



March 2021



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

Tai Chi for Parkinson's

A virtual program to be held on Wednesdays from 10:30-11:30 A.M., through May 12th

Designed specifically to improve strength, balance, flexibility, mental focus and emotional tranquility, tai chi has been proven to help minimize the symptoms of Parkinson's.



Join instructor Ruth Schechter, an experienced tai chi teacher for older adults and individuals living with Parkinson's. Trained as a musician, Ruth has experience with the Alexander Technique and the Feldenkrais Method, as well as tai chi.

Tai Chi for Parkinson's is offered as part of **Parkinson's in Motion @ Goddard House**, a new, innovative program, free and open to older adults living with Parkinson's, their family members and caregivers. The program also includes educational speakers, a monthly Classroom Support Group and a Caregiver Art Therapy Group. Programs are supported in part by a community grant from the Parkinson's Foundation.

For more information and to register for Tai Chi for Parkinson's, contact Erica Curcio at 617-731-8500 or ecurcio@goddardhouse.org.

RESIDENT PROFILE



Carl Winkler has been a resident of Goddard House for over four years now. Originally from Ohio, Carl worked in sales as well as airport security. He was also a proud member of the US Marine Corps. When asked why he joined the Marines, Carl said, "I thought it was the right thing to do."

Here at Goddard House, Carl likes to listen to music and watch classic films. Once an avid watercolor artist, he has also been enjoying creating new artwork during our various art programs. Last month he participated in a Paint Night and created the beautiful snowy scene pictured above. His favorite thing to do, however, is to spend time with his children and grandson. With a big smile on his face, Carl told me how he loves talking to his family on the phone and going over to their houses.

If you happen to stop by Olmsted, you might notice that Carl is usually accompanied by his new stuffed Bulldog that was a gift from the folks at Friendship Works a few weeks ago. Carl and Carl, Jr. have been together ever since! We welcome you to stop by Olmsted to say hi to them!

-Olmsted Program Director Kristen Cipriano

Community Connections

by *EnrichedLIFE* Director **Rebecca Margolin**

One of the more uplifting elements of this past year has been the new connections we've made with members of the outside community. One such connection is with a nonprofit organization called Letters for Rose. Last spring we were happily overwhelmed with cards and letters from all over the state. The cards brought smiles to the faces of our residents, letting them know that they were not alone in their physical isolation. Most recently, they sent us an upbeat recording of holiday songs, and a box full of Valentines.

Jiayi Guo, a student at Brookline High School, is a local outreach coordinator for Letters for Rose. She explained the origins of the organization:

Letters for Rose is a nonprofit volunteer organization that supplies letters and artwork from local volunteers to residents of senior homes in the community. As many seniors living in retirement homes feel isolated from the outside community, a feeling that has only been intensified by the COVID-19 pandemic, we wanted to brighten their days up a bit!

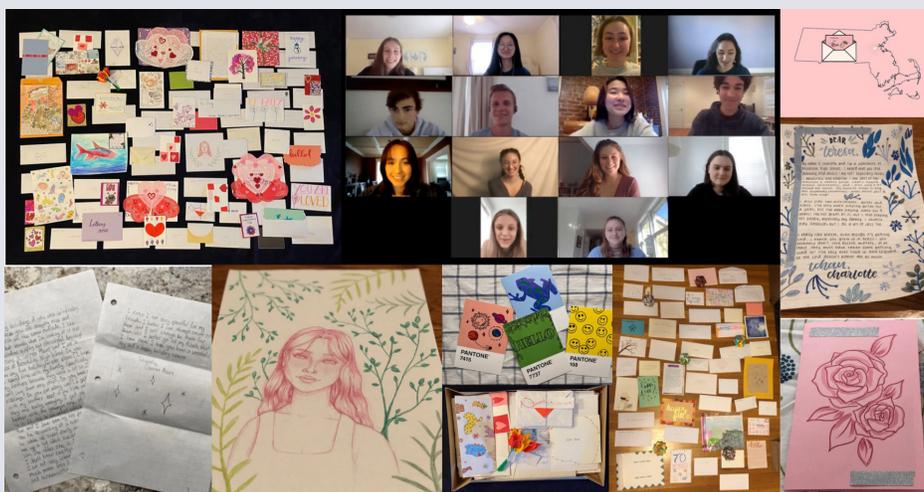
Our founders started out as regular volunteers at a senior home in New Jersey when the COVID-19 pandemic hit and isolated everyone. Now that in-person volunteering is not an option, they have started this program so seniors would know how much the community cares and appreciates them, especially during this difficult time

for everyone. We specifically are the Brookline Chapter of Letters For Rose, which means all of our team and volunteers are locally based enthusiastic students. Our volunteers write personalized letters filled with questions and stories in addition to beautiful artwork and cards! Our organization has over 50 chapters all across the nation, in more than 30 states. The LFR organization also offers big leadership roles and community contribution for teens in this time where volunteering opportunities are limited! Our mission is that we aim to make sure the senior citizens of our community feel remembered, cherished, and valued.

There is a wide range of age of volunteers. There are individual volunteers who sign up that are mostly older kids in middle and high school in Brookline. We also contact teachers of kindergarten and elementary school

classes to organize batches of artwork too! The age of volunteers ranges from 5 to 18 years old.

We at Goddard House are grateful to Jiayi and the other volunteers for helping us stay connected to our community! 🏡



*At right: **Linda S. and Marie S.** with notes from Letters for Rose; above: Letters For Rose volunteers on a Zoom meeting*



Winter Celebrations



Valentine's celebrations (top row, left to right): **Mary K.**, some examples of our wonderful Valentine's Day art, **Ann S.**, and **Karen M.** Second row: **Peggy M.**, **Mimi H.**, and **Veronica D.** with their beautiful creations. Bottom row: Mardi Gras festivities with **Vivian F.** and **Mira L.**





So Long, COVID-19!



Scenes from our second COVID-19 Vaccine Clinic! Top row, left to right: **Anne G. and Trish M.** Second row: **Linda B. and Sylvia M.** Bottom row: **Elaine S., Clem B., and Shirley K.**

ASSOCIATE PROFILE



Dining Associate **Linda Colly-Moore** has been a member of the Dining Team

for almost two years. Residents and associates know her for her quick smile, kindness and friendly personality. Did you know that Linda is actually retired? After a fulfilling 40-year career as a certified nursing assistant at Boston Medical Center, she found that she missed working with people. Each day at Goddard, Linda loves getting to know the residents, hearing about their stories and backgrounds and building relationships with them. She values teamwork, communication, and respect, and enjoys being a part of the Dining Team.

Before Covid-19 changed our daily lives, Linda was a missionary for her church. She misses visiting the sick and helping others in her community. Linda has been married for 46 years, and has four children. She is also a grandmother and a great-grandmother. Linda, we are so happy and lucky to have you at Goddard!

-EnrichedLIFE Director Rebecca Margolin

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