

The Goddard Times



Expanding Bridge

By Jennifer Bourgoin

Doris, Blanche, Hilda, Alice and Goodwin meet several times each week over 52 cards on a table. It's amazing something as simple as a deck of cards can turn into the complex game of Bridge; a game Hilda says is played in "another language." The Goddard House Bridge players are comprised of a group of seven dedicated players who meet to play a game many of them have been playing for over 50 years. Bridge not only stimulates the players' minds and challenges their brains, but it has also united them and created friendships that transcend the card table.

The players enjoy the game for different reasons. Doris began playing when her husband was overseas, and as she states, "the wives had nothing to do." She continued to play throughout her adulthood, and moved from another assisted living community to Goddard House in order to be around more Bridge players. "It's a great way of using concentration and the mind. I'm alone now, so I like the companionship and competition Bridge brings me."



Max Figelman, Goodwin Millar, Hilda Silverman,
Esther Van Dam

Vol. 1 No. 6 - December 2013

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Doris and Blanche, both new residents to Goddard House, agree that Bridge has made their transition here much easier. Both women started playing soon after their arrival and were relieved and grateful to find a group of built-in friends who shared their interests. "Bridge is how I met people here; it's how I met my friend right next to me," Blanche said, nodding towards Hilda. "It helped me make friends too," agreed Doris.

Bridge also provides a much-appreciated reprieve from the challenges of everyday life. "Bridge is good for your brain. When I play, I forget about my aches and pains," says Hilda. "It gets your mind off of the world news," adds Alice. The card table in the living room has become a happy staple of the Bridge players' lives at Goddard House, symbolizing not just the popular card game played upon in it, but also the engagement, stimulation and friendship the game creates.





Embracing the Tradition of Giving -

Olmsted Place Partners with the Brookline Food Pantry

By Alice Tilton

Over the course of a conversation with residents of Olmsted Place, the memory support community at Goddard House Assisted Living, discovered that many of them had an abiding interest in community service. Over the course of their lives, whether through charities, civic organizations or their houses of worship, they had devoted much time and effort to their communities. As a group we began to consider how we might continue in this spirit of service from our assisted living residence here in Brookline.



Alice and Adele Greenstein

Ginny Mazur, Goddard's Community Partnership Director, helped us find a fitting project: baking holiday cookies for the Brookline Emergency Food Pantry. The food pantry, housed at St. Paul's Church, refers to itself as a "community-wide effort to address a community-wide problem," providing free food to low income families and individuals from Brookline. Visits to the pantry between 2009 and 2012 have increased a dramatic 87%. We were excited to find an opportunity so close to home where our residents can participate in serving a vital need in the Brookline.

Since the creation of our partnership, residents have gathered weekly to bake cookies for the food pantry. One benefit of baking in the Olmsted Place community is that the process can be divided into many subtasks, each of which engages a different ability or skill set. One resident may read the recipe out loud. Others measure ingredients, stir, form or decorate the cookie dough.

Approaching the project as a team provides opportunities for socialization as well as successful outcomes for individuals limited by dementia. The multisensory experience of making cookies, which is at once visual, tactile and olfactory, brings forth many happy memories of baking with families and friends over the years.

Perhaps best of all, residents are able to taste and take pride in the finished product of their work before we place the cookies aside for the food pantry. Following the baking sessions, residents come together again to put the cookies into bags with decorative labels ribbons. It is amazing how quickly our hard work is paying off; we are fast approaching our goal of assembling over 200 bags! As we usher in a holiday season filled with many unique traditions, the Olmsted Place community is embracing the most universal of holiday traditions: the tradition of giving.





What is Goddard Thankful For?

By Michaela Alexander

With the help of Lesley University Art Therapy intern, Michaela Alexander, the Goddard House community created a *gratitude tree*. It will be on display throughout the Thanksgiving holiday. Residents and staff were given a leaf and asked to write something for which they are grateful. Many leaves were placed on the *gratitude tree*, building a community spirit during the holiday season. The tree is on display for all to see in the Country Kitchen. Join us and add your note of thanks!



Michaela and Esther Van Dam

Pumpkin Ginger Bread

By Ken Yarvitz

Ingredients:

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs
- 2/3 cup water
- 1 (15 ounce can)
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 3 ½ cups all- purpose flour
- 2 teaspoons baking soda
- 1 ½ teaspoons salt
- ½ teaspoon baking powder

Preparation:

- Preheat oven to 350 degrees. Lightly grease two 9X5 inch loaf pans
- In a large mixing bowl, combine sugar, oil and eggs: beat until smooth. Add water and beat until well blended. Stir in pumpkin, ginger, allspice, cinnamon, and clove.
- In a medium bowl, combine flour, baking soda, salt, and baking powder. Add dry ingredients to pumpkin mixture and blend just until all ingredients are mixed. Divide batter between prepared pans.
- Bake in a preheated oven until toothpick comes out clean, about 1 hour.





