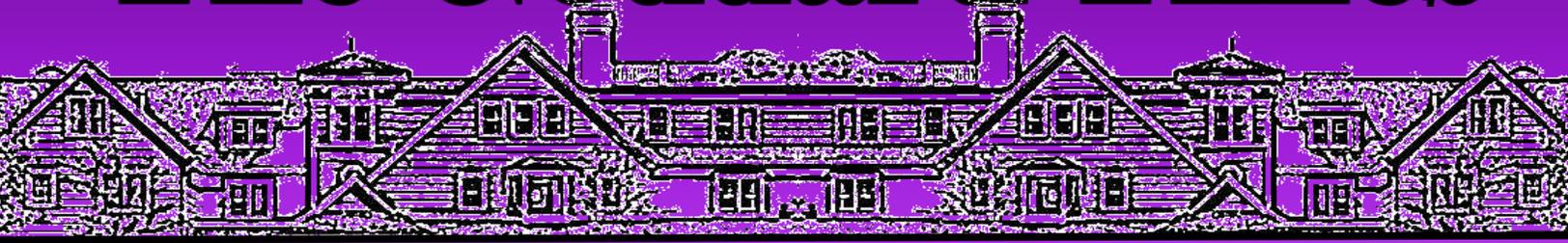


The Goddard Times



April 2016 Issue

Crosswalk Advocacy—A Conversation with Adele

By Ginny Mazur

Ginny: Adele, you've been working persistently as an advocate for all of us to be able to cross safely in our neighborhood, particularly around the corner on Pond Ave. at the Jamaica Plain/Brookline town line. It's from there that one can access Olmsted Park in Brookline and Jamaica Pond, both with lovely greenspaces. Your determination inspired me, Marie Curcio and others to get involved too. How did this start?

Adele: My son wanted to take a walk around Jamaica Pond with me and show me how close to Goddard House he lives. But crossing to get there with him was terrible on the Boston side. Based on

the route we took, I couldn't

imagine walking there myself. I began sending petitions to the City and attended a hearing with Marie on the issue of crosswalk safety which was well attended. Then you mentioned there was another route in Brookline where you could cross on Pond Ave.

Ginny: Right. Thanks to you, we were able to set up a meeting with the community service team of the Brookline Police, who heard our concern. They walked over to Pond Ave. with me to view the problem areas: a cracked, uneven sidewalk, the need for more pedestrian crossing signage and our feeling that there was a need to highlight crosswalk visibility. It was encouraging that we were taken seriously, right?

Adele: Yes, and I understand that the Town of Brookline responded quickly to repair the sidewalk and place signage so that it's now in both directions/sides of the crosswalks all along Pond Ave. (see before & after photos) That's impressive progress!



Resident Adele (pictured center) stands with Marie Curcio, Resident Support Services Director, (pictured left) and Ginny Mazur, Community Partnership Director (pictured right).

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Crosswalk Advocacy (Continued from Page 1)

Ginny: We'd like to see a marker right in the crosswalk to highlight it to cars, but we're not sure this can be done at a raised crosswalk. We may have to attend another hearing. It was wonderful, though, for the Town to take action based on your concerns. It makes me wonder if you've done advocacy work before?

Adele: In some ways, yes, I've been an advocate. I'm a social worker. I was involved in getting a senior center built in my town, Litchfield, CT. They didn't have one at all. I was in my 50s and 60s and it became natural to consider the welfare of others, in this case, including myself, as I started to wonder what I could do to make life as interesting as possible for older adults. Today the Litchfield Community Center is a vital part of the community there – and, it's intergenerational!

Ginny: You're an astute observer who looks at situations from many angles and from a need for inclusivity. The young man pushing the baby carriage in the photo? He needs that safe crosswalk as much as we do! And, by the way, there's a crossing sign on the left side of the street there now. Thanks for your determination and your advocacy!



Pond Street before Adele's advocacy.
(Direction: headed away from Goddard)



Pond Street after the 2nd pedestrian marker was added.
(Direction: headed towards Goddard!)

Introducing Traditional Program Director Kristina Lessard

By Michaela Barrows

Goddard House has added a new member to the family! As of late March, Kristina Lessard has taken over the position of Traditional Program Director. Kristina attended Fordham University and graduated with a Bachelor's degree in Music, then completed graduate school at Lesley University where she acquired a degree in Clinical Mental Health Counseling and Music Therapy. Kristina comes to Goddard House after spending three years at Newbridge on the Charles in the Programming department. She is thrilled to take on her new position as Program Director and has a variety of fresh ideas to add to the programming schedule.

