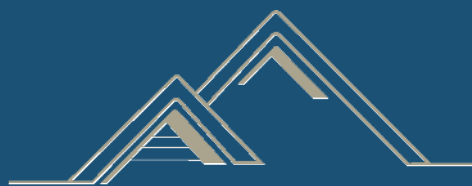




May 2022



# Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

TUESDAY, MAY 24

#### How Caregivers Can Meet the Challenges of Alzheimer's Disease

Featuring Dr. Stephen G. Post, author of the brand  
new book, *Dignity for Deeply Forgetful People*

5:30-7:00 P.M. in person at Brookline Senior  
Center or on Zoom. Call 617-730-2770 to register.

## GODDARD SUPPORT GROUPS

### Transitions Group

For Goddard House family members who are  
coping with the death of a loved one. Meets  
monthly on the 3<sup>rd</sup> Thursday.

### Caregiver Education and Support Group

This group welcomes Goddard House family  
members. Meets monthly on the 4<sup>th</sup> Wednesday.

The above groups meet with Barbara Moscovitz,  
MSW virtually via Zoom from 7:00-8:30 P.M.

Please contact Director of Social Services Becca  
Mayfield at 617-731-8500, or  
[rmayfield@goddardhouse.org](mailto:rmayfield@goddardhouse.org) for more info.

### Olmsted Family Caregiver Group

This group welcomes Goddard House family  
members. Meets monthly on the first Tuesday  
from 6:30-7:30 P.M. on Zoom. Please contact  
Olmsted Program Director Kristen Cipriano at  
[kcipriano@goddardhouse.org](mailto:kcipriano@goddardhouse.org) for more info.

## RESIDENT PROFILE



Ivy Lee may have only been living at Goddard House for three months now but she has already made a huge impression. Whether she is working with one of our Lesley interns in our art room or sharing stories with other residents during programs, she always is making other people smile.

Ivy was born in Hong Kong, China. She said that Hong Kong is a great place to live, but too hot in the summer! Ivy also talks fondly about having a close relationship with her siblings. She loves spending time with them and says she is very lucky to have them.

For fun, Ivy loves to read! She can often be found after lunch reading one of her many books. Her favorite book of all time is *Wuthering Heights*. She highly recommends it to anyone who may not have read it. Ivy is also a big music lover, especially songs by ABBA and George Harrison.

Here at Goddard House, Ivy has really dived right into it all! When asked about her favorite programs, Ivy says she particularly enjoys the music and art offerings. We are so fortunate to have Ivy as part of our community. She adds so much warmth and laughter to all of our days!

-Olmsted Program Director Kristen Cipriano

All visitors must first **check in** at the front desk for contact tracing purposes and **wear a mask** for your entire visit.

Thank you!

# Design Thinking at Babson College

by *EnrichedLIFE* Director **Rebecca Margolin**

One sunny Wednesday in April, a group of six residents boarded the Goddard House van. Destination: Babson College FutureLab! Upon arrival, the residents were greeted enthusiastically



*Jewel B. and Haidee F. at the working lunch with Babson College design students*

by a cohort of graduate students and were escorted inside to the Future Lab, a design-led innovation lab that focuses on social-technical systems for the aging population. The residents and the students (who are members of Babson’s Design Thinking Club), were challenged to consider how to design outdoor spaces that invite intergenerational

connections. The room was alive with conversation at the tables, each seating one or two residents with

a small group of students. Sticky notes and markers covered the tables, along with the lunch which the students graciously served. The edges of the room were filled with whiteboards, and towards the end of the gathering each group was invited to present their ideas, which will ultimately be shared with the AARP

Massachusetts and University of Massachusetts Boston Task Force to End Loneliness and Build Community. By the end of the session, the residents and students were talking as if they’d known each other for much longer than an hour-long working lunch. While the new outdoor spaces have yet to be realized, the design workshop itself was a beautiful example of intergenerational connections being made. Everyone who participated is eagerly awaiting our next opportunity to collaborate!



