



# Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

#### MARCH SPEAKER SPOTLIGHT

Herb Pearce presents,  
“Personality Traits of US Presidents”

*Founding Fathers*

Monday, March 2<sup>nd</sup> at 2:00 P.M.

*Interesting Presidents*

Monday, March 9<sup>th</sup> at 2:00 P.M.

*Modern Presidents*

Monday, March 16<sup>th</sup> at 2:00 P.M.

*First Ladies*

Monday, March 23<sup>rd</sup> 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

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

Saturday, March 28<sup>th</sup>

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

### RESIDENT PROFILE



Today I had the pleasure of speaking with **Phyllis Gurdin**, who has been a resident here at Goddard House since November of 2019. Originally from Canada, Phyllis has also lived in New York and most recently in Chestnut Hill and Brookline.

In Canada, Phyllis earned both her Bachelor and Master of Social

Work degrees from McGill University in

Montreal. Phyllis moved to the US, and while working at a hospital attended the University of Chicago where she was impressed by the liberal environment. She settled in New York City, working for a Jewish adoption agency and sharing an apartment in Harlem just as the civil rights movement was picking up speed. Phyllis participated in the activism of the time, focusing on abortion rights. Throughout her career in foster care she worked closely with young women who could not get abortions, and she felt personally connected to the cause. Phyllis is most proud of the lasting impact she has made on the foster care field. Phyllis is also a world traveler! She originally travelled with her husband, Larry, whom she met in New York on a fishing outing with friends. Phyllis has two sons, one who is in Boston and one who lives in Denver. She also has four loving grandchildren. Phyllis enjoys current events and art, and is looking forward to attending the Current Events group here and touring the MFA.

-EnrichedLIFE Director Rebecca Margolin

# Art Therapy + the Goddard Experience

by *Community Art Therapist Erica Curcio*

This year there are some wonderful additions happening at Goddard House. Starting this month there is a shifting of roles in our community. As you may already be aware, **Rebecca Margolin** is the new EnrichedLIFE Director and I have moved into a new role as the Community Art Therapist.

As an Art Therapist I've worked in a variety of settings, and I've always enjoyed working with older adults the most. While working on my master's degree in Art Therapy I had the opportunity to work with older adults in an assisted living community near Goddard House. It was there that I realized that art therapy wasn't just for one age group. I learned that the creative arts can have the power to positively impact anyone's life. I witnessed residents open up and become a big part of their community through the creative arts. That internship brought me on the path to becoming a Registered Art Therapist and Licensed Mental Health Counselor, who works specifically with older adults.

I believe Art Therapy can be integrated into anyone's life and the most significant thing it can give someone is a voice. It can be a second language to someone participating in the art-making process. Everything we create tells some kind of story. That story can be in the image or the conversations happening across the table with participants.

I am looking forward to working with the residents of Goddard House to offer art therapy both individually and in group settings. I think art therapy can often be hard to describe because there's a feeling component inside each of us that is so individualistic. Creating art has a way of opening something inside a person and the potential to reconnect people with themselves and the world around them. I hope to bring more of that reconnection to residents here at Goddard House as I transition into this new role.

In this new position I have many goals, one of them being expanding and enhancing our Opening Minds

Through Art program. I would love to offer more residents the ability to participate at the same time. We will be recruiting college-aged volunteers in the next few months to help facilitate this intergenerational program. Another goal is for Olmsted and Traditional residents to have the opportunity to explore creative endeavors one-on-one with me, outside of a larger group setting. This could be anywhere in the sphere of the arts, examples being art, music, dance or even drama. I also hope to offer more specialized art programs or workshops, like printmaking and dot mandalas.

Please feel free to participate in one of our programs, or reach out if you have an idea for a new one. 

## *Renoir & Ravel Drawing Class*

Our Lesley interns Silvina and Lauren are conducting a series of drawing classes with the theme of Impressionism, with a focus on Renoir & Ravel. During this series, residents will learn about the unique link between impressionist painters and musicians. Our second meeting was about Auguste Renoir's connection with

beauty as well as the music of Maurice Ravel. This time, we explored the impressionist use of pastels in Renoir's artworks and the "color of the instruments" in Ravel's music. At left is the still life the residents used to create their own masterpieces!



## ASSOCIATE PROFILE



By now hopefully most of you have gotten the opportunity to meet our new Assistant Olmsted Nurse Manager **Arlene Walsh!** Arlene has been a nurse

for 28 years and has worked with the elder population since she was 16 years old. She has always described herself as an “old soul” which is one of the reasons why she loves working with seniors so much. Here at Goddard she can often be seen singing with the residents and chatting with them about their days in the small amount of free time she has.

Arlene is a big fan of any type of sport but her favorite is hockey. She even has a special channel on her television that allows her to watch all of the different games! Her favorite thing to do, however, is spend time with her nieces and nephews.

So far one of Arlene’s favorite parts of working at Goddard House has been getting to know the residents and their families, so if you haven’t had a chance to introduce yourself to her, please come by and say hello!

-Olmsted Program Director Kristen Cipriano



*Clockwise, from top left: Artists George C., Carol A., Evie P., Ruth B.; the group is very engaged during the Renoir & Ravel drawing class*



# Goddard House Offers Support Groups

by Director of Resident Support Services **Marie Curcio**

Did you know that Goddard House offers three caregiver education and support groups each month? Caregiving, whether directly or indirectly, can provide moments of laughter and joy as well as deepen relationships. Exhaustion, frustration and sadness can challenge the most loving caregiver at any time. You are not alone.

The Goddard House support groups are facilitated by a seasoned and well respected clinician, **Barbara Moskowitz, MSW** and members appreciate the support felt through shared experiences, education, and resource information.

A brief overview of groups and meeting times is below. Please reach out to **Marie Curcio, MSW** at 617-731-8500 x144 or [mcurcio@goddardhouse.org](mailto:mcurcio@goddardhouse.org) if you would like additional information or wish to participate in a group.

## Community Caregiver Education and Support Group

welcomes caregivers who live in the area but who do not have a family member living at Goddard House. *Meets on the second Thursday of every month.*

**Transitions Group: From Grief to Recovery** supports Goddard House family members who are coping with the death of a loved one. *Meets on the third Thursday of every month.*

**Family Caregiver Education and Support Group** welcomes Goddard House family members. *Meets on the fourth Thursday of every month.*

All groups meet in Goddard's Family Dining Room from 7:00-8:30 P.M. Light refreshments are provided.

TEA TIME ON  
OLMSTED!



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NEWSLETTER CONTRIBUTORS

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*Clockwise, from top: Mary C., Joan C., Doris G., Susan L., Susan F., and volunteer Marge; Arlane L.; Nyle K.; Trish M. and Louise B.; Loretta H.; and D.P.*