positive spin on it by creating virtual opportunities for residents to connect with their friends and families, and conducting hallway visits and programs. Our Resident Quality of Life is being maintained thanks to the flexibility of our amazing residents and the dedication and ingenuity of our incredible associates! In this issue, you will see some wonderful photos of activities that were enjoyed before restrictions were in place.

Happy reading!

RESIDENT PROFILE



With baseball season starting up, there was no one better to talk to than resident baseball fan **Bill Yee**! He has lived here at Goddard house for two years and will talk about baseball with just about anyone. He also loves watching games whenever he has a chance. Even though he was born in Cincinnati,

his favorite team is the Red Sox and he has been following them since he moved to Boston to attend Northeastern University.

Bill loved his time at Northeastern so much that he decided to stay in Massachusetts after graduating. He worked for some time as an electrical engineer but his favorite career was helping to run his family's restaurant. Bill has always been active, and in addition to baseball loves playing golf and walking outside in the warm weather. Bill is also a proud veteran of the United States Air Force and served for three years during the Korean War. Bill has many interesting and exciting stories to share, so come by Olmsted and say hello!

-Olmsted Program Director Kristen Cipriano

What's in Store for OMA4?

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

Opening Minds through Art (OMA) is an intergenerational, abstract art program for people living with dementia created by **Dr. Elizabeth Lokon** at Miami University in Ohio. Founded on the fact that people living dementia are able to express themselves creatively—in this case, artistically—OMA builds

“At first it doesn't seem like much but then amazing images appear—on the paper and in our imaginations.”
Carolyn C.

bridges across cognitive and age barriers.

Now in its fourth year at Goddard House, OMA is a team effort to support

the work of Olmsted Place artists and much thanks goes to our Lesley University Expressive Arts Therapies interns **Silvina Ibanez** and **Lauren Adams**. OMA veteran volunteer **Marge David** is joined this year by newcomer volunteer **Laura Newbold**, a Brookline yoga instructor and Lesley-trained art therapist. In addition, two traditional residents served as special assistants to the project: **Bridgina B.** and **George C.**

“I don't know where it came from—I just did it! This art is a miracle.”
Susan F.

“Thank you for giving me this opportunity to put all these things, feelings and energy, together.”
Doris G.

OMA4 artists include **Doris G.**, **Carolyn C.**, **Trish M.**, **Susan F.** and visiting artists, **Arlane L.**, **Lyn L.**, **Louise K.**, **Joan C.**, **Drew R.**, and **Loretta H.** Read

the testimonials in the colored boxes above to learn what a few had to say about their OMA experience! 



This year's art includes a 5-piece mural installation, Chaotic Movement. Above, OMA artists are pictured at work in the early, then final stages! Artists will exhibit their individual and group works in Gallery M at Goddard House at an upcoming date to be determined. The artwork will be for sale with details posted and all proceeds will go towards the purchase of art supplies.

Engaging Our Senses in the Garden

by *Lacey Oliver, Green City Growers*

Green City Growers is a mission-driven company transforming underutilized spaces into biodiverse productive landscapes. From backyard raised beds to rooftop farms on Whole Foods Market in Lynnfield and the historic Fenway Park, we install and maintain thriving food production sites and biodiverse landscapes of all

shapes and sizes in and around New England and beyond.

In 2013, GCG installed four triple-raised adaptable 4x8 raised beds at Goddard House, two of which



Bridgina B. with a GCG farmer

are dedicated for residents in the memory care unit. In 2015, Goddard obtained a special permit from the city of Brookline to house the first chicken coop for a non-residential facility. Green City Growers farmers have visited Goddard House for weekly education and maintenance sessions for the vegetable gardens and indoor growing system and have provided monthly coop maintenance and clean-up.

Gardening has been shown to improve memory, physical health, and cognitive function in older adults, and GCG staff are provided with training and tools to engage this population. During our weekly programming visits, our farmer works with residents in both Olmsted and Assisted Living in the gardens and with planned indoor activities during inclement weather. Participants gain new skills, engage their senses, and spend more time outdoors. We at GCG are excited to once again work with Goddard House staff and residents for a fun and productive 2020 growing season. While a beginning date is yet to be determined, we are planning to hold gardening classes each Tuesday with Olmsted at 10:30 A.M. and Assisted Living at 11:00 A.M. 

Wellbeing

by Resident **Musia W.**

We can ask ourselves is life a rubbish dump even while it is being lived (and more so perhaps afterwards) or is it a box of memories that you can take out over and over—to contemplate, find amazement, gratification and even contentment by just recalling your seemingly endless youth, your vitality, your zest for life, your achievements, and who you were.

And then gracefully accept who you are now, your peaceful way of life in a warm haven, a place to rest, surrounded by friendly people who care about your welfare. And sometimes being grateful at not having to join the mainstream of the present technological age, with its many hazards and complications that can be so overwhelming, and so frustrating.

Having lived at Goddard House for years amongst a diverse group of people from all walks of life with different perspectives, different expectations and outlook, I realize how important it is to abandon griping and to take on compassionate acceptance. I think that would be a good trade.

“In our aging lives we are left with all that was ours to hold in the first place” –Barbara Lazear Ascher



Musia's paintings and sculptures on display at Goddard House



ASSOCIATE PROFILE



As you travel the halls of Goddard House, chances are you'll meet Building & Grounds Assistant **Joan Castillo**, a member of the team for the past eight months. Joan brings a ready smile and

easy-going attitude, always eager to help with anything that arises.

When asked what he likes to do with free time, Joan answered, "Spend time with my son!" Whether playing basketball together, coaching his soccer team, or just hanging out, Joan's son is his Number One. Joan is a devoted father, and hopes to teach his son the value of life and the importance of making a positive and lasting impression on the world around him.

Born in the Dominican Republic and raised in Puerto Rico, Joan has been in the Boston area since age 12. He remembers learning his way around the neighborhoods, experiencing winter, and other challenges.

What does Joan like most about working at Goddard House? The residents! He loves seeing them smile, and they make him smile, too, always improving the day! We are glad to have Joan and his thoughtful outlook as part of the Goddard community.

-EnrichedLIFE Director Rebecca Margolin

Volume 8 No. 4—April 2020

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Around Goddard



*Clementine B. and Ethel G. at the
New Resident Tea*



*Donald S. enjoys a
sundae!*



*Linda B. after primary
voting*



*Garden to Gourmet!
Above: Della M.
and Agnes R. (left)
making delicious
veggie quiche
(right); bottom
right: Tony S.
baking cupcakes*

