



April 2021

Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

GODDARD SUPPORT GROUPS

Goddard House offers monthly information, education and support groups to family members of our residents. Our support groups are facilitated by a seasoned, well-respected MGH clinician, Barbara Moscovitz, MSW.

Transitions Group

From Grief to Recovery supports Goddard House family members who are coping with the death of a loved one. Meets monthly on the third Thursday.

Family Caregiver Education and Support Group

This group welcomes Goddard House family members. Meets monthly on the fourth Thursday.

All groups meet with Barbara Moscovitz virtually through Zoom from 7:00–8:30 P.M. If you would like additional information or wish to receive a Zoom meeting invitation, please contact Director of Resident Support Services Susan Kates at 617-731-8500 x144, or skates@goddardhouse.org.

RESIDENT PROFILE




Barbara Stainton has been a resident of Goddard House for almost two years. Born in Germany, she grew up in New Jersey, and spent much of her adult life on a small island in Northern Maine. There, she owned and operated Cranberry

Island Boatyard with her husband, David (*above, Barbara is pictured with an issue of Maine Boats, Homes & Harbors, which featured their boatyard on several occasions*). Barbara recalls how much she loved living on the island, surrounded by water. The island has a year-round population of only 40 residents, and about 300 in the summer, so everyone knew one another. In addition to learning the ins and outs of the boatyard, Barbara liked to sail, and spent plenty of time outdoors in the sun. Barbara is a tennis fan, and is often found watching competitions. Barbara is also the proud mother of her daughter, Lilo, who lives in Brooklyn. At Goddard we know Barbara for her sense of humor and down-to-earth personality. Barbara, we are so happy to have you here!

-EnrichedLIFE Director Rebecca Margolin

Community Connections

by *EnrichedLIFE* Director **Rebecca Margolin**

Over the winter, we received a special donation from the folks at FriendshipWorks. It was a gift of stuffed animals—soft, adorable realistic-looking puppies. We raffled the stuffed animals to residents as part of our annual New Year’s Eve festivities, and were later contacted by a reporter from WGBH who wanted to hear about the positive impact the stuffed animals made. At right is a reprint of the article. 



Stuffed Animals Offer Seniors Comfort During Pandemic

Originally covered by Liz Neisloss for WGBH News’ *Greater Boston*, January 15, 2021



Arlene W. with her PetPal

ARLENE WILLIAMSON IS COUNTING THE DAYS until she can see her family, including the two grandchildren she hasn’t seen since March. But the 85-year-old resident of Goddard House in Brookline sat smiling on a recent day, snuggling with a brown and white puppy – not the live kind, but a cuddly toy.

“Sometimes, you know, you just feel a little lonely, or just out of place. And that’s when it really, really matters,” Williamson said. “There’s something soft and fuzzy, and ... a thing we miss most of all is human contact. And animal contact as well.”

PetPals, a program of FriendshipWorks, usually sends volunteers and their dogs to visit seniors in assisted living and nursing homes. During the pandemic, the program is instead sending stuffed animals. It’s part of a growing trend across the country to help fill the void in seniors’ lives. There’s little research on the effect of stuffed animals, but there is plenty of anecdotal evidence they offer comfort.

“Human beings have a strange built-in psychology of what we feel, fall in love with, and what we would defend and what we’ve become attached to. It’s not always things that give us back human emotion in return,” said William Banks, a professor of geriatric medicine at the University of Washington and associate chief of research and development at the Veterans Affairs Medical Center in Seattle.

FriendshipWorks Executive Director Janet Seckel-Cerotti said while the stuffed animal gifts can’t replace human – or even animal – interaction, the goal is to find anything that helps with socialization in the pandemic.

“We’re finding that the reaction is lovely and people are delighted,” she said, “and you just can’t argue with that.”



Above (clockwise from top right): Trish M., Mary K., Veronica D., Mimi H., and Carl W.



Celebrations!

Wellness
Nurse
Arlene
Walsh
is our
Associate
of the
Quarter!
Arlene has
shown her
dedication
and



leadership, supporting the team and bringing her compassion and caring to the residents. Thank you, Arlene, for all of your hard work!

A Turning

by Resident John Kaufman

MY MOTHER WAS A DEDICATED member of The Audubon Society. As she left the house, carrying her binoculars, Roger Tory Peterson guide and her camera, Dad looked up from his newspaper. “Dear?” he lovingly inquired. “Are you going out to annoy the birds again?”

When my parents lived in California, my mother had several hummingbird feeders. I used to enjoy sitting on the patio watching as the tiny feathered needles darted about. My cat, George, was also fascinated by them. Luckily, they were too fast for him.

One of the aspects of spring to which I most look forward is the return of many species of birds. We live on the Great Northeastern Flight Path. As a result, we’re visited by an extremely varied avian population. I listen eagerly for the whistle of a cardinal—the flash of crimson as one heads for a tall, nearby maple.

This spring marks the end of an extremely trying year. Yet, as I watch the trees begin to bud and grass starting to green, I feel we’ve turned a corner. There’s a ways to go and much to do, but I think the worst is behind us. Better times lie ahead.



Springtime temperatures have lifted our spirits! Pictured enjoying some patio time are (clockwise, from top left): Ann S., Laura C., and Peggy M.





Spring Has Sprung!



We enjoyed a flower arranging program that made spring feel a little bit closer! Clockwise, from top left: showing off their creations are Cecily M., Isabelle W., Clif O., and Evie P.

ASSOCIATE PROFILE



Olmsted Program Assistant **Jessica Roque** started at Goddard House in September.

Even though she has only been here for six months, she has already jumped right into leading programs that keep the residents engaged and laughing. Jess says her favorite part of working with the residents is being able to make personal connections with them. "There is always something to learn from them!" she adds.

Jess moved to Boston from Southern California just a few days before starting at Goddard House. She had previously graduated from Florida State University with a focus in social work and she is planning on attending graduate school in the future. Outside of work, Jess enjoys creating ceramics and pottery. She mentioned it was something that she picked up as a hobby over the last few months and now she goes to an art studio every Monday to learn new techniques. We are so fortunate to have Jess here at Goddard House!

*-Olmsted Program Director
Kristen Cipriano*

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NEWSLETTER CONTRIBUTORS

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