

The Goddard Times



March 2016 Issue

Happy St. Pats, and a Word about Irish Music

By Jim Buchanan and Sally McKnight

Sally Harrison and Jim Buchanan perform tradition Irish music regularly at Goddard House and around Boston. A music therapy faculty member at Lesley University, Sally also supervises Lesley University interns every Friday on Olmsted Place.

With the coming of St. Patrick's Day, don't be surprised to see lots of green – green hats and ties, even green food. That's just the tip of a cultural iceberg that extends across continents and goes back thousands of years, to the ancient Celts, a culture that first surfaced around 500 B.C. The ancient Celts came to be made up of a cultural association – not an ethnic one – that covered much of northern Europe. The Celts were especially known for producing objects of art and utility that became famous for their abstract beauty.



Irish trad ensemble.

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Fast-forward to today, and the term "Celtic" can be applied to various groups of people and defined in various ways. Some say that Celts are mainly those folks in the British Isles who speak non-English languages, as well as people in Northern France who speak non-French. Others apply the title more widely, covering various ethnic groups across more of Europe. For many, though, the concept of Celtic culture has been watered down to little more than a marketing term – a way to sell sweaters and categorize music.

What hasn't been watered down, as a rule, anyway, is Irish traditional music. People who play and listen to Irish "trad" know it when they hear it, and they'd no more think of it as Celtic as they would expect to hear trumpets and howling guitars. One reason this music stays relatively true to its several-hundred-year-old roots is that Ireland, always a poor country, did not encourage people to travel. Irish people typically lived and raised families in the towns where they were born. So musical styles remained distinct.

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Irish Music (Continued from Page 1)

So what did – and do – trad musicians play? Mainly fiddle tunes, since these were used for dances that would take place in people's homes. But there's also a fine tradition of Irish singing, often lamenting the loss of loved ones or yearning to be reunited with the land they love – over the years many Irish were forced to emigrate for economic reasons.

Go to a "session" in an Irish pub and you'll hear a mixture of older and newer tunes and songs. The tunes will likely consist of jigs, reels, hornpipes and polkas, with an occasional waltz or slow air. You'll see better-known traditional instruments like the fiddle, flute and "elbow" pipes (called "uilleann" and pronounced as "illen") along with more recent entrants such as the banjo, bouzouki, guitar and even the hammered dulcimer. And when you're there, by all means sing along, tap your feet and clap your hands. Just don't go ordering any green beer – that's an American custom that hasn't made it back to the island.

Walk to End Alzheimer's 2016

By Lance Chapman

The Greater Boston Walk to End Alzheimer's will be here in just seven quick months. On Sunday, September 25th Team Goddard House will take to the streets of Boston for the fourth consecutive year to raise funds and help create more visibility for this worthy cause. Goddard House will again be a sponsor, exhibitor and host a walk team for the event. In just a few short weeks we will begin our "ramp up" for raising funds to assist in the battle against this devastating disease. At Goddard house, both our passion to fight against Alzheimer's and our compassion for those individuals and families who suffer from it go hand in hand. Our fund raising goal this year is \$7,000.00 by October 1st, 2016.

Join us on Team Goddard this year and lend your efforts to raise funds and awareness about this illness. Our Olmsted memory support neighborhood serves over forty residents and their families. The health and well-being of these residents is central to the mission of Goddard House.



Members of Team Goddard House at the 2015 Walk to End Alzheimer's.



Teepa Snow's Positive Approach to Cognitive Change

By Alice Tilton

On February 9, 2016, Goddard House welcomed acclaimed dementia expert Teepa Snow to present to staff and families. Teepa has worked as an occupational therapist for over 30 years and travels the United States and Canada to educate caregivers about the most effective ways to interact with individuals who have dementia. Personal care assistants and other staff attended a workshop called “Managing Challenging Behaviors—How Do We Respond?” while Olmsted families attended a lunchtime session that focused on creating more positive visits with their loved ones.

Olmsted PCA Margarete St. Germaine sat down with me to discuss her experience with Teepa. She said that she had seen some of Teepa Snow's DVDs when training for her job in Olmsted, so she had high expectations going into the experience. Although Margarete describes herself as a patient person by nature, she said that Teepa's presentation gave her many tools that she'll keep with her. For example, in the past, Margarete may have asked a resident several times to come with her, without getting a positive response. Since Teepa's workshop, Margarete's interacted with residents who were reluctant to come with her, until she used laughter to change the mood and create a stronger bond between the two of them.

