

# the Goddard Times



## What They Had to Say... about the OMA Art Exhibit and Artists' Reception

by Ginny Mazur

Gallery M at Goddard House hosted over fifty guests in March at a reception for the Olmsted Place artists who participated in our pilot session of Opening Minds through Art. Artists Bernice, Trish, D.P. and Fay were honored as 30 pieces of their art was exhibited.

"This inspiring, moving, uplifting event shows that all is possible!"

-Clementine, Goddard House Resident

"What a lovely and powerful way to spend a Saturday afternoon. Visiting the art opening and reception at Goddard House was incredibly moving experience. The art was beautiful and the artists exceptional."

- Chobee Hoy, Community Guest

"We thought the show was exceptional, not only for the very colorful artwork, but the fact the four artists were so proud of their accomplishments. This is one example of how Goddard House "thinks out of the box" to create unique and worthwhile programs for its residents and their families and friends!"

- Art Kanter, Artist's relative



The Artists with Program Certificates



Sample shots of gallery artwork by the OMA artists on exhibit

"This is over-the-top wonderful!"

- Bernice, OMA Artist

"It's so nice to see these artists' work recognized by the whole community."

- Jennifer Miller, Lesley University Expressive Therapy Intern/OMA Assistant

"The reception made clear to all, the sheer caliber of not only the creative, stunning and complex artwork, but the caliber of heart and love that these talented individuals have to share with one another and us."

- Sarina Van Zyl, Lesley University Expressive Therapy Intern/OMA Assistant

View the OMA reception video produced by Claire Tran and Monique Avila for Brookline Interactive Group at: <https://www.youtube.com/watch?v=eGueDUUKdz0>



*Artists with Sarina and Jen*



*Artists Fay & Bernice (c) with family and friends*



*Artists in the Studio*

## **Meet Derrick Lacasse – Bringing People Together Through Music**

*By Lance Chapman*

Derrick Lacasse, who is originally from Maine and has an undergraduate degree in Music Education, is in his first-year of a Master's Degree internship through Lesley College. He is here at Goddard House, working closely with our Residents and staff. Recently, I met with Derrick who agreed to do an interview for our newsletter. Derrick's primary instrument is voice but he has adapted to using both piano and guitar in his studies. As a musician myself, I wanted to know more about this new field of Music Therapy and how Derrick found this path and what he hopes to do with this in the future.

### ***What were some of the experiences in your life that led you to pursue Music Therapy as a career?***

I loved music education and teaching music was rewarding but I had a sense that I wanted to have a deeper impact on others. Music therapy was a field I was exposed to during my time as an undergrad and it seemed like a good way to accomplish those goals. I was introduced to how impactful music therapy is with some children with special needs such as Autism and how it created a channel of expression for them.

### ***What would describe the goal or purpose of Music Therapy?***

I think there are several important goals that can be accomplished. To create community and bonds between people and to facilitate socialization for segments of our population that may be challenged in these areas. I also see Music Therapy offer an outlet for self-expression and a way to process their feelings.

### ***Can you explain what happens during a music therapy session for us?***

There is a therapeutic effect that music has on most people. There is an energy that gets developed that helps create a feeling of connection in the room between everyone. There is an improvisational quality in the moment that allows us to respond to each other and can change what happens next. The therapeutic effect can sometimes be described as a calmness that comes over people. I believe it may be the result of the expression that music allows people to experience. There's also a cohesion

group of Olmsted residents was hanging to showcase the wonderful work being done through that occurs in a group. People seem to notice each other and notice themselves more than they did before the music began.

***In your classes at Lesley College, how do your professors talk about these therapeutic effects music is having on people?***

At school we talk about how music can often take people into a slightly different state of consciousness. We've learned how listening to and playing music can shut down the judgemental parts of our brain so that we can more instinctively act and react to what's happening around us. We learn to facilitate this experience for people either in groups or in one on one sessions. At Lesley College, one of the most effective ways of teaching this is to allow students to experience this therapeutic effects first-hand, in the classroom.