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Kristina was born on April 6th and was the first of four children for David and Karen Lessard. She grew up in a little charming town by the ocean, Winthrop, MA. Her dad had an extensive career on the Winthrop Police Force and her mother was a homemaker for all four children. Kristina is a proud older sister to her two brothers and one sister. Some of her fondest memories involve the many family vacations they went on together. Not only did she spend summer days at her home town beach in Winthrop, but also enjoyed spring road trips to Florida and weekends on her dad's boat. Kristina's favorite vacation was one she took to Paris with her junior high school class and her dad as chaperone. Kristina also loves taking her favorite four legged friend, Keisha, for walks. Keisha is a 14 year old German Shepard, Chow and Keeshond mix. Can you guess where they got the name Keisha from?



Kristina admires resident Isabelle's beading.

When talking to Kristina about her future and what she plans to bring to Goddard House, the ideas kept coming. She hopes to create more cooking and baking programs, as well as add to the number of trips. I mentioned the trip we took to Scullers Jazz Club and how fond the residents were of it. She was sure to write that one down! Something I found interesting about Kristina was that she initially started at Fordham University as a pre-med student. She quickly learned that was not where she was supposed to be and consulted with her college advisor. She was then encouraged to decide on something she loved to do and she chose music. When I asked her what she was most excited for in her new role as Program Director she replied, "Getting to know the residents and having the freedom to explore new programming opportunities."

A Welcome Social will be held on Thursday, April 7th from 5:00-6:30pm in the Living Room. Refreshments will be served. Please join us in welcoming Kristina to her new role!

Join us for the third annual Goddard House Passover Seder luncheon!



We would like to extend an invitation to residents and their guests for a Seder luncheon in honor of Passover on Friday, April 22nd at 11:15am. Roberta Gross-Torres will begin the Seder with a service and a traditional meal will follow. If you are interested in attending, please RSVP by Tuesday, April 19th to Traditional Program Director Kristina Lessard by calling (617) 731-8500 ext. 110 or emailing klessard@goddardhouse.org.

Helping Our Residents Find Meaning in Each Day: An Interview with Jessica Strout

By Lance Chapman

Jessica Strout grew up near the Jersey Shore. She loved living near the seashore and all the benefits of being close to the ocean. When Jessica came to Boston to attend Emmanuel College, she was ready for a taste of life in the big city while still not being far from the ocean she loved. At Emmanuel College, Jessica earned a degree in counseling Psychology, graduating in 2015. While earning her degree she also participated in the *Alternative Spring Break* programs that have gained popularity on some college campuses. College students seeking to make a difference with their free time can choose to spend a week serving in an impoverished area of the United States over the fun and sun of Florida beaches. Jessica went to New Orleans in 2012 to serve the residents there. She's now begun her search for ways to use her education and passion to make the greatest possible impact on people's lives.



Jessica with Olmsted residents.

Jessica, one of four children, comes from a family of helpers. Her mother was her greatest role model, helping out in the local school system and local child care center. Her father, also a great parent and role model with a strong work ethic, made a career as a conductor on the New Jersey Transit System. She has two older sisters and a younger brother. Her sister Kelsy, also in a "helping profession," works with developmentally disabled adults, and has recently returned from a mission trip to an orphanage in Guatemala.



Jessica has been working here at Goddard House for six months as a Program Specialist on the Olmsted Place Memory Neighborhood. When inquiring as to the origins of Jessica's passion for the work she does with our residents who have memory loss, Jessica recounted stories of both her grandmothers and their personal struggles with Alzheimer's disease. As a young teen Jessica witnessed the devastation of this illness and its profound effects on her family. When she saw the Program Specialist position advertised last year she saw it as an opportunity to contribute to the mission of Goddard House by caring for others' parents and grandparents dealing with this disease.

I asked Jessica what it is that she hopes to offer the residents when she comes to work daily. She began to talk about the concept of helping residents find meaning in each day. She enjoys the opportunities within each group activity to help facilitate moments of happiness and success for our residents. One of her favorite activities is leading residents in songs familiar to them from their youth. As she leads groups with her

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guitar, Jessica finds that residents who may have trouble talking or participating in other types of activities will be able to sing along. Lyrics of favorite old songs are stored in a part of the brain that still retains musical memories. She has found that the music will often bring up pleasant associations and trigger other meaningful memories from a resident's life. Similarly, art can bring meaning to people's lives. Jessica explained that the act of creating a piece of art can be both relaxing and therapeutic, as well as offering the additional reward of leaving with an end product that a person can hold and touch and talk about---this brings meaning.

