

the Goddard Times

The Art of Experience: An Interview with Jennifer Miller

By Ginny Mazur

It's a pleasure to re-welcome Jennifer Miller to her new role as EnrichedLIFE Director at Goddard House Assisted Living. Jen spent the 2016-17 academic year as a graduate art therapy intern, before graduating from Lesley University with a Master's Degree this spring. Jen brings over a decade of management experience to her new post along a background in the arts, world travel and strong connections to family:



Jennifer in South Korea

I was born in Janesville, Wisconsin, 30 miles south of Madison, which was home to the oldest GM assembly plant in the U.S. before it closed in 2009. My family moved to the next town over when I was 6 months old. Milton is a small farming community (dairy, corn and soy) of 4,444 people. As a kid, I experienced tremendous freedom in that I could visit everyone and everywhere in Town on my bike. Milton is historically famous for being the last stop on the underground railroad, where slaves could escape to freedom.

In 1999, my mom, Chris, an occupational therapist and my step-dad, Dennis, a physical therapist were working for a rehab company that was downsizing and they made a big decision to leave and start their own business. Our back porch became their first treatment office and mom began by go to assisted living communities to see rehab clients there. Almost immediately they put me to work as a young teenager – cleaning the office, copying and filing. I loved licking envelopes as a kid! When I turned sixteen, I finally started getting paid and worked up to managing the entire office including coordinating insurance coverage, billing, workflow and human resources in the growing family business. Part of my job was running a crafts group for older adults to re-engage their fine motor skills. I loved it, not knowing that years later, I'd be starting a career, in part, related to that interest.

My motive for working in my early years, was one thing - travel. It quickly became a passion! At the end of high school, my younger sister Theresa and I made a People to People International trip as part of a group of U.S. cultural ambassadors to Europe, visiting France, Austria, Italy and Switzerland. I loved the beauty and history along with the experience of places being “old” where old means 500 or more years. In Switzerland, that sense of “old” blended with a calm and appreciation of nature, on an especially memorable day when Theresa and I rented bikes and road around Lucerne, picnicking by the beautiful Lion Fountain there. After high school, I travelled to Spain, Mexico, Egypt, Turkey, China and South Korea with family with the goal of taking time off from the family business (they were flexible!) every six months to discover more than ten new countries and cultures. I put these experiences to use to develop and co-lead Travel Group at Goddard House over the past year.

I met my husband Tim when I was five years old! His sister and I were in gymnastics together. Our families lived on the same street and spent plenty of time together at practices, becoming good friends. Tim was four years older than me, however, so it wasn't until much later that we really noticed each other. In high school, I learned of a career that sounded inspiring to me, “art therapy”, but I dropped the idea when a high school guidance counselor talked me out of it. After high school, I went on to college at University of Wisconsin-Madison and began undergraduate studies to become an arts educator. Along the way, I became very inspired and challenged by developing my own artistic skills and changed my major to fine arts at UW- Whitewater. There I found an “art hero” in teacher and ceramicist, Charlie Olsen. He made art for the pure love of making it – not for any other reason and inspired his students that way.

Then, Tim and I discovered one another as adults. We started dating when he was working in Texas (I commuted) as an engineer and later I joined him to live in Sacramento, CA. We moved to Boston in 2015 when Tim was hired by the international engineering firm AECOM. I leapt at the opportunity to enroll in the Master's program in Art Therapy at Lesley University in Cambridge and graduated in May, just days before beginning my new job at Goddard House.

Today we live in Lowell, a hip, up and coming community with artists, students and our other family member – Steve, a border collie/lab. You can meet Tim on the fourth Friday of every month when he leads Science Friday at Goddard House at 10 am. Life is amazing in the ways that it can zig zag around and then bring many meaningful experiences back together to work in new ways. It's all part of the adventure!



Tim, Steve and Jennifer

The Rajun Cajun Cookout

On Saturday July 15th Goddard House hosted The Rajun Cajun Cookout. Our Summer Garden drew a crowd of 275 party-goers, some great food, fun with family and a festive New Orleans style Jazz ensemble . The tents were pitched, the grills were hot and the BBQ was on. As you can see from some of our photos the Mardi Gras spirit was evident. Chef Vi and his marvelous culinary team spiced up the menu with BBQ Ribs, jambalaya and a dessert of King cake, a New Orleans style dessert. Traditional BBQ foods were also available for those who preferred them. We look forward to continuing this tradition for many years to come.



