

# The Goddard Times



December 2014 Issue

## Holiday Celebrations at Goddard House

By Brandon Fisher

Goddard House will again host a holiday party for residents, families and employees this year. The festivities offer everyone a chance to come together to eat, drink and be merry!

For our annual holiday party, we will be hosting a festive dinner event on **Thursday, December 11th, from 5:30-8:00PM, for traditional residents, families, friends, and Goddard House staff.** All Goddard House employees are invited and encouraged to attend this celebration. We want to give our thanks for all of your hard work and offer you an

evening with colleagues and residents in a fun, holiday setting. Guests can look forward to delicious dinner and holiday themed cocktails. In addition to a fantastic dinner menu, there will be festivities throughout the night.

To kick off the party at 5:30PM, The Figgy Puddin' Holiday Carolers will join us. An A Capella quartet of Dickensian Christmas Carolers complete with holiday themed songs, lavish costumes, and a Victorian flavor, the group is seasonal favorite! They'll perform traditional and contemporary music for the holiday season, sung in beautiful four-part harmony. Santa will also be making an appearance! He'll come to Goddard bearing gifts for all children (up to age 12).



Children and adults alike are welcome to participate in the traditional Hanukkah dreidel spinning game in hopes of winning chocolate gelt. During dinner, talented music therapist, Deb Gromack, will be enchanting us on piano and vocals. Then, on **Thursday, December 18th, Olmsted Place will also host a holiday party for residents and families.** Family and friends are welcome to join us for a

dancing to the Winiker Brothers. New England's beloved jazz ensemble has been revered by the likes of Billy Joel and the Boston Globe, not to mention their generations of fans over the past 50 years. Bo Winiker will perform this New Year's Eve with the Boston Pops Orchestra so be sure not to miss their performance on Olmsted Place!

Please **RSVP by Monday, December 8th** if you are planning on attending either parties. In addition to your RSVP, please let us know how many people are in your party, how many children will be joining us that night and the ages of the children. If you plan on attending the Traditional Party on December 11th, please RSVP to Jennifer Bourgoïn at (617)731-8500 ext. 152 or [jbougoïn@goddardhouse.org](mailto:jbougoïn@goddardhouse.org). If you plan on attending the Olmsted Party on December 18th, please RSVP to Cindy Allard at (617) 731-8500 ext. 103 or [callard@goddardhouse.org](mailto:callard@goddardhouse.org).

**Vol. 2 No. 12 – December 2014**

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## **Goddard House Donates Apple Pies to Benefit Community Servings**

**By Ginny Mazur**



Goddard House Assisted Living in Brookline donated 25 apple pies to support the 2014 Pie in the Sky Project that benefits Community Servings. Every pie sold provides a week of delivered lunches to a person living with a critical illness in the Boston area.

Andrea Clark, a graduate student enrolled in the Boston University Masters in Public Health Program and Pie-In-the-Sky volunteer, picked up the pies at Goddard House from Brandon Fisher, Community Partnership Associate and Alec Mikels, Dining Room Manager. Andrea and the pies then headed downtown to the Convention Center, a.k.a., “Pie Central” where Pie in the Sky 2014 is processing 18,000 donated pies for delivery this year!



## **Goddard House Turkey Give-Away**

**By Jennifer Bourgoin**



Miriam is offering Ginny a turkey while Michaela and Alec hold their holiday turkeys—all thanks to Goddard House

her family on Thanksgiving Day. “I was going to go out and buy a turkey, but now I don’t need to. It’s a huge help!” she says. As we take time to appreciate everything we’re thankful for, we’ll definitely enjoy these turkeys!

As the leaves turn color and fall to the ground and the air becomes crisp, we know Thanksgiving is soon upon us. Employees at Goddard House look forward to spending time with their families, eating seasonal foods, and sharing the excitement of the holidays with the residents. We also look forward to another annual event at this time: the Turkey Give-Away! Every year around Thanksgiving, Goddard House gives every single one of its employees a turkey.

