



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

In December, we will Have The 12 Days of Holiday! Each day will have a holiday-themed program, from December 10th (first day of Chanukah) to December 24th (Christmas Eve), and a special holiday meal on Christmas Day.

Exercising Your Body and Mind

Tai Chi for Balance, Cognition, and Well-Being in Parkinson's Disease

Thursday, January 28, 2021 at 7:00 P.M. via Zoom

Discover how the mind and body, and related integrative medicine practices, clinically impact aging and chronic health conditions such as Parkinson's disease. Author of the bestselling, *Harvard Medical School Guide to Tai Chi*, Peter Wayne, PhD, is a researcher and practitioner in the field of integrative and mind-body medicine and Associate Professor of Medicine at Harvard Medical School and Director for the Osher Center for Integrative Medicine. He is also the Founding Director at the Tree of Life Tai Chi Center in Boston.



To register for this Zoom event, visit <https://bit.ly/36uyvai>

RESIDENT PROFILE



Isabelle Weiss has been a resident at Goddard for several months. Born in New York City, she speaks fondly of her career as a manager for the Bakery Salesman Credit Union—among whose clients were Entenmann's and Thomas' (of English Muffin fame!). Out of the company's 1,600 employees, Isabelle was

one of only a few women. She also raised a family of three daughters and one son, and now is a proud grandmother of 10, and great-grandmother of five! After retiring, Isabelle moved to Arizona, to be near her brother and to be in warmer weather. She soon realized that she wasn't ready to stop working, so she became a salesperson in the jewelry department at Walmart for 16 years. Isabelle enjoyed her home in Arizona, learning the art of needlepoint and finding time for travel. She returned to the east to be closer to her children. Isabelle has made several friends here at Goddard and looks forward to meeting more. A lover of reading, she can often be found with a book in the Palm Court, or on the porch. Isabelle, we are happy to have you!

-EnrichedLIFE Director Rebecca Margolin

Goddard House Strategic Plan Update

by Board of Trustees Chair *Alexandra Schweitzer*

In the summer of 2019, Goddard House embarked upon a strategic planning process focused on our long-term future and success. As part of this exciting initiative, we engaged close to 130 stakeholders in small group conversations about our assisted living community and our program initiatives designed to reach isolated older adults living in the Boston area.

Major themes that emerged from our assisted living community conversations included how much our residents and family members enjoy and appreciate our creative programs and activities, positive

community culture, caring staff, and our building and grounds. Suggestions for how we could enhance our services focused on activities programming in Olmsted, dining, and more opportunities for communication between our board and family members.

We also heard about the importance of understanding both the needs of our current residents and being prepared for the baby boomer generation. Maintaining our strong community connections and collaborations was viewed as being important for our ongoing success. A number of ideas for capital projects that could enhance our building and grounds were also shared.

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Board Spotlight

Rachel Cohen and Janice Masi joined the Goddard House board in 2017 and serve on the Strategic Planning Committee. This committee makes recommendations to the board related to mission, strategic direction and initiatives, and other critical issues facing the organization. Rachel provided board leadership during the 2019 strategic planning process, and Janice will assume the role of Committee Chair in January 2021.



Rachel began her career in the Los Angeles nonprofit sector developing affordable housing and advocating for older adults experiencing homelessness. She has a Master's in Gerontology from the University of Southern California and a B.A. in Design from Cornell University. "When I talk to residents and hear how they've made Goddard House their home, I'm reminded it's the people, staff and residents alike, who make this such a vibrant community," says Rachel.



Janice has held leadership positions in organizations that have pioneered innovative concepts in subacute care, in-home family caregiving and home and community-based services, including PRISM Rehab, Seniorlink, Inc. and North Hill. She began her career as an Occupational Therapist, delivering care across the healthcare continuum and specializing in Traumatic Brain Injury Rehabilitation. Janice has a Master's in Occupational Therapy from Boston University and a B. S. in Human Development from the University of Massachusetts. "I consider Goddard House to be a unique organization," says Janice. "I am committed to supporting programming that encourages engagement and purpose throughout Goddard House and the broader aging community."