What's New in August?

Microbrews with the Manager

Join Lance in the 1st Thursday of each month in the Family Dining Room for a sample of some local Microbrews from 6pm-7pm. Lance will supply a selections of beers and wine for those interested in Goddard House news and conversation.

Coffee with Lance - Our Interim Executive Director

Lance will bring the coffee and pastry. Bring along your ideas, thought comments and conversation. From 8am to 9pm on the 3rd Friday of each month I will be "all ears" and ready to listen.

2017 Goddard House Alzheimer's Walk Team

"We Walk the Walk", Join our fight against Alzheimer's!

North Point Park Cambridge, MA, Sunday, September 25th

Registration: 8:30am · Ceremony: 10:00am · Walk: 10:30am

Growing the Garden at Goddard

Pickle Power!

By Jennifer Miller

This summer, Goddard House has offered a several classes for residents to enjoy our garden spaces, and produce, more fully. The classes include herb potting, pickling, and an heirloom tomato tasting. July was the perfect time to pickle items from our garden!

Residents gravitated toward pickling cucumbers, carrots, beans, and rainbow chard in mason jars, supplied by our fearless teacher and urban farmer, Annie.



Annie brought with her a recipe for a quick-pickling solution, perfect for our summer vegetables. By mixing vinegar, salt, water, and a variety of additional spices and herbs, the vegetables would be ready to eat only after waiting 2 days (best after 2 weeks). After cutting up dill, garlic, and thyme the Country Kitchen smelled like a full-fledged artisan pickling shop and residents were thrilled to have a pickled snack for later in the month. Annie's recipe for pickling can be found below.

How to Make Pickles

1. **Select your vegetable.** It can be anything, as long as it's firm! Cucumbers, kale and chard stems, carrots, string beans, and onions are all good examples. If necessary, break the vegetable into smaller pieces to fit into your pint jar.
2. **Add your herbs and spices.** A couple of sprigs of fresh herbs and a couple teaspoons of dried spices will do well. My favorite recipe is:
 - 2 TSP of salt
 - 2 small cloves garlic, roughly sliced or crushed with the back of a knife
 - 1 ½ TSP black peppercorns
 - 1 ½ TSP whole yellow mustard seed
 - 2 sprigs fresh dill
 - Pinch red pepper flakes (optional)
3. **Add ¼ cup vinegar and ¼ cups water**, or enough so that there is a ½ inch of space between the top of the jar and the level of vinegar. Don't worry if it's not covering the vegetables entirely!
4. **Add 1 tablespoon sugar** if desired.
5. **Wipe** the top of the jar and close the lid. Give it a good **shake**
6. Add a **label** if you'd like!
7. Finished recipe should be placed in the refrigerator for **two weeks before eating**.

Garden to Gourmet

By Jennifer Miller

Our garden continues to be integrated into Goddard House community living as we introduce a new program called Garden to Gourmet. During this time, residents make appetizers or specialty drinks to enjoy with others at our weekly Happy Hour. Our first week utilized our lovely crop of basil in a heat-beating treat. This simple appetizer of watermelon, feta cheese, and basil served on a skewer was presented freshly after creation with overwhelmingly positive feedback from Happy Hour attendees.

Green City Growers has been such a wonderful attribute to Olmsted Place. The residents were able to learn something new and wonderful, pickling! Annie came and showed our residents how to pickle a variety of vegetables including; kale, green beans, and celery. They were elated to work together during such a fun and new activity. This was a wonderful follow up to the time they spent herb potting, last month. And we are looking forward to doing the heirloom tomato tasting in August. We feel very grateful for Green City Growers and everything they have brought to Goddard House and Olmsted Place.



A Call for Nominations! 2017 Vineyard Award for Exemplary Service

By Lance Chapman

Goddard House Assisted Living is seeking nominations for the 2017 Phyllis Vineyard Award for Exemplary Service from residents, families, responsible parties and staff. The Phyllis Vineyard Award for Exemplary Service is a monetary award in the amount of \$500. In 2017, it will be given to two employees demonstrating excellence and commitment in service to Goddard House. It's a wonderful way to acknowledge staff who are making a difference!