The turkey give-away first began six years ago as a token of appreciation to employees. It was a way to thank staff for their hard work and foster a positive work environment. The tradition has continued every year since then. This year, Goddard House bought 116 twelve to fourteen pound turkeys from Hartford, Connecticut. The turkeys are given away the week preceding Thanksgiving. Some employees will eat their turkeys on Thanksgiving while others will save them for another special occasion. Receptionist Ana Roman is excited to share her turkey with







Submitted by  
Nick Polinsky

## Polish Nut Roll

### Ingredients:

- 1/2 cup evaporated milk
- 1/2 ounce active dry yeast
- 2 tablespoons sugar
- 3 egg yolks & 1 egg
- 1 teaspoon salt
- 1/2 lb butter (softened)
- 6 cups flour
- 1/2 pint sour cream
- 3 tablespoons sugar

### Nut Filling:

- 1 cup sugar
- 3 egg whites
- 1 lb chopped walnuts
- 5 tablespoons canned milk
- 1 teaspoon vanilla



### Preparation:

- Mix nut filling ingredients until smooth. Use enough canned milk in nut filling so that mixture can be spread over dough. Combine 1/2 cup canned milk & 1 tsp of vanilla.
- Mix in 2tbsp of sugar. Mix and heat to 110- 115 degrees.
- Add: (2) 1/4 packets of active dry yeast.
- (Note: Heat milk to 110 to 115 degrees. No more than 115 degrees otherwise yeast will not activate). When yeast mixture has doubled in size, add: 3 egg yolks (reserve egg whites for filling), 1 egg, 1 cup sour cream, 1 teaspoons salt, 1/2 lb butter softened and 3 tbsp. sugar. Gradually blend in the 6 cups of flour to mixture one at a time.
- Mix and cover for 30 minutes. Separate dough into 4 parts. Roll out 1/4" thick.
- Spread filling over entire surface of dough, roll from smallest end.
- Place on an ungreased cookie sheet and let rise for one (1) hour.
- Poke fork holes on top, 1/2" apart.
- Brush with beaten egg and water (mixed) and sprinkle with sugar.
- Bake at 350 degrees for 35-40 minutes.
- Once cooled, cut the dough into 4 sections. **Yields 4 nutrolls**



## **Introducing Nick Polinsky—Our New Food Service Director and Executive Chef**

**By Ginny Mazur**



Nick Polinsky

Welcome Executive Chef and Food Service Director, Nick Polinsky! Nick, on behalf of the residents and staff at Goddard House, we look forward to getting to know you.

**Q: Can you tell us a little about yourself, background and life - Where did you grow up?**

**A:** I grew up in Minersville PA, a small mining town as the youngest in a family of 7 children. After high school, I headed to Providence, RI, where I attended and graduated from Johnson and Wales University with an Associate's Degree in Culinary Arts. I've lived in New England ever since.

**Q: How did you get inspired to be a chef?**

**A:** My mother was always cooking for visiting family and friends on weekends and holidays. My older sister, Helen, loved trying out new dishes on us - her sweet and sour pork and gourmet burgers are still among my favorites! Julia Childs, of course, was a great inspiration. She was the only cooking show on television when I was growing up.

**Q: What is your favorite cuisine or dish to make?**

**A:** My parents were both Polish, so Polish ethnic dishes like golumpki, kielbasa and kapusta were often made and served at home. For the holidays, there'd be a traditional Polish nut roll, the recipe that's shared here.

**Q: What's your background as a chef?**

**A:** I've had many different experiences as a chef. I started cooking in a summer camp followed by a Jewish Deli and then a German restaurant. I worked as chef at assisted living communities and skilled nursing facilities and then shifted to being an assisted living dining room manager when I first moved to Massachusetts. Then I worked my way up to being an assistant regional food service director for an assisted living company. My last position was as Food Service Director at an assisted living community in Cambridge for six years.

