

# the Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

**WEDNESDAY, AUGUST 8**

Crafts with Cindy at 1:30 P.M.

**TUESDAY, AUGUST 14**

Brookline Book Bike at 2:00 P.M.

**WEDNESDAY, AUGUST 15**

Microbrews with Lance at 6:00 P.M.

**MONDAY, AUGUST 20**

“Grab Your Passport! Destination: Russia”  
celebration!

**WEDNESDAY, AUGUST 22**

Our 2<sup>nd</sup> annual Memory Camp  
Connections!

**SUNDAY, AUGUST 26**

New entertainer Trish McLaughlin at  
3:30 P.M.

**TUESDAY, AUGUST 28**

Resident Forum with Carolyn at 2:00 P.M.

### RESIDENT PROFILE



**Loretta Jean Hultzky** moved to Goddard House from her home in Attleboro this winter and is admired as a “fashionista” for her style! Loretta grew up on a farm in rural Nebraska during the Great Depression. Her parents and siblings raised cattle, pigs, and chickens in addition to growing wheat and corn.

Following high school, Loretta attended Nebraska State Teachers College in Kearney and started her teaching career in a one-room schoolhouse in Brandon, Nebraska. While working, she lived on the family farm and drove to and from her teaching job in a Ford Model A. It was during her teaching years that a friend arranged an interview for Loretta with United Airlines. She went to Denver, Colorado where she was successfully interviewed for the position of stewardess, was hired and moved to Los Angeles (Hollywood), California.

Loretta met Wayne, whom she describes as “the love of my life,” on one of her airplane flights and the two married in 1959. They settled in Denver to raise their children, Lisa and Derek, and Loretta continued work as a part-time teacher in the 1970s. Together the family enjoyed island vacations to the Vineyard, Block Island, and St. Maarten.

The Hultzky family moved to Massachusetts in 1972 and Loretta began working as model for clothing photo shoots. She was a runway model in Boston as well. It is no wonder we all admire her style! Gradually, following the death of her beloved Wayne, Loretta settled into retirement. Loretta continues to enjoy dining out, museum visits, shopping, painting and art classes at Goddard and, of course, time spent with her children and grandchildren!

# Viva La Mediterranean Diet at La Source!

by Community Partnership Director **Ginny Mazur**  
(reporting for Goddard House from France!)

It was wonderful to revisit family in Marseille, France as the first stop on my summer sabbatical. There I again appreciated SLR's dedication to bringing the culinary and health benefits of the Mediterranean diet to Goddard House. It's right in line with what I discovered at here at "The Source":

I appreciated not only what people in France ate—but **how they ate**. Here's four generations of my family having dinner together in France which they do, several times a week—outdoors for several hours, starting at 8 P.M.! With school out for the summer, it's a regular cause for celebration, family style. Of course, France winning the World Cup Soccer Title added to the cause for camaraderie.



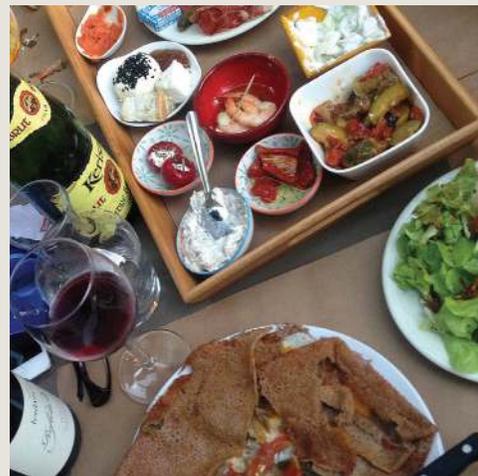
**Salmon Tartare** is a popular item on menus across France. Raw, sushi-style salmon marinated in lemon and Vietnamese spices served with salad is a refreshing summer dish and the Med diet's much healthier alternative to steak tartare that many of us remember back in the days of Julia Child.



We travelled to the Maritime Alpes in the South of France where the diet became very simple, based on local production.

In my cousin's mountain, country hometown of Quinson, meals consisted of foods that are **sourced locally and only in the months that they are in season**.

July brought melon, tomatoes, eggplant, olives, raw milk cheeses, baguettes (including whole wheat and corn), local wine, ciders and small amounts of meat pates and salamis. The plates resembled what Goddard House Chef Andrew Santalucia served at our Mediterranean Diet lecture presented by SLR and Oldways this past spring.