*Photo of Derrick Lacasse and Sally Harrison from Lesley College Music Therapy Program*

***Tell us some of your professional goals? How do you see yourself applying this expertise in the future?***

Well, I have two more years to go in my studies and one more internship which I am looking forward to. After graduation I am not exactly sure where this will take me but I do see myself working in a private practice helping people in one on one environments. This could be with children with special needs, elderly people or just anyone suffering with anxiety or depression.

***Derrick tell us some final thoughts you want to leave our readers with.***

Music has helped me so much in my life. It has allowed me to find special ways to express myself and help me process many of my own feelings. I hope to use my expertise to have that deeper impact on others. Music can truly give people another language to use to release their feelings and enjoy connection with others.

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## **Godd-ART House: Exploring the Artistic Interests of Our Residents**

*by Kristina Lessard*

Goddard House's Traditional and Olmsted residents alike are some of the most well-rounded, interesting people I've ever had the privilege of meeting. As Program Director, I encounter many residents with a rich variety of interests, a lot of which include different artistic endeavors. As a music therapist, I would like to take this opportunity to highlight the wonderful art programs that take place here at Goddard.

One of the first things people see as they walk through the front doors of Goddard House is the lovely Gallery M filled with works by local artists. The exhibit changes each month, and we've had the pleasure of gazing upon beautiful abstracts, landscapes, and photographs over the past few years. Residents get to meet the artists, ask questions about the art, and engage in discussion about the beautiful works that fill our walls. We've even had some of our own residents exhibit their work! During the month of March, pieces by a group of Olmsted residents was hanging to showcase the wonderful work being done through the Opening Minds Through Art (OMA) project. Other visual art programs





*Residents from both Olmsted and Traditional enjoy a drum circle led by Cornell Coley*

include a weekly Open Arts Studio with local artist Nancy Marks, a monthly crafting project with Earthly Arts owner Cindy Scheff, and a great many opportunities to take part in art projects with our expressive therapy interns from Lesley University, as well as with our full-time and per-diem expressive arts therapists on staff.

Here at Goddard House, we also hold a wide variety of musical performances each month. Each Sunday, residents enjoy a concert in our lovely Palm Court, and we usually have an additional weeknight concert every 2-3 weeks. Our performers consist of local musicians, as well as regionally and nationally recognized performers on tour! We have a special summer concert series, Cookin' Up Jazz,

which brings residents, families, and community members together for a lovely summer evening once a week. This year, we're inviting Cornell Coley to visit four times and facilitate a drum circle for residents and staff, the first of which we enjoyed last week. Additionally, we have so many talented young musicians in the community who offer their talents in volunteer concerts for Goddard residents, whether for a bat mitzvah project, preparation for a big concert, or just for fun!

To complement our art programs, Goddard House also incorporates expressive arts therapy programs into the community and culture. We are lucky to have two dance/movement therapists and two music therapists visit weekly, and engage residents in different kinds of programs. Olmsted residents enjoy dance and music therapy groups such as Music and Movement and Making Music, and Traditional residents enjoy Tap Class and Music Appreciation. We have interns from Lesley University and Berklee, who engage residents in a myriad of expressive arts therapy programs, sometimes combining different art modalities. These internship programs and the support of expressive arts therapists help make a lot of what we do here at Goddard possible!

In addition to bringing art programs into Goddard, residents also take monthly or bi-monthly trips to the Museum of Fine Arts, as well as other museums in the area. This past year has brought us to the Peabody Essex Museum and the Museum of Bad Art, to name just a few! We also enjoy regular trips to both the A.R.T. in Cambridge, and have attended the Boston Ballet three times over the last nine months.

