



July 2020



# Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

#### SATURDAY, JULY 4

Multiple screenings of *Hamilton*, the movie based on the Broadway musical

#### SUNDAY, JULY 5

Outdoor concert by Ted Powers

Residents, RSVP at the front desk to reserve a seat.

#### THURSDAY, JULY 9

Summertime Luncheon and Patio Party with DJ George



Our programs are slowly resuming! Do you have an idea for a program? Want to lead your own small group program? Please contact *EnrichedLIFE* Director Rebecca Margolin.

Residents, we are still accepting submissions of

### YOUR FAVORITE RECIPE!

See Rebecca or Director of Dining Experience **Andrew Santalucia** if you have a favorite recipe to share. If you don't know the exact recipe, that's ok! These will be included in the next menu cycle for all to enjoy.

### King's Highway

by Resident John Kaufman



WHEN YOU ENTERED THE front door of my grandparents' house in Brooklyn, you immediately noticed two things. The first was that the walls and carpet were a rich, royal purple. The second was the delicious smell of something

wonderful baking in the kitchen. My grandmother, who had emigrated from Poland/Russia, made a rich, yellow sponge cake which was totally unique. My other favorite was her *borscht*, which is cold beet soup best enjoyed with a generous dollop of sour cream.

My father learned to cook by following his mother around the kitchen. He was an amazing chef, but had one bad habit. He was somehow convinced that no meal was complete until he had used every pot, pan dish, bowl and utensil available. I never saw him wash a dish. That was Mom's job. It was worth the trouble when Dad made one of his favorite breakfasts. For example, *blini*: little thin pancakes served with caviar and sour cream.

I've had Grandma and Dad's signature dishes at restaurants in the years since they've been gone. Though the food was good, it never matched the home cooked versions. Both my father and his mother left indelible memories. Unfortunately, they never left recipes.

*This piece was inspired by our question to residents: "What is your favorite recipe?"*

# Silvina Ibanez: Bringing People Together through the Arts

by Director of Community Partnerships *Christine Nagle*

Internationally recognized artist Silvina Ibanez came a long way from her native Argentina, and a career focused on social change through art, to ultimately intern at Goddard House through the Lesley University Expressive Arts Therapies graduate program.

Asked how and when the arts became meaningful to her, Silvina joyfully responds, “I was born with it!” As a toddler, she loved to draw and, when she was just a five-year-old, Silvina learned to play classical guitar from her grandmother.

She realized through her art and social justice projects in Latin America that she wanted to do more with her art. “The arts are a way of bringing people together,” says Silvina. “So for me, my career is a part of my interest in fostering belonging, expression, and community through arts.”

Her desire to work with older adults may be rooted in her close relationship with her grandmother, says Silvina.

What she appreciates from teaching ceramics to the residents at Goddard House is their wisdom, openness to learning new things, and the meaningful ways they integrate their life experiences into their art.

Silvina taught a small group of up to four residents, some of whom are very experienced artists but who were new to working with ceramics. “I felt very

respected by the participants,” says Silvina. “The small group size lent itself to lots of class interaction, which provided a real sense of belonging. It was a privilege to be there with them.”

The admiration was mutual, as the residents repeatedly commented after class that they felt “healed” by the experience. “This healing component was key in the ceramic group. Some participants significantly improved their coordination, for example. And all of them inquired about adding an additional hour to the class.”

Silvina also recently experienced teaching ceramics in a much different setting to a larger, diverse group of 16 older adults, as a result of the Goddard House Community Initiatives Creative Aging Program (CAP) pilot. The eight-week arts learning program, tailored to reach underserved older adults in three different Boston communities, was a collaboration between Goddard House Community Initiatives, the City of Boston’s Age Strong Commission, the Mayor’s Office of Arts and Culture, and Lifetime Arts.

Silvina’s ceramics classes were held at the South End housing community, Inquilinos Boricuas en Acción (Puerto Rican Tenants

in Action), known as IBA. Apropos to her background in employing the arts for social change, IBA is a model in the areas of civil rights, community organizing, affordable housing, education and arts programs.

“One of the most beautiful experiences of my life,” says Silvina of teaching at IBA, where many of her students had never before participated in an art class.



*Dear Goddard Community,*

One hundred days has passed since the last time I saw you all. A hundred days

that I missed you tremendously! Goddard community always made me feel I was part of a family. It was a privilege to be part of it. I will keep forever in my heart your smiley faces, your wisdom, and all the wonderful experiences we shared. I look forward to visiting you as soon as the new normal allows me. I can’t wait to see you all again!

*In gratitude,  
Silvina*



Fluent in English and Spanish, Silvina said this was her first time teaching simultaneously in both languages. “Many revealed that the only time they left their apartments was to come to my class,” she shares. “Bearing witness to the group working together, fostering friendships and creating something new together was incredible.”

“Now, I feel expressive therapies is my place in the world,” confides Silvina. “I love being a teaching artist and connecting with people.”

Silvina says she feels grateful for her experiences at both Goddard House and IBA communities. “I felt respected, trusted, encouraged and supported all the time. Goddard House believed in me.”



*Above, top: Goddard House resident **Laura R.** at Silvina’s ceramics class; bottom: proud artists from Silvina’s ceramics class through Goddard House Community Initiatives Creative Aging Program (CAP) pilot*



## Empty Days

by Resident Musia Watkin

In this strange, confining, difficult time of our lives, I have found a few ways of relieving my empty days.

First and foremost by burying myself in a book and getting absorbed in the trials

and tribulations of the characters, their values, their essence, their actions. Sometimes they even invade my dreams.

Second, making contact with family and friends is sure to give me a lift—restores my well-being—but that doesn’t last long. They are not always available for me and they have their own lives to live.

Of course meal times are a diversion and so is snack time! But really eating alone is no fun!

Then there is always a movie on TV of some sort—but not always to my liking. The news, however, although it is necessary to be informed, is most depressing—so best left alone, before it compounds my mood.

But most of all, because I love classical music, I listen to a program on TV called “Music Choice” (no commercials, on all day, channels 549, 550). That is when I find pleasure in completely immersing myself in the music. I relax and meditate. Thus an empty day is relieved.

However now at last I am able to leave my apartment to take a stroll in the garden, admire the new growth, the flowers in bloom, greet the birds, and some friends for a chat. I can face another day—happily—in the warm sun under a blue sky and fresh sweet air!

*This piece was written the last week of quarantine.*



# Loving the Outdoors



We received some wonderful letters from Hingham High School students! Residents (below) loved taking the time to read them all!



Right:  
Elaine S.



Top row, left to right: Shirley U.; Ann Marie D. with a Red Sox representative who brought us flowers; Marlo A. picked some fresh lavender from the garden. Second

row: Carolyn C. creating a beautiful mosaic; Marty M. watching the chickens; Fay G. feeding them. Bottom row: Mary G. planting flowers; Dot G. outside



Left:  
Linda S.



Above: Marie S.; left: Judy A. and Community Art Therapist Erica Curcio

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**GODDARD  
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