



Goddard Times



GODDARD HOUSE

UPCOMING EVENTS

How Seniors Can Continue to Live Fulfilled, Happy Lives Despite the Challenges of Aging and COVID-19

Tuesday, January 19th from 2:00-3:30 P.M.



Bestselling author Dr. Katharine Esty is on a mission to dispel myths about “old age” and to end ageism. In her wide-ranging talk, learn how seniors can continue to live

happy, fulfilling lives despite the challenges of aging and COVID-19. Dr. Esty is a practicing psychotherapist, widow, mother, grandmother, and activist for aging well. Her most recent book is *Eightysomethings: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness*.

Join via Zoom: <https://hebrewseniorlife.zoom.us/j/8581186414#success>
Join by phone: 1-833-548-0282
(meeting ID 858 118 6414)

This program is offered collaboratively by Goddard House, Center Communities of Brookline, BrooklineCAN, and the Brookline Senior Center

RESIDENT PROFILE



If Boston was looking for a new spokesperson, **Peggy Miller** would be the one to call! Peggy was born and raised in Dorchester and is the youngest of nine children. She shared that she has so many fond memories of growing up in Boston, but many of her best memories revolve around Boston sports.

One of her brothers, Eddie, attended Boston College and was a member of the baseball team. Ever since then, Peggy has been an avid BC Eagles fan. She used to have season tickets to the football games and was even once invited down on the field as part of a celebration for season ticket holders. Her love for the Eagles hasn't stopped since moving to Goddard; in fact, she recently taught everyone the lyrics to the Boston College Fight Song! Peggy also speaks very proudly of being the aunt of 36 nieces and nephews. She says that there is always someone there to talk to and that they have always been a very close family. If you need someone to chat about sports with, stop by Olmsted and say hi to Peggy!

-Olmsted Program Director Kristen Cipriano

Paint Night at Goddard!



Left: Paint Night with Art Therapy Intern **Madeline Ludtke**. Left to right: **Tony S.**, EnrichedLIFE Director **Rebecca Margolin**, **Mira L.**, Director of Resident Support Services **Susan Kates**, **Arlene W.**, **Madeline**, **Irene P.**, **Jewel B.**, **Theresa C.**, and **Sylvia M.**

“Paint nights prove that it’s never too late to learn new things. Teaching step-by-step paint classes is a great introduction to art for those who have not previously explored it. You don’t need to be an artist to be creative and have fun. Even though we all start from the same picture, each painting turns out so differently and shows off everyone’s unique creativity.”

-Lesley Art Therapy Intern
Madeline Ludtke



Individual artists at left (clockwise, from top left): **Arlene W.**, **Irene P.**, **Tony S.**, and **Jewel B.**





More Winter Art

*Clockwise, from bottom right: residents enjoying a Winter Themed Art Group are **Kathy M., Mimi H., Peggy M., Drew R., and Marilyn W.** Modeling their scarves from our Scarf Decorating Class are **Mira L. and Etta E.***





December Happenings



Clockwise, from top left: December birthday boys and girls enjoying a celebratory luncheon are Ann Marie D., Paul W., and Vivian F.; Theresa C. plays Dreidel!

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NEWSLETTER CONTRIBUTORS

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ASSOCIATE PROFILE



Wellness Nurse **Roudelyne Joseph, LPN**, has been at Goddard House since January of

2018, originally working as a resident care associate on the first floor of Olmsted and recently becoming a wellness nurse. Roudelyne has always wanted to work in the healthcare field. She quietly cares for the residents, making a difference in their days and always bringing smiles to their faces. Roudelyne says one of her favorite parts of her job is talking to the residents and listening to their stories. When she's not at Goddard, Roudelyne, who is originally from Haiti, likes to spend time with her family, whether it's talking on the phone, cooking, watching movies, or listening to music. She attended nursing school while gaining experience working with the residents and associates of Goddard. It was tough, she says, but she is thankful for the support of her mother and her team here at Goddard.

Congratulations, Roudelyne! We are so fortunate to have you as part of our Goddard family!

-EnrichedLIFE Director Rebecca Margolin