Humor and role playing play a large role in Teepa's interactive workshops, and both PCAs, staff and families appreciated the dynamic nature of the session. In each of her sessions, Teepa had participants standing up and acting out scenarios, so they could better imagine her techniques in action. It seemed that by the end of the day, all Olmsted staff were left feeling empowered to have more positive, meaningful interactions with residents. PCA Sofia Guberyes best summed up Teepa's message throughout her teaching: “Always start with yourself first. To be a better caregiver and person, start with yourself.”



Teepa Snow



PCA Toni and Fay.



Program Enrichment Specialist Georgia and Mira.

The Meaning of St. Patrick's Day

By Katie O'Connell

Traditionally, St. Patrick's Day, or the "Feast of St. Patrick," is celebrated as a day of religious feasting. However, it has evolved over time into a day of parades, dancing, music, food, and the color green! I truly love St. Patrick's Day because it is a day that I get to remember my Irish roots and appreciate the culture of my heritage. I am $\frac{3}{4}$ Irish, Italian, and Danish, but if it was up to me, I would be all Irish! Growing up my friends and I would attend the parade in South Boston (one of the largest in the country). We would walk around, dance throughout the streets, and, of course, be wearing as much green as possible. As a kid, my Mom and I would go into South Boston early in the morning to enjoy an Irish boiled dinner, just the two of us. I always loved this tradition because I was able to spend quality time with my mom over a typical Irish meal.

When thinking about what St. Patrick's Day meant to the Irish living in America I thought that I could get some insight from someone who is even more Irish than I am, Bridgina. Bridgina is one of our beloved residents here at Goddard House and she sure is passionate about her Irish heritage and St. Patrick's Day. Bridgina and I decided to take a walk down memory lane and talk about some of her favorite memories and what she loves most about this day. When I first asked her what her favorite part about St. Patrick's Day was she said, "when I would go to the Southie parade with my Grandmother." Bridgina's Grandmother was from County Cork and arrived in the US at Ellis Island. This of course means, she brought over traditions and her love for the Irish culture which sparked Bridgina's passion for the holiday. One of her favorite memories is, "going to my Grandmother's where there would always be Irish music playing and green Jell-O!" She also recalls on the morning of St. Patrick's Day they would sit around the table, light a candle, and say a few prayers. When I asked what her favorite memory was she said, "When I went to Ireland for St. Patrick's Day, we went to the Mayor's Ball, the parade, and we visited Cork, where my Grandmother was from." This memory is special to her and she holds it dear to her heart. Her passion only grew stronger from there and she still enjoys soda bread, Irish step dancing, and having a boiled dinner.

In honor of this Irish holiday, Goddard House will be hosting a special Happy Hour on St. Patrick's Day, Thursday, March 17th at 4:00pm to celebrate! We welcome all, the Irish and non-Irish alike, to join us in these festivities. Don't forget to wear your green and bring your best brogue!



Resident Bridgina, age 5.



St. Patrick's Day Parade in South Boston, 2013.

Enjoy this variation of the classic soda bread!

**Submitted by
Jenna Henning**

Irish Soda Bread

Ingredients:

- 8 ounces wheat flour
- 8 ounces self-rising flour
- 10-14 fluid ounces unsweetened yogurt
- 1 tablespoon olive oil
- 1 tablespoon honey
- 1 teaspoon bicarbonate of soda
- 1/2 teaspoon baking soda
- 1 pinch salt



Preparation:

1. Grease and flour a 8" cake tin, Preheat oven to 375°F
2. Sieve self-rising flour with bicarbonate of soda, baking powder and salt into a large bowl. Add the wheat flour to the bowl (no need to sieve).
3. In a jug mix the yogurt, honey and olive oil then pour onto the flour mixtures in the bowl.
4. Stir with a wooden spoon until well mixed and a soft sticky dough is formed.
5. Flour a surface for kneading and knead lightly (20 turns max). Form into a round shape, this does not have to fit the tin as it will spread while cooking
6. Transfer to the floured cake tin and with a knife cut a cross across the top and place in the oven for 45 minutes.
7. Eat when cool with just real butter or your favorite topping. Enjoy!

