

The Goddard Times



April 2014 Issue

Join Goddard House as we Welcome Spring with Green City Growers & The Goddard Garden

By Jennifer Bourgoin

On March 31st, residents warmly welcomed Horticultural Specialist Adrienne Wilson from Green City Growers to Goddard House. Green City Growers is a group of trained farmers who partner with schools, businesses, restaurants and assisted livings to foster successful gardens in urban spaces. Adrienne will be visiting us every Monday at 11:00am throughout the spring and summer to garden as well as to educate us about successfully growing natural, healthy food. We will be working in small groups with Adrienne, a farmer at heart, to grow produce, venture outdoors, and empower all of us to eat healthier foods.



Angela, Nancy, & Adrienne prepping spinach seeds to be planted and watered

Our first meeting with Adrienne took place on a rainy, cold morning, so we stayed indoors to get an

introduction to Green City Growers and begin some indoor planting. Green City Growers plants a variety of organic produce, including tomatoes, cucumbers, eggplants, kale, spinach, basil, lettuce and much more. Residents discussed what they would like to plant in our garden, with radishes, tomatoes and cucumbers being the most popular options. When the weather gets warmer, residents will gather outside to plant and tend to the produce in the raised vegetable beds, located outside of the dining room. We will take turns watering and tending to produce, with Adrienne coming in once a week to assure the success of the garden.

During our first meeting together, Adrienne demonstrated how to dig a shallow hole in a soil box, using a pencil eraser to easily measure the appropriate depth of each hole.

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Green City Growers (Continued from Page 1)

Over the course of an hour, residents filled 300 holes with spinach and scallion seeds. Once it's time to harvest the produce, we will bring the crops straight to the Goddard House kitchen so they can be incorporated into our meals. Our produce will be healthy and organic because we will never use pesticides.

Residents had a wonderful time getting their hands dirty and planting many seeds. We look forward to our next few sessions when we will be able to plant outside. Please join us for our next gardening meeting on Monday at 11:00am in the library!



Introducing the new Traditional Program Director, Jennifer Bourgoin:

Welcome Jennifer to your new post at Goddard House!

Tell us a little bit about yourself: Where are you from, what do you like to do, and what are some of your hobbies?

I'm originally from centrally located Manchester, Maine, but I have been living in Massachusetts for the past six years. I really love anything that has to do with the outdoors, whether it's bird watching, gardening or just taking a walk through a new environment. I'm thrilled that spring is approaching, since it means we will be able to do more outdoor programs in the warm weather!



What do you think you'll bring to the table to add to our programs at Goddard House?

I am passionate about volunteerism, which is something I'm hoping to foster at Goddard House. I feel very fortunate that I was provided with so many resources and guidance growing up, so now I feel a duty to give back to my community. I'm hoping that as a community we will be able to get more involved in volunteering in Brookline and Boston.

What are you most excited about while making the transition into this new position?

I am most excited to get to know our residents better! I have had the privilege of meeting some of our families while I was working as the Marketing Assistant with Lance and as the Program Assistant in Olmsted, but there are so many other residents whom I have yet to meet. I can't wait to join our residents in programs and to make some new friends!

Is there an older person in your life who has inspired you on your path?

I am lucky to have an amazing grandmother who has always supported me, looked out for me, and brought me a lot of happiness. My Nana and my mother have both shown me what it means to be thoughtful, caring and laid-back. My relationship with both of them has definitely inspired me to work with older adults.



Olmsted Family Socials

By Cindy Allard

There was a very positive response to our first Olmsted Family Gathering to socialize and welcome family members of folks who are new residents in Olmsted Place. Traditionally, Olmsted family members have attended a monthly Family Forum on Tuesday evenings. Family members decided at our April forum to change this schedule and to change the format.



Moving forward the meeting night and time will change to the first Thursday of the each month at 6:30 – 7:30 pm. The family members decided to also change the focus of the meetings, so that the meetings will alternate between the family forum or a social wine & cheeses gathering.

The meetings will alternate each month and beginning in May will be a family social gathering. We hope to see you there!

By Ken Yarvitz, Food Services Director

Lemon Bars

Ingredients:

- 1¼ cups all purpose flour
- ⅓ cup confectioner's sugar
- ⅓ cup butter
- 1¼ cup white sugar
- ¼ cup all purpose flour
- ½ teaspoon baking powder
- 3 large eggs
- ⅓ cup lemon juice
- 1 tablespoon lemon zest
- ½ cup confectioner's sugar for decoration

Preparation:

- Preheat oven to 350 degrees. To make bottom layer: mix 1¼ cups of flour and first listed confectioner's sugar.
- Melt butter and stir into flour mixture. Press flat and even into an 8X8 baking dish. Bake for 20 minutes. While baking, make the top layer: mix sugar, remaining flour, and the baking powder.
- Beat eggs and add to the mixture, stirring well. Add lemon juice and lemon zest, mix again. Pour over bottom layer; bake at 350 for 20 to 25 minutes. Cool a little, cut into squares while warm; dust with confectioner's sugar and garnish with whipped cream and berries.



We ask that residents' families, friends and community guests RSVP
by calling Jennifer Bourgoin at 617-731-8500 ext. 152



**Live Music with Harvard's
MIHNUET Group!**

Saturday, April 12th at 3:30pm

"Medicine heals the body, music heals the soul." Join us to welcome the 2017 MIHNUET class to Goddard House. MIHNUET is a public service program comprised of students who perform live music in nursing homes, assisted living communities and hospitals.



Brian Corcoran's Memories in Music

Sunday, April 13th at 3:30PM

For over 30+ years Brian Corcoran has been entertaining audiences of all ages. He got his professional start performing Irish music in Irish pubs, night clubs and concert halls throughout the United States, Ireland and Canada. Be sure not to miss his newest show, "Memories in Music" comprised of songs from the Greatest Generation.



The Boston Conservatory Cabaret

Tuesday, April 29th at 3:00pm

Catch the Cabaret!
This eleven-student ensemble performs a variety of well-known show tunes, pop and classical songs in the Greater Boston area community. They encourage singing along throughout the performance, so warm up your vocal chords for them and be sure not to miss this group!

Goddard House Spring Holiday Updates

Tuesday, April 15th at 11:30am we will be hosting a Passover Seder and Program with Rabbi Julie Wolkoff. Families are welcome to join residents and staff as we enjoy a Passover Seder Luncheon. If you will be joining us and have Seder plates for your family, please bring them with you!

Sunday, April 20th at 12:30pm we welcome residents, families and friends to celebrate Easter Sunday with a beautiful Easter Dinner in the Goddard House dining room.

If you will be joining us for either of these meals, please **RSVP** to your Program Director. For Traditional Residents please reach Jennifer Bourgoin at jbourgoin@goddardhouse.org or at 617-731-8500 x152 & for Olmsted Place please reach Cindy Allard at callard@goddardhouse.org or at 617-731-8500 x103 by Thursday, April 10th. Please let us know your holiday plans!

For more information visit: www.goddardhouse.org



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