



October 2020

Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

TUESDAY, OCTOBER 6

Abigail Brings the Pilgrims and Plymouth to You: A Colonial Experience at 10:30 A.M.



Intentional Optimism: Living with Parkinson's

Thursday October 15th at 7:00 P.M.

Get inspired by ESPN Founder, Bill Rasmussen, and his signature positive attitude and commitment to staying active, embracing engagement and encouraging others. Diagnosed with Parkinson's in 2014, this life-long entrepreneur and sports fan will motivate you with his unabashed optimism and gratitude.

Register Here for this virtual event:
<http://bit.ly/goddard-intentional-optimism>



Presented by the Parkinson's in Motion Educational Speaker Series

RESIDENT PROFILE



Shirley Ungar has been a resident at Goddard House since March. Born in Chicago, she spent her early childhood in Cleveland, Ohio, and most recently lived in Minnesota. As an adult, she had the opportunity to travel with her husband, who was a professor and often attended academic conferences.

They lived together abroad for sabbaticals in Israel and Italy (as Shirley says, "Two small countries beginning with I!"). She feels lucky to have had the experience of exploring new places.

Shirley is a mother of four—three daughters and one son—and has one grandson. She is proud of their accomplishments! She also volunteered with the League of Women Voters, and was even on the board. Shirley likes to play Bridge, try the occasional jigsaw puzzle, and can often be found enjoying the afternoon sun in the back garden. Since she's been at Goddard, Shirley has especially enjoyed the outdoor concerts. She's been happy to chat with other residents, and would like to meet more, ready with a smile and her quiet sense of humor. We are looking forward to getting to know you, Shirley!

-EnrichedLIFE Director Rebecca Margolin

Meditation

by Olmsted Program Assistant **Kat Cammarata**

Twice a week at Goddard House, I lead a 30-minute guided meditation class. I completed my 100-hour meditation teacher training through Andy Kelly of The Boston Buddha in March 2018, and began teaching right away. It is my belief that a dedicated



"Meditation gives me a time to tune out and forget my troubles."

Bridgina B.

meditation practice can benefit anyone, and I am passionate about teaching it! Creating a meditation practice allows us to live more presently, with a deeper sense of focus and awareness in the present moment. We live in a society where many people live reactively and we are experiencing a great deal of stress. Stress is the root cause of many illnesses. With a dedicated meditation practice one's

quality of life will improve because our minds will naturally shift to "responding" instead of "reacting" to everyday occurrences, which creates a more balanced state within us. Some of the benefits of meditation include a greater sense of awareness, acceptance, focus, and creativity. Meditation isn't about changing who we are, but rather about learning to deepen our own self-awareness through acceptance with compassion and love. The class meets Mondays at 3:30 P.M. and Thursdays at 2:30 P.M., and all residents are welcome to attend.



"It changes me from being anxious to being relaxed. I can feel my body loosening up during the group."

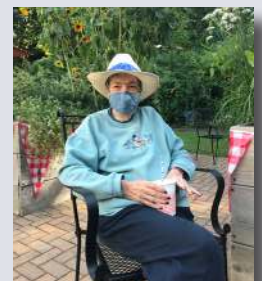
Arlene W.

OUTDOOR FUN



We had a wonderful visit from a miniature horse! Clockwise, from bottom left: Nyle K., Barbara M., and Marty M. enjoy petting him!

Our Wild, Wild West Concert was a hit! Below, clockwise, from top left: Ann S. and Peggy M., Barbara M., Mimi H., and Mary G.



USA ROADTRIP TO HAWAII!



Jamaica Pond Wonder

by Resident Bridgina Benson

A walk at the pond
Early fall
Colder than I knew
Wind off the water
The earth is still warm
Tall grass flows
Under the trees
Broken limbs lie scattered
A man with a child fishing
Silver water, pewter fish
Geese and ducks like a scarf
Across the pond
Walkers nod to my face
Memories of another pond
Living my childhood
Like a quilt.

Top row: Aloha from **Carol A.**; **AnnMarie D.** at Luau Bingo. Second row: **Etta E.**, Luau Bingo with **Ilga K.** Third row: **Marie S.** looking pretty in purple; **John K.** led "Reel2Reel Aloha!" a movie discussion group, featuring films set in Hawaii as part of our USA Roadtrip program; **Jewel B.** and **Vivian F.**





Our Amazing Associates



*Above: The rain didn't stop the food truck during Associate Appreciation! Left: Dining Associate **Milton Morales** with some appreciation gifts.*



Congratulations to Associate of the Quarter Wellness Nurse **Sandra LeBrun** (left)



ASSOCIATE PROFILE



Olmsted Resident Care Associate **Gina Metellus** has been part of the Goddard team for the

last few months, but has worked in the field for over 20 years. Her favorite part of the job is helping the residents get through their day in a positive way. She can often be seen laughing with the residents and dancing with them during the music groups. She definitely is someone who always has a smile on her face! When she isn't working, Gina enjoys watching movies and relaxing. While she enjoys going to the theatre to see new releases she said some of her favorites are the classic Hollywood films. Gina has six children so she can always find a way to stay busy! Now that her children are all grown up she spends as much time with them as she can. One of her favorite things to do with her kids is finding ways to help others. Gina's favorite part of working at Goddard House is the community-oriented environment and getting to know all the residents.

-Olmsted Program Director **Kristen Cipriano**

Volume 8 No. 10—October 2020

NEWSLETTER CONTRIBUTORS

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