Whatever a person's preference, or however they feel they'd like to express themselves artistically, odds are they can find it somewhere in our programming! *(Please feel free to reach out for more information regarding any of the programs listed above! [klessard@goddardhouse.org](mailto:klessard@goddardhouse.org))*



*Charlotte focuses on her painting*



*(From left) Katharine, Bill, and Arlane enjoy some art-making!*

## Open Arts and Open Hearts

*By Kristina Lessard*

For the past three and a half years, residents at Goddard House have had an opportunity to express their creativity through our weekly Open Arts Studio, which takes place on Thursday afternoons in our Country Kitchen. Led by local artist Nancy Marks, residents are encouraged to explore their artistic talents each week. Whether they have been a professional artist their whole life, engage in art occasionally as a hobby, or are picking up a paintbrush for the first time, residents of all skill levels have a place in the studio.

For first time attendees, Nancy begins by offering them a palette of paint and then walking them through the development of their artistic vision. Some come with a vision already in their minds that they wish to create, and others take inspiration from the numerous books of fine art we have available. Residents have built a cumulative portfolio of landscapes and representational images, while a few renegades lean toward more abstract expressionism. Last summer, the group's

artwork decorated the walls of the nearby Brick Wall Kitchen for a month, showcasing to the community the creativity that we so strongly value here at Goddard House.

With a solid weekly attendance of 8-12 people, it is certainly one of our most consistent programs. Some utilize the group as a means to learn more about art, others see it as an opportunity to try something new, and still others see it as an outlet to express their natural artistic abilities. Arlene W., a regular attendee, stated that Open Arts Studio "has re-stimulated my own artistic abilities that I almost forgot I had!"

Although painting has been the primary artistic medium for the majority of the program's tenure, residents have also had an opportunity to explore other artistic media, including collaging and ceramics, so there is something for every artistic taste! Residents are currently working with clay, building pinch pots and mobiles. There has also been interest expressed in exploring photography, which is another medium Nancy feels she could include in the studio.

Open Arts Studio provides an opportunity for residents to open their minds and hearts to new experiences and beautiful art. It helps some people re-discover parts of themselves, and helps



*Peggy shows off her clay creation*

other discover an artistic talent for the first time. Nancy described her own experience, and expressed the joy she gets from leading this program every week: "It provides a physical space where people can come regardless of the emotional space they are in. It offers them a chance to be with themselves and process their feelings, or to take their minds off of their feelings and focus on other things colors and form. I've seen people grow and develop a talent that they can be proud of."

## *The Reunion Project: "Then I was... Now I am..."*



Portraits by: Lora Brody

**Starting April 3, 2017**

Please join us for two upcoming Exhibits at  
Goddard House and Brookline Senior Center



**Gallery M, Goddard House**

163 Chesnut St Brookline MA 02445

Lobby Gallery: 8:30 - 6pm daily

**Reception & Talk:** April 29th & 30th, 2pm

**Exhibit:** April 3 - May 31, 2017

**Gallery 93**

**Gallery 93, Brookline Senior Center**

93 Winchester St Brookline, MA 02446

Gallery Hours: M-F 8:30 - 5pm

**Reception & Talk:** April 20th, 6-8pm

**Exhibit:** April 3 - June 29, 2017

[www.TheReunionProject.org/exhibit](http://www.TheReunionProject.org/exhibit)

Goddard House is delighted to be a sponsor of Brookline's town-wide exhibition of *The Reunion Project* during April and May. Project Creator, Artist Lora Brody will hold a special program for Goddard House participants on **Wednesday, April 5th at 3:00 p.m.** to present each with the "now" photographic portraits she took of them and to discuss the project.

### ***A Word from the Artist...***

*"The Reunion Project is a unique multi-faceted program that combines portrait photography and the written word to give senior women an opportunity to reflect on their lives, who they were as teenagers and who they are now. The goal of the Project is to give my subjects an opportunity to look back on their lives, to have a reunion with their teenage selves, while giving them a voice to share decades of acquired wisdom with younger generations."*

**-Lora Brody, professional photographer and creator of the Reunion Project**



## **Berklee's Bailey Brings More Music Therapy to Goddard!**

*By Kristina Lessard*

Leeann Bailey is an intern from Berklee who has completed her coursework in music therapy, and is now gaining real-world experience with residents here at Goddard House. Leeann spent most of her life in New York City, growing up in Brooklyn and then living in Manhattan for many years before getting married. Prior to this program, Leeann earned her master's in Piano Pedagogy from Southern Methodist University. She has also taught piano lessons for many years! Additionally, she is a visual artist and studied photography at the School of Visual Arts in Manhattan. She has lived in Boston with her husband and teenage daughter for the past five years, but if she could live anywhere in the world she would live in Amsterdam.