Celebrate the Holidays at Goddard House

By Melody Bushmich and Cindy Allard

Season's greetings! The holidays are upon us and Goddard House is opening our home to celebrate this joyful time of year with our extended families! We will be hosting two, separate holiday parties for both Traditional and Olmsted residents and their guests.

Traditional residents and their guests are warmly invited to join us on Thursday December 12th from 5:30pm – 8:00pm. We will be hosting activities that are family friendly for all ages. For the younger children that will be joining us, we have invited Santa Claus, who will be available for family photos. If you do have a child attending, please let Melody know their age and gender when RSVP'ing for the event. For the adults, we will be enjoying signature drinks while the Figgy Puddin' Holiday Carollers spread holiday cheer throughout the house. Goddard will be offering passed hors d'oeuvres, serving stations, and a buffet style dinner with holiday favorites.



The Figgy Puddin' Carollers

Traditional Guests: Please RSVP to Melody Bushmich, Program Director, at 617-731-8500 x152 or mbushmich@goddardhouse.org



The Winiker Band

Olmsted Residents' party is Thursday, December 19th, 5:30-7:30 in the Main Dining Rooms on Traditional Assisted Living. Our event will start with an hors d'oeuvre reception with family photos and Santa Claus visits. This will be a great time to get multigenerational photos taken of your family. It is also fun for our residents' to see their grandchildren/great-grandchildren visit with Santa.

The reception will be followed by dinner and dancing to the music of the Winiker Band in the Main Dining Room. Be sure to wear your dancing shoes!

Please let us know how many will be joining us for dinner as well as how many children will be stopping by to visit with Santa. Please also let us know their ages and gender because we want to make sure that Santa brings enough gifts.

Olmsted Guests: Please RSVP to Cindy Allard, Olmsted Program Director at 617-731-8500 x103 or callard@goddardhouse.org

We all look forward to another season at Goddard House that is filled with warmth, comfort and good cheer. Let's create some magical memories together!





Reconnecting with Art

Kevin Kindorf

Musia Watkin, a resident of Goddard House for over two years, was kind enough to sit down with me earlier last weekend and share her experiences as an artist both before and during the time she has been living at Goddard.

When I asked her about how long she had been painting and creating art, Musia informed me that she had been doing so, "On and off for many years. Sculpture was my first endeavor into art. But then I stopped because I was working as a real estate broker and also taking care of my family. Being at Goddard, I've had the time and the supplies to pick up where I left off. Susan Swanson, art therapist, provides the inspiration for me to create new pieces. I enjoy what I am doing now because I find that when you get involved in something, you become focused on producing and finishing the project and I enjoy that very much."



Musia working on her newest painting



Musia's paintings contain very bold and bright colors and her broad, wavy paint strokes result in a lot to be interpreted by the viewer. This style of painting, which is her preferred style, is called abstract expressionism. She went on to say that "I love colors and I like to use the contrasts to see the forms you can create with them." Two of her larger paintings were available for viewing in the country kitchen. One painting, entitled "Felling," is a depiction of leaves falling from a tree during autumn. The other was titled "Waves of Color" and it is a nod towards Musia's love of bright colors and her desire to leave her paintings open to interpretation. Along with the paintings she has in the country kitchen, you may also see Musia there as well, working on her next art piece.

"Waves of Color" and "Felling"



Featured December Events!

Please Join Us!

We ask that Resident's families and friends RSVP by calling Melody Bushmich at 617-731-8500 x. 152



Hanukkah Concert with Mena Levit

Sunday, December 1st at 3:30pm

Mena is a solo singer who performs in a wide variety of genres, styles and languages - Italian, German, English, Hebrew, Yiddish, and Russian. She will be presenting us with songs in celebration of Hanukkah!



Classique Magnifique

Sunday, December 8th at 3:30 PM

Alan Pearlmuter, pianist, will be joined by Linda Poland, clarinetist, to share a joyous celebration of short and light classics from the world of orchestra, opera, and ballet. They will play music by Bach, Sibelius, Gounod, Verdi and others.



Christmas Eve Concert

Tuesday, December 24th at 3:30pm

Renown folk singers Lorraine and Bennett Hammond will play and sing in perfect complement: blending their instruments with consummate skill. Join us for a celtic and contemporary concert you will not forget!



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

For more information visit: www.goddardhouse.org



Merry Christmas and Happy Hanukkah from
Goddard House!