STRATEGIC PLAN, from previous page

In early 2020, our new strategic plan was finalized (www.goddardhouse.org/strategic-plan/) and shared with residents who gave it a very positive response. We were well underway with our planned initiatives when the COVID-19 pandemic arrived. We immediately turned all of our attention to the health and safety of our residents and staff.

The summer and fall months provided somewhat of a COVID reprieve and have allowed us to refocus on the strategic plan. I am pleased to share that we have made significant progress on a number of initiatives, including:

- Establishing a \$1.6 million capital reserve fund for future building improvements, such as new boilers, elevator enhancements, and more.
- Creating and kicking off a comprehensive Parkinson's program for residents, staff and the external community.
- Implementing a new Eldergrow program for residents in our Olmsted neighborhood.
- Selecting an architectural firm to help us create a building master plan for the future.
- Instituting quarterly meetings with family members, executive leadership and the board.

Our board and senior leadership team view our strategic plan as a living document, one that can (and should) be modified to address the changing reality in which we find ourselves. We will continue to review the plan in light of the many changes we experienced this year, and you can expect further opportunities to engage with us on key initiatives during 2021.

On behalf of the Goddard House Board of Trustees, best wishes to each of you for the holiday season. We look forward to continuing our conversation in the New Year! 

AROUND THE COMMUNITY



*Above: Enjoying a sweet treat at the Olmsted Ice Cream Social are (clockwise, from top left): **Mary K., Marty M., Veronica D., Mary G., Trish M., and Louise B.***



*Below: Halloween faces by **Arlene W.** (left) and **Etta E.** (right)*





Phyllis Vineyard Award

Since Phyllis Vineyard's retirement from the Goddard House Board of Trustees in 2011, the Phyllis Vineyard Award for Exemplary Service has been given to two staff members each year.



Resident Care Associate **Adeline Michel** has a stellar work and performance record. She knows the residents and families well and makes a deep impression on those for whom she cares. She has adjusted well to the many changes that have occurred within her position as the expectations have changed so much over the 23 years she has been at Goddard.



Dining Room Manager **Eugene Mbukanma** has made a tremendous impact on the level of service and leadership in the Dining Room. Eugene has a large personality with a gentle spirit and brings a sense of guidance and growth to his leadership style. As a winner of our Associate of the Quarter in 2019, his ability to lead by example is well known among all the associates here at Goddard House. His work ethic is as strong as his obvious devotion to the well-being of all the residents who come to dine with Eugene and his cohesive staff every day.



Resident Care Associate **Rebecca Gabriel** received an Honorable Mention Award. She possesses a positive and upbeat attitude with both residents and co-workers. She is an emerging leader who shows a self-motivation to go the extra mile in her work. Rebecca exudes a strong desire to create a positive relationship with our Olmsted residents and is a reassuring presence for visiting family members. We see Rebecca as a bright star on our staff and we know she will do great things in the future.

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Liberty Avenue

by Resident **John Kaufman**

WHEN I WAS GROWING UP in Forest Hills, Queens, we celebrated all of the holidays. In the room known as the front porch, the menorah burned brightly, casting a mellow glow visible to everyone who passed by.

Two days before Christmas, my father would announce the yearly excursion to purchase a tree. Dad and I would climb into the two-tone Chevy and head off to Liberty Avenue in Brooklyn. Once there, my father would cruise down the wide avenue, now lined with lots filled with trees.

Dad was on the lookout for an elderly man my father described as “wearing a goatskin vest.” Once he was found, Dad would begin bargaining in Yiddish for the price of a tree.

Every year, Mom asked Dad not to get such a big tree. Every year, Dad got one that scraped the living room's 14-foot ceiling. Growing up, he hadn't celebrated Christmas. Each December, he turned into an oversized kid.

Christmas morning, we were allowed to go quietly downstairs and pick one present from the pile that had materialized overnight. Back in our snug beds, we unwrapped the first of that year's treasure.

Following Christmas dinner, Dad would roast chestnuts in the living room fireplace. Their sweet scent permeated the house. To this day, any time I encounter that woodsy smell, I'm a kid in pajamas, sleepily recalling a special day.