



May 2020



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

 As the saying goes, “April showers bring May flowers.” Here at Goddard House, while we continue to deal with the challenge of social distancing as it applies to our programming, we enter into May with many “flowers” in bloom! The love of family members as they gather with signs and shouts of cheer outside windows; the continued creativity of our dining staff as they provide personal meal delivery for residents; visits from musicians who stroll by, inspiring sing-alongs—the unexpected ways that our residents’ lives are being enriched are so heartwarming. In this issue, you will see some wonderful photos depicting the kindness of the human spirit. Here’s to a month of watching those May flowers grow!

Happy reading!

WE JUST KEEP ON
SMILING!



Clockwise, from top left: **Eunice and Donald S.** say hello; **Arlane L., Joan C., and Sandy C.** sending love from Goddard House; **Bernice S.** dancing to the sounds of our friend **D.J. George**, who entertained in our courtyard to residents who opened their windows and grooved to the music; Mobile Happy Hour with **Carol A., Anne G., Marie S., and George C.**

This month's articles were contributed by residents. The topic was left open-ended, so residents shared whatever it was that came to their minds. We hope that, in reading these heartfelt messages, you feel a sense of connection to the Goddard community even in this time of solitude.

Passing Time

Being unable to leave my apartment has given me time to read some of the books stacked on tables, chairs and on the couch. As everyone knows, I love the movies. Yet, I enjoy reading even more than that. There is something delicious about sitting and letting an author whisper a tale into one's inner ear.



I grew up in a house full of books. One had to force open the door of my father's study as it was blocked with stacks of unshelved reading material. Dad grew up in Brooklyn. He was often chased home from school by neighborhood bullies. The local library became a safe haven. A lifelong love of reading was the result.

When I was young, my mother read to us every night, before we drifted to sleep. Her grandmother had been British. As a result, Mom grew up with classic English fables and fairy-tales. My niece will read those stories to my grand-nephews when they're a bit older. These days, I often fall asleep listening to an audio book. They bring back memories of long ago evenings listening as tales of wonder were spun by my bedside.

With a little help from the imaginations of favorite authors, I find I'm rarely bored. I may be alone but I'm not lonely.

By John K.

Some Moments With a Goddard House Resident During the Virus

The sun is embracing us today.
Vivid blue sky, puffy clouds.
Bare trees are nurturing each other's roots underground.
My stomach growls!
Oh good! I hear the rattle of food carts up and down the hallway.
Heads begin popping out of doors.
The young, energetic servers, looking more real in their own clothes, approach.
Vocal outcries abound!
I didn't order this! What happened to the stewed prunes?
My TV won't work. Get back in your room! Where is my decaf tea?

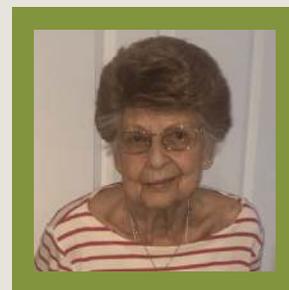
Time to take a deep breath.
The truth is—we want comfort as much as food.
I tell myself:
Try to be patient.
Appreciate all the staff and their creative help.
Be real and honest.
See something beautiful and something kind every day.
Focus on the happy memories of my loved ones.
Respect all the human beings at Goddard House.

By Anonymous

Words from the Heart

Because I am with loving and caring people—Because I am being protected and taken care of—Because I am fortunately at the Goddard House—I want to say Thanks.

By Jewel B.



Heartfelt Message

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Good morning everyone! On a serious note, during these especially current weeks, I pray daily for us all that we get through this safely. I am not alone. You are not alone. Feeling alone and feelings of loneliness have two different meanings. We can feel alone in a crowd. But when we are isolated or in quarantine, the feelings can be quite stressful but I know I am not alone! I read my Bible frequently. If you have a Bible, I suggest you read it too...either the Hebrew Scriptures or the Greek Scriptures or both. If you do not have a Bible, there is a complete version on jw.org. There's a wealth of comforting information to ease any anxiety you might be experiencing during these critical times. I am not anxious for I have an extremely strong faith that Jehovah and Jesus are ultimately in charge!



Just remember...I deeply love every one of you.

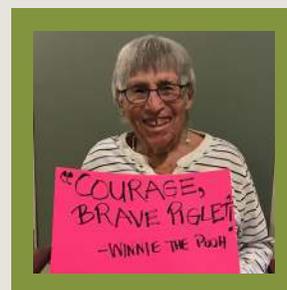
By Arlene W.

Reflections

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The results of four weeks and counting... this is a long time without the “togetherness” that we have been accustomed to enjoying! But, due to our age, we have been through many other national and global “crises”. Most of us grew up in the 1930’s and can recollect the long lines of people seeking work, food, or assistance of some sort. This was followed by the ’40s and the ravages of World War II. Then, after a brief respite, the 50’s saw us involved in the Korean War. Then came the turmoil of presidential impeachment as well as further uncertainty in Europe. Next – our total involvement in Vietnam as well as increasing concern over the turmoil in the near East. In addition there has been the concern and uncertainty about the threat of nuclear warfare! Recently we have experienced 9-11! And now we have border uncertainty and coronavirus! All in all, we have been living in a tumultuous and uncertain era!

However, the plus side includes a relatively stable and loving family, a satisfying career of teaching, a marriage and wonderful family, successful moves—first to Vermont and later to a small island off the coast of Maine and eventually here to Brookline.



These are my 86+ years in a nutshell...what about yours?

By Barbara S.



The children’s book *We’re Going On a Bear Hunt* by Helen Oxenbury and Michael Rosen was the inspiration for a fun idea for families all over the city.

Households are placing teddy bears

in their windows, so when parents take children for walks around the neighborhood, they can have a teddy bear scavenger hunt! Above: Community Art Therapist **Erica Curcio** places a teddy bear in the window of our fitness room, so Goddard House can be part of this movement!





Grateful at Goddard



People from all over the country have sent thank you letters to staff, and postcards to residents.

Thank you notes are posted on our Wall of Positivity in the Palm Court, along with other inspirational quotes and messages.



A young Girl Scout from the neighborhood wanted to help, so she and some friends paraded around the outside of the building to wave and bring cheer to residents. Thank you Brookline Troop 82025, from Girl Scouts of Eastern Mass, for the smiles, signs, and costumes!



The community outside of Goddard has been so supportive, and for that we are thankful! A number of individuals and organizations have donated masks, including some relatives of Goddard residents. We thank you for your careful stitching, and we love the beautiful patterns and colors! Modeling the masks are Executive Director **Carolyn Sandel** (top) and Cook **Marc Saint Louis** and Dining Associate **Sandra Appiah** (bottom)



We celebrated Easter with a special meal, and Easter eggs filled with sweets delivered by the management team (above)!

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