

The Goddard Times



August 2015 Issue

Centenarians Front and Center!

By Ginny Mazur

Goddard House, along with the Brookline Senior Center and other Brookline aging service organizations, sponsored our third, *Party of a Century* honoring area centenarians on July 15th. (Adults age 99 and above qualified to be honored.) Over 120 people attended the festive celebration that drew centenarians along with their families, friends and a bevy of reporters. Goddard House residents, **Muriel Brody** and **Rita Lapointe**, were among those receiving citations for their “wisdom, longevity and vitality”.

The party was, as it's been in the past was full of festivity, amazing accounts of longevity (and to what it's attributed), philosophies on life and aging, along with plenty of humor, sassiness and spunk. While our Town's past centenarian celebrations have drawn speakers like Thomas Perls MD from the New England Centenarian study, this year's Party of a Century offered a markedly distinctive difference.



Muriel Brody

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The Centenarians, themselves, pretty much ran the show. They sang favorite songs, read memoirs about getting one's first iPad at 100 and offered expert advice on how to age well and stay happy for the long run. Front and center, we were no longer saluting them for a long life, well lived in the past tense. They were showing us who they are today - still honing experience and growing - still living hopefully and engaged, right along with the challenges and losses that come with the upper ranks of the human life span.

They helped me to shake off a few more of my own outdated perspectives about old age as I witnessed them step up. They reminded me of aging researcher Margaret Wylde's advice when I heard her speak recently, "...in our culture, when considering the term "old people", we all need to think a little less about the "old: and a lot more about the "people" ...people who wish to have meaningful lives as much as every generation." I thank our Party of a Century honorees for inspiring us and having us think about what we'll all need to have in place to keep "running the show" as well as they did last week.

(Continue to Page 2 for Interesting Centenarian Facts)

Interesting Centenarian Facts

- Susannah Mushatt Jones is the oldest living person in the world at 116 years old and she lives in the US.
- According to the 2010 US Census 53,364 people lived to be 100 or older! 82.8% of those centenarians were women.
- In 1915 things were a bit different than today:
 - A loaf of bread cost: 7cents
 - A dozen of eggs cost: 34cents
 - A quart of milk cost: 9cents
 - A pound of steak cost: 26cents
 - Women did not have the right to vote yet
- The term “supercentenarians” refer to those 110 years of age or older.
- The average life expectancy in 1915 was between 54-56 years of age. Today, it is between 77-80 years of age.
- According to the Guinness Book of World Records, the largest gathering of centenarians is 31 and was achieved by Regency Nursing & Rehabilitation Centers (USA) in Somerset, New Jersey on May 19th, 2013.
- The first phone call was placed by Alexander Graham Bell. Now over two billion people have cellular phones.



Rita Lapointe and her daughter Mary

Brookline's BookBike

By Jenna Henning and Brandon Fisher



Peggy Sevier and Brian Hodgdon

Catching some warm, sunny rays this summer with a great book in hand just got easier thanks to a brand new program sponsored by Friends of the Brookline Public Library called *Brookline BookBike*! This service offers a mobile book checkout and return for anyone living in Brookline including everyone here at 165 Chestnut Street. During the summer months librarian peddles to Goddard House and sets up a temporary circulation desk. Residents are able to sign up for a library card or check out the latest bestseller, all from the comfort of the Goddard House gazebo.

Residents have commented on the ease of the process. “It’s nice for the Library to come to us, instead of us having to take a trip to the library,” remarked resident Zona Fishkin. It’s been a wonderful community bonding program, as well. While the inherent silence of a library doesn’t allow for much conversation, placing the BookBike in the Goddard House Gazebo allows residents a forum for discussing authors and books with one another. The afternoons are filled with discussion over new bestsellers and timeless classics.

Goddard resident Peggy Sevier and BookBike librarian Brian Hodgdon are pictured here discussing Peggy's next book on her summer's reading list: “What the Dog Knows” by Cat Warren. Peggy mentioned, “It's such a wonderful program to have the books brought right to our home and then just as easily return them - how cool is that!”. The Book Bike stops by Goddard house one Monday afternoon a month. The next time you can catch Librarian Brian and his collection of must reads will be Monday, August 10th at 3:00pm!

Goddard House Assisted Living Presents the 2nd Annual

SUMMER JAZZ CONCERT SERIES

165 Chestnut Street | Brookline, MA | www.goddardhouse.org

"Cookin' Up Jazz at Goddard House" 



Thursday, August 6th at 6pm
CLAUDIA ELIAZA

Claudia Eliaza is an exuberant songstress with a fragrantly rich voice that captivates her audience at large. Having performed at the world famous Carnegie Hall, Claudia continues to perform in other prestigious venues such as the Berklee Performance Center. With outstanding success, She has also toured the US and abroad. Claudia's style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin and African rhythms.

Thursday, August 13th at 6pm
LISA YVES

Swinging Jazz in the Evening! Join Lisa Yves on piano, Eric Blindman on violin and Miki Matsuki on drums for swing and jazz hits that will make you want to move and groove. For 30 years, Lisa has performed and recorded jazz standards and her original compositions with exciting collaborators like Harry Connick Jr. and Keith Lockhart.



Thursday, August 20th at 6pm
AFRIKA GENTE

Afrika Gente (pronounced "hen-tay"), featuring Cornell Coley and Curtis Henderson, is an outstanding versatile Latin jazz band, plays thrilling originals AND well-loved hits – Latin jazz, samba, jazz, afro-beat, zouk and soca. They will be playing specialty afrolatin instruments and offering seniors magical music from the golden era!

