

the Goddard Times

Midwestern Holiday Traditions Down on the Farm

Mimi Holmblad with Ginny Mazur

Goddard House Olmsted Place Resident, Mimi Holmblad, with a twinkle in her eye, took time to reminisce about life growing up in the small mid-western farming community of Edgerton, Wisconsin and how her family, The Crandall's, celebrated the holidays there:

I especially remember the scent of the Christmas fir trees. Ahh! They smelled good. There was never once a fake Christmas Tree in our house. It was Dad's chore to get the Christmas tree so it just seemed to appear every year. Up went the tree and on went the colored lights, ornaments, lots of tinsel and popcorn strings. We were one family who never set out stockings on the fireplace, because Dad's cousin in Minnesota shipped them to us in a big, heavy box that we opened on Christmas morning with all the presents.



Mimi with her children at the Pheasant Preserve.

Mom's work was in the kitchen, baking her famous mid-western rosettes (a Scandinavian holiday tradition), apple and mincemeat pies, popcorn balls and butter cookies that we'd eat at home and bring as gifts when we'd visit or go to church socials. Only a few times did she try to make a fruit cake and I remember her shouting out, "Oh, what have I gotten myself into!!?"

Turkey, ham and goose were the center of mom's holiday dinner and there was also Uncle Basil's pheasant farm right across from our farm for those who preferred pheasant. You could go there with your shotgun and hunt your own pheasant. My own favorites, though, were the yams and the asparagus that we'd grow, ourselves, on our farm. Just about everybody in Edgerton were farmers, including our extended family.

Mom also played piano and taught me and my sisters, Lucy and Mizzie, and brother Woody how to harmonize. We'd always be

Vol. 4 No. 12 – December 2016

Newsletter Contributors:

John Moniz

Executive Director

Marie Curcio

Resident Services Director

Ginny Mazur

Community Partnership Director

Jenna Henning

Community Partnership Manager

Michaela Barrows

Marketing and Outreach Associate

Brandon Fisher

Guest Contributor

Continued on Page 2

Down on the Farm (Continued from Page 1)



Mimi (pictured center) and her sisters,
1948.

asked to sing carols like *Away in the Manger* and *Silent Night* for guests around the holidays.

To this day, there's not much in Edgerton, though once it was a big center for growing tobacco. Uncle Basil's place is still there with its pink barn and today his son, Adam, runs the place as hunting reserve. Our claim to fame is that Edgerton was the birthplace of Sterling North, the author of the famous children's classic, *Rascal*, about how a young boy befriends a baby raccoon after the boy faces hardships.



Everyone in the family pitched in with the work on the farm year-round, whether it was a holiday or not. We raised cows, chickens, pigs, asparagus, strawberries and hay. Dad would wake me up before dawn to do my job which was to bring the cows in from the *back forty*. I'd run all the way out and wave my hand up to them, yelling, "Come by now, come by!" And they'd march back in single file, all ten of them, for their morning milking. Then, I'd set off to school in a one-room school house where one teacher taught all the grammar school grades to the 25 students in town. Imagine that. The walk to school was a little over a mile and if we were lucky, my sister and I would hitch a ride there from the milkman.



Scandinavian
Rosettes.

Our family always had a sense of humor. It wasn't until the 1950s that we converted to indoor so we had an out-house. Ours was unique, though. Above the outside door, we made a sign that read, "Welcome to Hollywood!" We decorated the inside walls with photos of all the stars like Liz Taylor, Rita Hayworth and my favorite – Cornel Wilde. Does anyone remember him besides me?

I carry these fond recollections with me into this holiday season, so many years later. I'm happy to share them. Season's greetings to everyone at Goddard House!



Jingle and Mingle!



You're Invited to a Christmas Day Luncheon

Residents and their families are invited to attend a Christmas Luncheon at Goddard House on Sunday, December 25th from 12:00noon-1:30pm.