You can nominate two people for this award – one from the Resident Care Department and another from Departments other than Resident Care. Please pick up eligibility guidelines and nomination forms at the front desk. Completed nominations are due by Friday, August 18, 2017.



2015 Vineyard award winners Ippy Lapierre and Marvin Gomez with former Goddard House Board of Trustees Vice President, Phyllis Vineyard

What's New in Olmsted?

An Interview with Katie O'Connell, Olmsted Program Director

By Michaela Barrows



So many of us have had the opportunity to get to know Katie O'Connell since she started her career at Goddard House in 2015. She has worn many hats including Van Driver, Program Assistant and Assistant Program Director but now she fills an entirely new role, Olmsted Program Director. I recently had the opportunity to delve a little deeper and get to know another admired Goddard House team member and reintroduce Katie in her new role.

I was born in Boston at Brigham and Women's Hospital on February 2nd 1990. I was raised in Dedham, Massachusetts by my parents Alice and James O'Connell along with my older brother, Eddy. We shared a two family and my grandparents lived on the first floor. Since we lived in the same house and because I was homeschooled until high school due to traveling down to Cape Cod for figure skating, I would spend a lot of time with them. My grandmother and grandfather would often drive me to skating, dance, and any other activity I was involved in! Because we lived together, as I grew older, my family and I ended up taking care of them in their later years. Although, at times, this was difficult,

it gave me a chance to feel as though I really made a difference in their lives. I have always felt like I was meant to take care of people, and they are a huge factor in why I believe this. Because of the impact my grandparents had on me, I am so passionate about caring for older adults. I feel I can use what I learned from caring for them in my work every day.

Over the next year in Olmsted there will be so much to anticipate. First and foremost, I am really enjoying working so closely with the residents. In the past, the positions I have had at Goddard House required me to work either outside of the building for trips or split my time with all 119 residents. Now I not only have my office directly in Olmsted but can focus all my time on 44 residents. I am also thrilled to start two more unique programs in Olmsted, “ConnectedLIFE” & “Grab Your Passport”. Stay tuned for details!

Mindful Aging Course

with Bob Linscott, MTS

3:30 – 5:00pm | Four Thursdays – Starting, August 17th

Explore the positive impact of a mindfulness practice on the aging process through meditation, progressive relaxation, gentle yoga, and other practices. Bob Linscott is trained as Mindfulness-based Stress Reduction faculty instructor in the Stress Reduction Clinic at the Center for Mindfulness at UMASS Medical School. Bob has dedicated most of his career towards issues of diversity and inclusion working with underserved populations. He has been teaching meditation and mindfulness for over 20 years.



*Course is free of charge but you must commit to attend the four sessions.
Spaces are limited.*

Registration is open to Goddard House residents and older adults from the community. Please contact Jennifer Miller at jmiller@goddardhouse.org or 617-731- 8500 ext. 110 or stop by her office.

Info Session for Residents will be Monday, August 14th from 4:00-5:00pm

Featured upcoming events!

Please join us!

*We ask that Residents' families, friends and community guests
RSVP to mbarrows@goddardhouse.org or 617-731-8500 ext. 130*

4th Annual "Cookin' Up Jazz"

2017 Summer Jazz Concert Series

Hot Club of New England

Thurs, August 10th 6-8pm

The Hot Club of New England is a musical collective featuring the top swing, gypsy, and hot jazz musicians in the New England area. HCNE is on a mission to bring the elegant and classic style of the swing era and the roaring 20's to a modern audience.

Cassandra McKinley

Thurs, August 17th 6-8pm

McKinley is best known for her powerhouse voice and stylistic versatility and ability to cross genres effortlessly. After self-releasing several favorable straight-ahead jazz albums, McKinley drew from deeper influences of her youth and revealed a more "soulful" sounding jazz album in remembrance of the late Marvin Gaye.

Claudia Eliaza

Thurs, August 24th 6-8pm

Claudia Eliaza is an exuberant songstress with a fragrantly rich voice that captivates her audience at large. Claudia's style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin and African rhythms.

The Winikers & Company

Thurs, August 31st 6-8pm

Bill Winiker, Neil Greene, & Bo Winiker have been performing together for several decades. This group is dedicated to performing music from the turn of the 20th century to the present day. Their performances are fun, uplifting, electrifying and promise to put a smile on your face!

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