*Director of Community Partnerships Christine Nagle, Linda B., and aide Sheryl Davis chat with students*

A special thanks to Babson Professor of Innovation and Operations Management **Sinan Erzurumlu** and Goddard House Director of Community Partnerships **Christine Nagle** for coordinating the event. ^

## GREEK TRAVELS!

As part of our recent “Grab Your Passport! Destination: Greece” celebration, Olmsted residents traveled by van to Farm Grill to get delicious takeout Greek pastries like coconut macaroons and *Koulourakia*!

*Left: Kit W., Joel K., Bob M., and Clementine B. Right: June L., Joan W., Marie S., Ivy L., Peggy M., Grace M., and Veronica D.*



# Spring Fun at Goddard House!

**Irene P.**  
(left) and  
**Joan B.**  
(right)  
make  
beautiful  
Easter  
Baskets!



**Margaret F.** enjoys a  
delicious piece of cake at a  
recent birthday lunch



*Assistant Executive Director  
**Lance Chapman, Kendall G.,  
Jeanine M., Susan K., and  
Director of Building & Grounds  
Matt Morad** at our first annual  
Checkers Tournament!*

*Right: Lesley intern  
**Gabrielle Lopez, Jeanine  
M., and Marta G.** attend  
a recent performance of  
The Wizard of Oz at the  
Wheelock Family Theater  
at Boston University!*



## OLD-AGE-ITIS

by Resident Musia Watkin

Are you often pensive  
Are you cranky  
Are you melancholic  
Feel sad and low in spirits

Is life gloomy  
Are you withdrawing within  
yourself  
Have little enthusiasm for the  
world around you

Then you are suffering from a  
disease called Old-Age-Itis.

So here is the remedy!!!

Stay forever young  
In outlook  
In thought  
In optimism  
In spirit

Welcome life's tangibles  
Get lost in the beauty of nature  
Play host to the sunshine  
To the garden  
To the flowers  
To the trees  
To the squirrels  
To the rabbits  
Even to the chipmunks  
To your whole environment  
And live life to the full every day.



# Goddard & Green City!



Above: Residents Ivy L., Bob M., and Steve N. work in the Olmsted garden with Nicole from Green City Growers. Bottom left: Jaci S. and Carol A. enjoy the sun while they watch the gardeners work! Several years ago, Green City Growers installed four triple-raised adaptable 4x8 raised beds at Goddard. Gardening has been shown to improve memory, physical health, and cognitive function in older adults, and GCG staff are provided with training and tools to engage this population. Their farmers come regularly for education and maintenance sessions for our gardens which have thrived under the collaborative care of GCG and Goddard House residents!

## PAY YOUR BILL ONLINE!

A reminder that residents and families now have the ability to pay their bills online! Pay your monthly invoice on-demand through our new family portal, ALIS Connect. If you are not already signed up for our family portal, please reach out to our Business Office. You also have the option of signing up for automatic electronic payments.

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NEWSLETTER CONTRIBUTORS

**Musia Watkin**  
Resident

**Rebecca Margolin**  
EnrichedLIFE Director

**Kristen Cipriano**  
Olmsted Program Director



ASSISTED LIVING & MEMORY SUPPORT

165 Chestnut Street  
Brookline,  
Massachusetts 02445  
617-731-8500

[WWW.GODDARDHOUSE.ORG](http://WWW.GODDARDHOUSE.ORG)

## ASSOCIATE PROFILE



Director of Community Partnerships  
**Christine Nagle** came to Goddard in March 2020. Focused on marketing and business

development, she worked in the publishing field, was a founder in a high-tech company, and opened and ran a retail business. Christine was ready for another career change. She has always wanted to follow in the footsteps of many family members and work for a nonprofit. Christine's main role is bringing Goddard to the outside community and the outside community to Goddard—synergy! Christine works on piloting Goddard House Community Initiatives' creative aging programs in the Boston area for underserved older adults to help ease social isolation and loneliness. She also oversees our in-house grant and educational speaker programs, and the Parkinson's in Motion initiative. Christine admires the open-mindedness of the residents and their readiness to participate, and she appreciates the work of the staff, whose roles she observes are "not a job but a calling." When not at Goddard, Christine's favorite place is the beach; she lives in Scituate with plenty of beaches nearby. We are happy to have Christine's enthusiasm and ideas at Goddard; her office is on the third floor; stop by and say hello!

-EnrichedLIFE Director Rebecca Margolin