Thursday, August 27th at 6pm
STAN STRICKLAND

Billed as "Boston's favorite jazzman," Stan Strickland is a talented singer, saxophonist, and flutist. Stan has opened for jazz greats Miles Davis and Sonny Rollins, and has performed in clubs and concert halls around the world, including Symphony Hall, Carnegie Recital Hall and the Kennedy Center. His rich vocals and charismatic persona will have you moving to the groove.

Light Hors D'oeuvres Served

All concerts are from 6:00-8:00pm

Please RSVP one week before the concert you would like to attend:
Jenna Henning, Traditional Program Director
(617) 731-8500 ext. 152 or jhenning@goddardhouse.org



Welcome Social for our New Olmsted Program Director, Alice Tilton
By Brandon Fisher and Lance Chapman

Please join us in welcoming our new Olmsted Program Director, Alice Tilton. Alice first began her career at Goddard House in the role of Program Enrichment Specialist. In that role she exhibited strong skills in working with our residents while showing herself to be a true asset to the Goddard House community.

Recently, in order to utilize our current leadership staff more effectively, a restructuring of some positions created an opening for a new Olmsted Program Director. Alice has been in this new role now for almost two months and is both learning new things and adding her own touches and direction to the programs. Alice will be attending a conference in August by the Alzheimer's Association, during which she will learn not only about more subtle aspects of dementia, but also how to teach staff to work under the habilitation model. The habilitation model, which emphasizes the resident's abilities over their limitations, is the guiding principle when developing programs in Olmsted. Alice's background in working with children with disabilities strengthens her commitment to this "strength based" model.

Alice is excited to build upon the great programs offered on Olmsted. In particular, she is interesting in fostering relationships between residents and providing opportunities for more natural, familiar socialization alongside more structured activities. We want to wish Alice well and offer everyone in the Goddard House community a chance to meet and greet her. Alice's Welcome Social will be August 13th from 4:00-5:00PM in the Olmsted First Floor Dining Room. There will be snacks and refreshments served. Please help us welcome Alice to her new role and come with any questions, suggestions &/or feedback you may have! Have a great week!

Pressed Flower Artwork on Olmsted Place at Goddard House

By Xrista Christopoulos



Lorraine and Marlo with their pressed flower collages

With summer in full bloom, what better way to enjoy than with flower pressing? The backyard in Olmsted is full of lush gardens and beautiful flowers, and the residents love spending time outside. A fun and creative way to bring the flowers inside on overly hot summer days is through creating art with pressed flowers.

This project was a one that incorporated the sense of smell, touch and sight. Everyone was involved, and there was a tangible exhibit of their work for the residents to look back on as a memory of what they accomplished. The success of the program was proven when the residents had the opportunity to collect their own individual flowers and eventually create collage artwork. By reviewing and revisiting the flowers and the process, and utilizing more than one sense, the residents are more likely to remember the experience.

The residents spent the morning outside, collecting the flowers to use for their project later, and several of the residents aided in the pressing of the flowers. Typically, pressing flowers can take a week or two, as the flowers need to dry and lay flat in books. However, to make this project one that lasted for the day, the residents used the microwave as means of pressing flowers – it is a faster and simpler method. Once the flowers were dried and pressed, the residents were able to select flowers to use in creating a collage.

Tables were set up in a row so that residents could sit with each other and work with those around them to create the collages.

Flowers were first placed on the paper to see how everything fit, and then the flowers were glued into place. The room was filled with conversation, laughter, glue, and so many smiles. It was a great group activity, and everyone worked together to create some beautiful art!

Since the project was spread out through an entire day, the residents really connected with the project. The flower collages dried for a couple of hours, and after dinner, we looked at our collages and looked at pictures that were taken throughout the day. We look forward to our next project incorporating what we have in our Goddard House backyard!

Super Scoop Saturdays at Goddard House

August and Labor Day Weekend Flavors to Savor

Saturday August 1 st MAPLE WALNUT	Saturday August 8 th PEANUT BUTTER COOKIES N' CREAM	Saturday August 15 th PISTACHIO
Saturday August 22 nd ROOTBEER FLOAT & VANILLA	Saturday August 29 th RASPBERRY LINZER	Saturday September 5 th BROWNIE BROWNIE BATTER



Peanut Butter
Cookies N' Cream

We hope you enjoyed these weekend treats provided by JP Licks!

Featured August Events!

Please Join Us!

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



**Concert with Paul Doolittle and
Kelsey Gilbert**

Sunday, August 2nd at 3:30pm

Paul Doolittle and Kelsey Gilbert are a voice & acoustic guitar duo focusing on quality songs from the past 60 years, including an emphasis on pop music from the 70's, a little modern country, and spirited pop from the 60's & 80's. Relax to Kelsey's beautiful voice and Paul's guitar riffs with us!



**Goddard House Institute
Presents: Chris Parsons**
Tuesday, August 4th at 3:00pm

Professor Chris Parsons will be presenting for us his latest project on *Cultivating a New France: Knowledge, Empire and Environment in the French Atlantic World, 1600 – 1760*, an expansion and revision of his dissertation completed at the University of Toronto in 2011.



**Summer Jazz Concert Series:
Stan Strickland**
Thursday, August 27th at 6:00pm

Billed as "Boston's favorite jazz man," Stan Strickland is a talented singer, saxophonist, and flutist. Stan has opened for jazz greats Miles Davis and Sonny Rollins. We hope you can join us on the patio and experience Stan's rich vocals and charismatic persona will have you moving to the groove.



Goddard House Updates

**Please see Brandon Fisher in Administration for
free passes to the MFA!**

**These passes are for entry to the
exhibits, while supplies last so don't delay!
Passes are valid through June 30th, 2016**



For more information visit: www.goddardhouse.org



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