While Paris isn't on the Mediterranean, they serve up some of the **world's best falafel** in the Marais district. During a stop-over over there, L'As Du Falafel brought lines of up to a hundred people. Pitas filled at least a dozen super-healthy, raw veggies topped with falafels, tahini and roasted eggplant were the draw.



*Lessons learned:* Eat healthy, fresh and local, skipping processed foods. Take time to enjoy meals as a cause to share, have fun and offer gratitude for nature's healthy bounty. 🏠

## Kim Smith Wins Illuminating Excellence Food Service Award

by Community Partnership Director **Ginny Mazur**

Premier Inc., a leading national healthcare improvement company, recognized member health systems this summer in Nashville for their outstanding work to improve healthcare quality and costs.



Premier presented the Illuminating Excellence Award to Senior Living Residences' Director of Culinary and Dining Services **Kim Smith** for being an outstanding food service professional. The 2018 winners were selected based on their improvements

in operations, participation in Premier activities, professional/community activities, and personal achievements.

Kim is a familiar face at Goddard House in her role working with Director of Dining Experience **Andrew Santalucia** and his team, but her dynamic, positive spirit (and advocacy for the Mediterranean diet!) have touched staff and residents alike in our Goddard House community.

## Cookin' Up Jazz Series Thursdays in August at Goddard House



On Thursday August 2<sup>nd</sup>, local ambassadors of jazz, The Winiker Brothers, took the Patio Garden stage and transported a crowd of 120 guests and residents to a special place. By adding storyline and background to each piece, Bill Winiker helped lend a sentimental flavor to the already special evening. **Gwynne and Lance Chapman** joined the band to start off their second set. At intermission all enjoyed some fabulous appetizers and some wine to round off a lovely summer evening.

The Cookin' Up Jazz series continues for the next three Thursday evenings. Seating is limited and by RSVP only. These free concerts run from 6:00-8:00 P.M. Please contact Lance Chapman at [lchapman@goddardhouse.org](mailto:lchapman@goddardhouse.org).

**August 9<sup>th</sup>: We Jazz Up**  
**August 16<sup>th</sup>: Cassandre McKinley**  
**August 23<sup>rd</sup>: Claudia Eliaza**

## SUMMERTIME TREATS!



Who doesn't love a visit from the ice cream truck? Left to right: **Susan F.**, **Steven Z.**, and **Joy R.** choose their favorite treats. Bottom: our furry friends like snow cones!

# Drum Circles at Goddard House

by Executive Director *Carolyn Sandel*

Drumming in a circle connects people in special and even beautiful ways. Recently, residents from both the Traditional and Olmsted programs at Goddard House participated in a drum circle. **Gwynne and Lance Chapman** brought their newest musical outreach and drum circle project for an afternoon of music and therapeutic connection. Twenty folks sat and learned to respond to a special set of orchestration cues which allowed a “drum circle” to happen. The event is structured to be failure free, fun, and even inspiring to

those listening and participating. As the circle grows in understanding of the orchestration cues, more sophisticated patterns can be created. Just the feeling of starting and stopping on cue and in

time with other drummers can leave one feeling like they’ve just participated in something’s special. Drumming and music in general creates the firing of therapeutic brain activity that can have lasting effects such as lowering of blood pressure, stress levels and feelings of loneliness and sadness are lifted. More Drum Circles please! 



## ASSOCIATE PROFILE



Meet our new EnrichedLIFE Director **Erica Curcio!** Erica comes to us from Standish Village, another SLR property in Dorchester. She is thrilled to be here and eager to get to know all the residents at Goddard House.

Erica was born and raised in Massapequa, New York. She lived there until she was 19 and her family moved to Louisiana. She graduated from LSU with a bachelor’s degree in interior design. From her time in Louisiana, Erica learned that she loved crawfish and line dancing.

Erica moved to Massachusetts in 2011 and earned a master’s in art therapy from Lesley University. One of Erica’s goals for the senior population is to increase access to mental health services for older adults. Since coming to Boston, she has enjoyed connecting with seniors and hearing their life stories. Erica helps bring these stories to life through conversation and art.

Erica is excited to be a part of the open art studio, bring back karaoke and work with residents to facilitate programs they want here at Goddard House.



*Erica and residents on a recent trip to Friendly’s!*

Volume 6 No. 8—August 2018

NEWSLETTER CONTRIBUTORS

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