A delicious meal of lamb chops or Asian salmon will be served, along with a holiday tort for dessert. If you plan on joining us, please RSVP to Kristina Lessard at (617) 731-8500 x110 or klessard@goddardhouse.org. We hope to see you there for an afternoon of warmth, comfort, and good cheer!

A Merry Christmukkah

Dian Lerman with Michaela Barrows

What holiday(s) do you celebrate?

While raising my son, Carlos, and daughter, Kristina, we celebrated both Hanukkah and Christmas. I love celebrating Christmas because there are so many festivities. I especially enjoy the lights and decorations. As for Hanukkah, I love watching the candles of the menorah flicker in the window. Both holidays bring people together and I get to spend a great deal of time with loved ones.

What is your favorite holiday memory?

My dad would let me and my siblings each light a candle and then he would place the menorah in front of the window. I always loved watching the candles burn down. Growing up we would celebrate with my mom's side of the family. She had a large family so I was always excited to see all of my cousins and play dreidel.

Do you have any favorite holiday traditions?

When I had a family of my own we would always be invited to a friend's house to light the menorah. She had kids the same age as mine and they would all take turns lighting the candles. My friend would make the most delicious latkes! She would serve them in the pan while they were still hot and crispy like they should be. My children loved that tradition.

What are you most looking forward to this year?

Spending time with my children, Carlos and Katrina, as well as my granddaughter, Charlotte Rose. Charlotte is four years old so we are still teaching her the meaning behind our traditions. We have a mini menorah with birthday candles that we help her light.



Charlotte Rose and Santa at the Goddard House Holiday Party,

Home for the Holidays

Marie Curcio, MSW, NHA

Did you know that approximately 50 – 60% of individuals who move into Assisted Living Communities experience some degree of memory loss due to illnesses? And with the holiday season upon us, family and friends of individuals with memory loss often ask: How do I celebrate with [Mom, Dad, Husband or Wife] this year?

Nationally acclaimed experts, Teepa Snow, O.T., and Joanne Koenig-Coste have useful suggestions for the celebrating the holidays with family members or friends living with dementia. Joanne Koenig-Coste, the author of Learning to Speak Alzheimer's, and Teepa Snow, founder of the *Positive Approach to Brain Change*, encourage all of us to enjoy holiday festivities by being knowledgeable, prepared and positive. Living with dementia can be a frightening experience—at any stage. Individuals are doing

Continued on Page 4

Home for the Holidays (Continued from Page 3)



their best to negotiate day. The wisdom and experience of these experts can help you to navigate the holidays with many opportunities for experiencing “joy in each moment”.

Individuals living with Alzheimer’s disease lose their sense of time relatively early in the illness. It may be helpful to keep your visits (or planned home visits) simple and short. Routine and normalcy, not additional stimulation, is usually the most comforting at this physically and emotionally exhausting time of the year. Fewer, not more, decorations help to keep the environment familiar. Keep in mind, too, that it is not always necessary to celebrate the holiday on the day of the holiday. A smaller gathering, just before or after the holiday, can be very meaningful. 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 differently.

Teepa Snow encourages visits by friends and family but asks that visitors be prepared for any changes they will observe in memory, appearance, behavior and/or stressors. Share with visitors that asking questions can be stressful. Instead encourage visitors to share stories, memories and photographs. When others offer to help-- let them. Tell them what would be helpful.

Avoid loud, noisy conversations or loud music, large crowds of people, unfamiliar environments and over-indulgence in rich foods or alcohol. Do your best to avoid “controlling the flow”, correcting errors, asking questions or pushing for information. You will enjoy your time together so much more if you “let it go” and avoid negativity. Maintaining positive emotions creates moments of joy.

Joanne Koenig-Coste suggests that friends and/or relatives at Holiday celebrations be “assigned” to spend short periods of time (20 minutes) engaging with the individual with memory loss. The author also reminds us to “trust the innate goodness and camaraderie of young children” when wondering how to engage meaningfully.

Keep in mind that individuals living with dementia tire easily and even more so 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 it 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 unfulfilled dreams of the future. It is a time of high stress even *without* the addition of a loved one’s changing illness. Share your feelings with others.