Tell Us Your Gardening or Farm Story

By Ginny Mazur

Why? What are we doing? As a kickoff for our 2016 spring gardening season with Green City Growers and as part of our planned presentation about the Goddard House farm program in Washington D.C. this fall to the National Center for Creative Aging, we are creating a display in the traditional country kitchen “nook” of short gardening and farming stories with photos and pictures from everyone who wants to participate.

Who can participate? You! Any Goddard House resident, staff, family member or friend.

When: We will be collecting stories in March and early April.

What? Tell us a story about a specific garden or experience that was/is meaningful to you and connected you to the natural world.

The Interview: We'll collect short statements of 2-3 paragraphs. One typed page including the photo. Plan for 5-10 minutes to tell your story.

Pictures/Photos: Send or give us a photo of yourself at any age or of the location or a plant, fruit, vegetable or person related to your story.

How? See Jenna Henning, Alice Tilton or Ginny Mazur. Program staff and Lesley University interns, Natalia and Daniela may ask you to share your garden story! It's easy! On the next page you'll find an example of a story offered by Lesley art therapy graduate student Daniela Hyacinthe.



Farmer John and Olmsted resident Nelia harvesting fresh produce.



Lorraine and Arthur working in the garden beds with Jessie of Green City Growers in 2014.

One Sunny Day (Sample of a Garden/Farm Story)

By Daniela Hyacinthe

The details of the day still stand out in my mind. The leaves were at their colorful October peak and the sun shined warm to make for one of those “it’s still summer!” experiences to the delight of us all. I’m a city girl but I’ve loved apple picking ever since I was a kid and have gone just about every autumn of my life. The 2014 trip was to have special importance, but only in hindsight.

My boyfriend Will, Will’s mom Jamie and a group of friends headed out to Honeypot Hill Farm in Stow, MA. It’s a great place! I highly recommend it if you haven’t been. There’s apple picking, a farm stand, cider donuts and all kinds of farm animals that you can visit. I feel so peaceful and at ease out there at the farm, away from the city. We all reveled in the fun and beauty of the experience.

With 50 or so apples in tow, we headed home to Quincy. I made a favorite, apple crisp, with my share. It was great! It’s wonderful to bring the farm back into your own kitchen.

Jamie discovered shortly afterwards that she was very sick. It was a shock to everyone. Jamie died just several months later in the spring of 2015. Somehow the vibrant memory of that special day helped us get through the loss of her in our lives. We treasure that perfect, sunny day at the farm, all the more.



Barrels of apples at the orchard .



Just one of the many animals you will see.



Featured March Events! Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Jenna Henning at 617-731-8500 ext. 152



St. Patrick's Concert with Lindsay Straw

Tuesday, March 15th at 2:15pm

Lindsay Straw is a singer, guitarist, and Irish bouzouki player who performs traditional songs and tunes from the British Isles. She began to explore Boston's Irish and folk music while studying at Berklee College of Music. We welcome you to join us for her musical performance!



Art Presentation with Richard Baiano

Thursday, March 24th at 10:00am

Richard Baiano is the president and co-owner of Childs Gallery in Boston. Established in 1937 on Newbury Street, in Boston's Back Bay, Child's gallery holds one of the largest inventories of oil paintings, drawings, watercolors, and sculpture in the U.S. Join him for this engaging presentation!



Concert with Brookline Music School

Saturday, March 26th at 7:00pm

Tonight, two Brookline Music School faculty members will perform. Brian Friedland will be on the piano and Laura Grill on vocals. Brian and Laura met as students at the New England Conservatory. They are excited to share their love of jazz standards and classics from the Great American Songbook. Enjoy!

Passes to the Museum of Fine Arts Boston

Thanks to a grant from the Lowell Foundation, the Museum of Fine Arts Boston is again offering free museum passes to Goddard House residents and guests (Two passes per person, please) while the supply lasts. Sign out your pass tickets in the program office.

Please Note: Unused tickets will be credited against our participation to receive tickets for the pass program in the future, so please do not take a pass until you've planned your trip. If you currently have any expired, unused passes, please turn them in to Jenna Henning.



For more information visit: www.goddardhouse.org



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