**Q: What kind of flair do you think you can bring to Goddard?**

**A:** My style has evolved and benefited from working in different kinds of settings. It's also been important to have an understanding of each resident that I cook for. I'd say I have particular flair when it comes to food presentation and special events.

**Q: You've studied Dr. Nancy-Emerson Lombardo's Brain Wellness Nutrition Program that encourages cognitive and physical health. How does this influence your cooking?**

**A:** At my previous job, we follow a program which is similar to the Mediterranean Diet advocated by Dr. Emerson Lombard - whole grain pastas and breads, fresh vegetables and fruits, no artificial sweeteners, less red meat and more chicken and fish with fresh herbs and spices added. I plan to incorporate some of this into Goddard House menus. It's designed to be delicious and to promote living a longer, healthier life.

**Q: T.V. is full of cooking shows today - do you watch any and if so, do you have a favorite?**

**A:** I like to watch most of the cooking shows except the reality cooking shows which I don't enjoy. The Cooking Channel is my favorite but I have to limit myself because I can spend all day watching it! The same goes for looking for a recipe on the internet - you can get lost looking at recipe after recipe.

## **Introducing Alec Mikels—Our New Dining Room Manager**

**By Brandon Fisher**

Welcome Dining Room Manager, Alec Mikels! Alec, we welcome you to the Goddard House Family and look forward to having you here.

**Q: Tell us about your upbringing and family life?**

**A:** I grew up in Sharon, Massachusetts with an older sister, who is now happily married in Newton. We had a great pizza parlor in Sharon called Town Spa Pizza that I would frequent every other week.

**Q: Where did you go to school?**

**A:** After growing up in Sharon, I moved to Waltham to matriculate at Bentley University. I studied Entrepreneurship and was active in Hillel as their regional representative. Serving as the school's sports mascot, the Blue Falcon, I was able to attend the Women's NCAA Championship in Texas. While in college, I started my own handyman business, "Extra Handz".

**Q: How did you become interested in the foodservice industry?**

**A:** While growing up my mom was always busy cooking in the kitchen and that started my interest in food. I have always enjoyed cooking with her and am a huge foodie. Since I love being around people and interacting with them, getting into this industry was a perfect fit.

**Q: Where did you work before here?**

**A:** Before Goddard, I worked at Legal Seafood as their Bartender, The Cottage as a Waiter, a Shift Supervisor at Whiskey's Smokehouse and most recently a Dining Room Manager at Waterstone at Wellesley.

**Q: How did you find out about Goddard and what interested you?**

**A:** While job hunting I stumbled upon Goddard House's vacancy and knew this would be a great fit because I wanted to work at a smaller facility so I could develop closer, more personal relationship with the residents. I love what I do so I knew that I wanted to stay within the eldercare industry.

**Q: What do you like to do in your free time?**

**A:** I really enjoy writing business plans, spending time with my dog (his name is Gizmo and he's a Chihuahua), and playing soccer when the weather is nice.

**Q: Do you have a role model or someone that has inspired you in life?**

**A:** I really look up to my dad and he has such a great work ethic. He's an extremely dedicated and caring guy who has taught me a lot in life including but not limited to computer skills and handyman work.

**Q: How do you think you can make being our Dining Room Manager your own?**

**A:** Since I have a personable and approachable nature, I really enjoy assisting and interacting with all of the residents. My ultimate goal is to meet one-on-one with all of the residents and make sure all of their needs are not only met, but to surpass all of their expectations. In addition, I really want to work closely with all of the servers to enhance the dining room experience.

**Q: What is your favorite type of cuisine? Do you have a favorite local place you frequent?**

**A:** I really enjoy Italian cuisine and make incredible spaghetti bolognese. The recipe is something I created on my own while I was studying abroad in Denmark. It's actually a secret recipe, so even my family doesn't know how to make it.