Enjoy some respite for *YOU* this holiday season. Nourish your spirit. It is a small gift to yourself considering the patience, love and support you give throughout the year. I wish for each of you a Happy Holiday, a Peaceful New Year and many, many moments of joy.

Beloved employee Brandon Fisher returns to offer his culinary expertise. Enjoy this delicious recipe for those of all faiths to savor this holiday season!

Submitted by
Guest Contributor
Brandon Fisher



Challah French Toast

Ingredients :

- 6 extra large eggs
- 1 1/2 cups half-and-half or milk
- 1/2 teaspoon pure vanilla extract
- 1 tablespoon honey
- 1/2 teaspoon kosher salt
- 1 large loaf challah or brioche bread
- Unsalted butter
- Vegetable oil

Preparation:

1. Preheat the oven to 250 degrees Fahrenheit
2. In a large shallow bowl, whisk together the eggs, half-and-half, orange zest, vanilla, honey, and salt. Slice the challah in 3/4-inch thick slices. Soak as many slices in the egg mixture as possible for 5 minutes, turning once.
3. Heat 1 tablespoon butter and 1 tablespoon oil in a very large sauté pan over medium heat. Add the soaked bread and cook for 2 to 3 minutes on each side, until nicely browned. Place the cooked French toast on a sheet pan and keep it warm in the oven. Fry the remaining soaked bread slices, adding butter and oil as needed, until it's all cooked. Serve hot with maple syrup, raspberry preserves, and/or confectioners' sugar.



Goddard House Celebrates the Holidays

Jenna Henning

Goddard House kicked off the holiday season with two festive gatherings.

On Wednesday, December 7th, Olmsted Place residents, family members, friends and staff joined together for a joyful evening of delicious food and great company. For the third year, the music of the Winiker Brothers filled the halls as party goers danced the night away to familiar holiday tunes.

On Thursday, December 15th, over 200 friends of Goddard House gathered for the Traditional Holiday Party. It was a wonderful night shared by family and friends from all over the country. Goddard House was adorned in holiday style, with twinkling lights, fresh sprigs of spruce and dozens of poinsettias adorning the downstairs for the occasion. Guests enjoyed the festive songs of the Figgy Puddin' Carollers and the bright smile of Santa Claus, who sat by the Christmas Tree handing out gifts to the children in attendance.

Both evenings were full of good cheer as families and friends from near and far spent time together. We hope the rest of your holiday season is just as pleasant!

Enjoy some photos of the wonderful events:





Featured Upcoming Events!

Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Kristina Lessard at 617-731-8500 ext. 110



Concert with Lorraine and Bennett Hammond

Thursday, December 22nd—7:00pm

Lorraine and Bennett play and sing in perfect complement: blending a variety of acoustic instruments with consummate skill, they create a new voice for music that ranges in style from classical to contemporary. Today, the duo will perform music of the season from Celtic and other folk traditions.



Concert with Stillhouse Down

Thursday, January 5th—7:00pm

This Boston-based band features a wide repertoire of bluegrass and crossover favorites in a fun and family friendly atmosphere. They'll play classic bluegrass tunes as well as string versions of popular tunes. Stillhouse Down will be sure to delight with an evening of string music!



Concert with Jack Glennon

Sunday, January 15th—3:30pm

Jack Glennon has been performing for over 40 years in bands as a singer and guitarist. He performs a wide range of music, from the 50's to the 70's, as well as hits from favorites such as Elvis, Roy O., the Beatles, the Everly Brothers, Johnny Cash and more. Join him for an afternoon of eclectic tunes!

'Tis the Season of Giving

Donate to the 2016 Goddard House Annual Appeal

Help Goddard House to further its reach by giving to our 2016 Annual Appeal. Make your gift by visiting www.goddardhouse.org and clicking on the "Donate Today" button towards the bottom of the webpage, or by enclosing a check made payable to "Goddard House" in the envelopes available at the Front Desk. We thank you for your support!

For more information visit: www.goddardhouse.org



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