*Leeann and Luvenia play the piano*

I got a chance to sit down and ask Leeann about some of her experiences with music, and her hopes for her experience here at Goddard House:

### ***What is one thing that attracted you to the field of Music Therapy?***

One of the main reasons that I am interested in music therapy is because it provides a way for me to contribute to the community and utilize some of my musical skills that have long been stagnant. In a group. People seem to notice each other and notice themselves more than they did before the music began. Specifically, I was interested in working with a community like Goddard House because of personal experience of knowing someone with Alzheimer's. I was eager to explore the potential for music to enhance quality of life, and to tap into areas that other art forms might not be able to tap into. Music therapy is also a valid and powerful way to connect with others. It's a language that communicates what words can't express.

### ***What is one lesson you have brought from Berklee to Goddard?***

My training is in piano, and even though piano is a rhythmic instrument I was never privy to the vast possibilities of drumming and percussive musical engagement. For me, the ability to utilize the magic of rhythm is huge here. I can use rhythm to engage individuals and groups, and help to connect people socially through music.

### ***Do you have a favorite band, song, or composer?***

That's a tough question! I have very eclectic musical tastes ranging from Rachmaninov to Bob Marley to Elton John and, most recently, Sara Bareilles.

***What is one hope you have for your time here at Goddard House?*** My one hope for this internship experience is to be able to use music to create a bond with whomever I come in contact with, and to grow with the knowledge and wisdom that I glean from them. One of my favorite things about being here is meeting and learning from all of the residents. I have developed friendships with people, and it's inspiring to learn about everyone's lives and adventures. The residents are wonderful, and I'm really enjoying getting to know them!

Lucky for us, Leeann's internship will last through the summer months, so we can have many more wonderful musical experiences with her!

# Featured upcoming 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 Conservatory Cabaret**

Monday, April 10th | 11:00am

The Conservatory Cabaret is a group of 11 musical theater students from the Boston Conservatory at Berklee. They perform a 45 minute show featuring show tunes and well-known pop and jazz standards. See tomorrow's Broadway stars today!



### **Concert with From the Top** Thursday, April 13th | 7:00pm



**FROM THE TOP**

From the Top is an independent non-profit organization that celebrates the power of music in the hands of extraordinary young people, reaching more than one million people each year. As the preeminent showcase for young musicians, From the Top shines a light on diverse young people ages 8 to 18 by sharing their stories and performances, providing scholarships, and engaging them as leaders in national broadcasts, live concerts and outreach events across the country. These musicians are role models for all ages, proving the value of hard work in the pursuit of excellence. With From the Top's support, they are inspiring and building audiences with a new appreciation for classical music.

### **Concert with Dieter Weslowski** Sunday, April 30th | 3:30pm



Dieter Weslowski is a trained classical musician. He began his vocal training in Pittsburgh, PA under Josephine McGrail, who ran a small opera company. Later, after winning a full music scholarship to Kent State University in Kent, OH, he studied under James Stuart. While in Pittsburgh, he sang in the Third Presbyterian Choir and the Pittsburgh Opera Chorus. In 1998, Dieter began teaching in the Summer Program at the Berklee College of Music. What he has learned about jazz and blues since that time has been nothing short of life altering. He now moves seamlessly through the world of classical vocals as well as the world of jazz and blues songs. He has a particular affinity for blues and gospel music.

**Vol. 5 No. 3 - April 2017**

### **Newsletter Contributors**

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*Where the heart never forgets*

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Visit us online at [www.goddardhouse.org](http://www.goddardhouse.org)