Alec Mikels





## **Support the Goddard House 2014 Annual Appeal!**

**By Ginny Mazur**



Each year, the Goddard House Board of Trustees makes an Annual Appeal during the holidays for donations to help support the work we're doing at Goddard House to offer the best possible care, services and programs for older adults.

Donations can be made to the Goddard House General Fund which supports our operations or to the Matilda Goddard Fund for Staff Development that promotes on-going training and education for our staff.

To make a donation and to read President Elizabeth Molodovsky's 2014 appeal letter, go to [www.goddardhouse.org/donate](http://www.goddardhouse.org/donate) or pick up an appeal envelope in the lobby. Let us know if you have family or friends that you'd like us to add to our mailing list to receive the 2014 Annual Appeal.

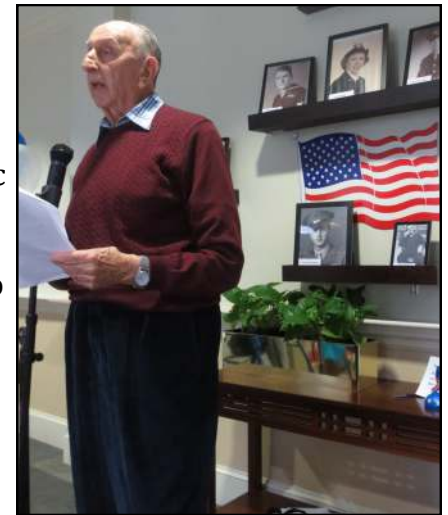
Thanks for your support!!

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## **Veteran's Day 2014 at Goddard House**

**By Lance Chapman**

Ken Schneier, a resident of the Goddard House Assisted Living, recited a Veteran's Day article he cut out of a newspaper many years ago. It was as moving story of how a schoolteacher taught her students to honor and respect all the veterans who have fought to preserve our freedoms. Ken served in WWII on the U.S.S. Wasp, CV 18 Aircraft Carrier that was deployed to the Pacific as part of the Third Fleet. Ken joined the Marine Corps in 1942 and requested sea duty. He worked as a gunner and loader on a 20mm anti-aircraft gun. The Wasp served at the Battle of Midway, the Mariana Islands and as support at Iwo Jima along with many other missions in the Pacific. Ken recounted one bad hit the WASP took from a 500lb bomb that hit the hanger deck and killed approximately 320 men and wounded 800 others. Later, Ken served as one of the first Marine Forces to occupy Japan and was promoted to the rank of Corporal until he was discharged in 1946. Ken now lives here at Goddard House in Brookline with his wife Arline.



Fay Gano, also a resident of Goddard House, spoke about at our Veteran's Day observance about her dear friend and Veteran Robert Jackson who passed away very recently. Fay spoke to the audience about Bob's service to our country. Bob had related to Fay on several occasions about his service in the Naval Air Corps in WWII. He served as a machine gunner in a plane that flew missions over the Pacific. His assignment was to find and sink enemy submarines as well as fighting off any enemy aircraft they encountered. Bob had recounted to Fay how the most harrowing part of his job was when they were landing on an aircraft carrier in rough seas.



## Home for the Holidays...

By Marie Curcio, MSW, NHA

This is the time of the year when family and friends of individuals with memory loss ask: How should I celebrate the Holidays with Mom (or Dad, my Husband or my Wife) this year? Nationally acclaimed experts in the field of memory support care, Joanne Koenig-Coste and Teepa Snow, have suggestions for those of you planning to celebrate the holidays with a family member/friend experiencing memory loss due to Alzheimer's disease or a related disorder. Joanne Koenig-Coste is the author of **Learning to Speak Alzheimers** and Teepa Snow is the founder of the **Positive Approach to Brain Change: Be Knowledgeable. Be prepared. Be Positive.**



Memory impairment/loss can be a frightening experience—even at an early stage. Individuals do their best to negotiate each day. I am hopeful that wisdom and the experience of these two experts will provide many “moments of joy” to savor during the upcoming Holidays.