I asked Jessica more about what she brings to her position here and where some of her motivations originate. Jessica was soon telling me that because she was born premature (2lbs, 2oz) her parents gave her the middle name of Hope. She truly identifies with the words Faith and Hope and believes that, "We really only have each other in life - we're all in this together." I closed our interview with a final question about how she feels working at Goddard House. "I like the wisdom I see and feel here at Goddard House. It's a place rich and strong with the stories of people's lives and I love being part of that."

Hummingbird Cake

Submitted by Executive
Chef

Ingredients:

- 3 cups all-purpose flour
- 3 large eggs, beaten
- 1 1/2 cup vegetable oil
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 1/2 teaspoon vanilla extract
- 2 cups sugar
- 1 teaspoon salt
- 1 cup chopped pecans
- 2 cups chopped bananas



Preparation:

1. Preheat oven to 350°F. Whisk together flour, sugar, salt, baking soda, and ground cinnamon in a large bowl; add eggs and oil, stirring until dry ingredients are moistened. Stir in vanilla, pineapple, bananas, and 1 cup chopped pecans. Spoon batter into 3 well-greased and floured 9-inch round cake pans.
2. Bake at 350°F for 25-30 minutes. Cool cake layers in pans for 10 minutes; remove from pans to wire racks, and cool completely (about 1 hour).
3. Place one cake layer on serving platter. Spread 1 cup Cream Cheese Frosting over cake layer. Top with second layer, and spread 1 cup frosting over cake layer. Top with third cake layer, and spread top and sides of cakes with remaining frosting. Arrange toasted pecan halves in a circular pattern over top of cake.

Spring has Sprung at Goddard House

By Alice Tilton



As the weather has been warming up, Olmsted residents have been getting out to enjoy our lovely outdoor spaces. After worrying all winter about the chickens (don't worry—they were fine in there!), second floor residents walked down to visit their feathered friends in person.



It's still jacket weather out there, but we are looking forward to being out in short sleeves in another couple of months!



Music therapist Angela Schroder-Dill took advantage of a sunny afternoon to lead a music group on the Olmsted patio.

Brookline Open Studios at Goddard House

By Jenna Henning

Goddard House is pleased to announce that one of our own residents, Musia Watkin, is a participant in Brookline Open Studios. Open Studios is a town-wide, annual event at the end of April where artists open their homes and studios and businesses serve as “pop up” galleries for exhibits. Goddard House will open its doors to the public to view Musia’s art work in our gallery throughout the entire month of April* and we’ll host a special reception with Musia early in the month.



An acrylic painting created by Musia

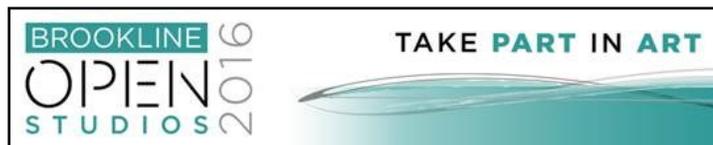
Reception with Goddard House Artist Musia Watkin:

When: Saturday, April 9th, 2016 from 3-5pm

Where: Goddard House Assisted Living
165 Chestnut Street Brookline, MA 02445

To learn more about Musia and other participating artists visit:
<http://www.brooklineopenstudios.com>

**This exhibition continues through Brookline Open Studios Saturday and Sunday, April 30th and May 1st, 11am-5pm.*



Featured April Events! Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Kristina Lessard at 617-731-8500 ext. 110



**"Boston Burbs" Presentation
with Michael Perry**

Thursday, April 7th at 11:00am

Come explore the towns surrounding Boston with Michael Perry! We will explore many of the natural wonders and historic venues that make the greater Boston suburbs such a special place to live. Join him for this engaging and informative visual journey through the Boston burbs!



**"The Language of Flowers"
Storytelling and Music with
Diane Edgecomb**

Thursday, April 14th at 7:00pm

In this enchanting performance master storyteller Diane brings to life the legends that surround favorite garden flowers revealing the deep meaning different cultures have found in them. The performance has Margot Chamberlain accompanying on the harp throughout. Enjoy!



**Concert with
Piatigorsky Foundation**

Friday, April 22nd at 2:30pm

The Piatigorsky Foundation is dedicated to bringing live classical music to communities across the United States. Today's featured performer will be Mexican tenor Rodrigo Garciarroyo who will sing songs from around the world with a piano accompanist. We hope you join us for this special show!



May is Older Americans Month!

Join us in May to celebrate Older Americans Month at Goddard House. We'll be host to a number of leaders in our field of eldercare and other special guests. Stay tuned!

For more information visit: www.goddardhouse.org



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