Individuals with Alzheimer's disease lose their sense of time relatively early in the illness. It can be helpful to keep your visits (or planned home visits) simple and short. Routine and normalcy, not additional stimulation, is usually most comforting at this physically and emotionally exhausting time of the year. For example, fewer, not more, decorations help to keep an environment familiar. Keep in mind, too, that it is not always necessary to celebrate the holiday *on the day of the holiday*. It is “ok” not to do things the same way you have in the past. You may find relief in changing your expectations or celebrating in a different way.

Teepa Snow encourages visits by friends and family but asks that visitors be prepared ahead for any changes they will observe in individual's memory, appearance or behavior. When others offer to help-- let them. Tell them what would be helpful. Encourage visitors to share stories, memories and photographs. Avoid loud conversations or music, large, noisy crowds of people, unfamiliar environments, or over-indulgence in rich foods or alcohol. Do your best to avoid “controlling the flow”, correcting errors, testing with questions or pushing for information. You will enjoy your time together so much more if you “let it go”. Maintaining positive emotions creates memorable moments of joy.

Alzheimer's Care Consultant and author, Joanne Koenig-Coste, suggests that friends and/or relatives at Holiday celebrations can be “assigned” to spend short periods of time (20 minutes or so) engaging with the individual with memory loss and are often glad to do so. The author also reminds us to “trust the innate goodness and camaraderie of young children” when wondering if the presence of children will be “too much”.

Keep in mind that individuals with memory loss tire easily, especially later in the day. If you plan to visit do so at the best time of day for your family member and keep visits short. If you are out together and signs of restlessness begin consider it a sign of discomfort (unless the restlessness is caused by a need to use the bathroom). It is usually a good time to take leave or plan a nap at home. If you hear the words “I want to go home” it is time to go. Your family member has enjoyed all that he or she is able to and may be feeling over-stimulated or exhausted.

Finally, Ms. Koenig-Coste reminds all of us that the Holidays are an especially difficult time for family members who recall memories of the past and unrealized hopes for the future. Holidays bring high stress even *without* the addition of a changing illness. Give yourself permission to share your feelings with others. Take care of your Self —emotionally and physically. Enjoy some time just for *YOU* this holiday season. Plan a massage, attend Symphony, set aside a whole day just for yourself to do nothing or take a vacation! Nourish your spirit. Considering the patience, love and support you give throughout the year it is a small gift that you so deserve.

My sincere wishes to all that your Holidays are happy, the New Year is health and peaceful and you have many, many moments of joy.



# Featured December Events!

# Please Join Us!

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



**Lecture with Michael Carter**  
**Saturday, December 6th at 3:30pm**

Michael Carter is a professor of History at Wentworth Institute of Technology in Boston and is known for his exciting and historical talks. This lecture will be highlighting the attack on Pearl Harbor and how it led to the American entry into World War II. To learn more about this infamous day, join us for this exciting lecture.



**The Boston Conservatory**  
**Troubadours**  
**Monday, December 8th at 3:30pm**

Known for its multi-disciplinary environment, the Boston Conservatory offers fully accredited graduate and undergraduate programs in music, dance and theater. Today we will host The Boston Conservatory Troubadours, a group of exceptional student opera singers.



**Hanukkah Concert with**  
**Mena Levit**

**Sunday, December 14th at 3:30pm**

Mena Levit is a soloist of the Moscow Musical Theatre, New Israeli Opera, and Jewish Theatre on Broadway. Today she will be presenting us with pearls of Yiddish and Hebrew songs in recognition of Hanukkah. Be sure not to miss this delightful concert of festive Hanukkah music.



## **Goddard House Updates**

Stay tuned for our January issue for a 2014 year recap from  
Executive Director, John Moniz III

We'll be reviewing the past year's  
accomplishments & previewing 2015!



For more information visit: [www.goddardhouse.org](http://www.goddardhouse.org)



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