



the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

Holiday Parties!

OLMSTED

Thursday, December 6 at 5:30 P.M.

TRADITIONAL

Thursday, December 13 at 6:00 P.M.

We will enjoy photos with Santa Claus, open bar, and delicious holiday food!

RSVP with Patti Barrows at the Front Desk. Residents are invited to bring up to four guests. Please let us know if you will have any children attending and their gender (for gifting purposes).

WEDNESDAY, DECEMBER 19

The Olmsted Christmas Choir will perform at Happy Hour for the Goddard House community at 4:00 P.M.

MONDAY, DECEMBER 24

Celtic folk music performance by local musicians Lorraine and Bennett Hammond at 4:00 P.M. Join us for this concert before dinner service!



WWW.GODDARDHOUSE.ORG

RESIDENT PROFILE



When you hear someone talking about the movies at Goddard House, more often than not you'll also hear the name **John Kaufman**. All the residents know who he is and the movie experiences here would not be the same without him.

John has been a resident at Goddard House for a little over a year. He is originally from Queens, New York, having grown up in both Astoria and Forest

Hills. John's love for the movies has been in his blood since birth. He is the son of a movie producer and grandson of a famous Broadway composer. Ask him and he'll tell you who they are! He spent many years working in Hollywood on numerous films in numerous positions. He's even had a role in a movie or two!

John has been running a monthly movie group at Goddard House called Reel 2 Reel, where residents are given the opportunity to reminisce about the movies and talk about their views on them today. This group has laid a foundation for the great movie selections John makes for us on Netflix every single night. John loves the movies because he feels it brings people together and they share a connection over the movie they're watching.

- *EnrichedLIFE* Director Erica Curcio



KEEP AN EYE OUT FOR OUR
2018 Annual Appeal

DONATE ONLINE TO HELP OUR RESIDENTS
enrich AND engage together!

Taking Brain Healthy Cooking— On the Road

by Assistant Executive Director **Lance Chapman**

On October 17th, a community outreach team from Goddard House took the Brain Healthy Cooking initiative, featuring the Mediterranean Diet, to a group of 25 older adults at the Brookline Senior Center. Director of Dining Experience




Andrew Santalucia, Director of Business Administration **Josephine Hoey** and Assistant Executive Director **Lance Chapman** hosted an hour-long seminar and luncheon. A 30-minute slide presentation designed by SLR as a method to introduce the concept of Brain Healthy Cooking—

followed by some Brain Healthy eating—was offered. In partnership with the Brookline Senior Center, we were able to meet and greet with 25 older adults from Brookline about this healthy dining concept.

This program is also designed to allow guests to sample the kinds of foods available to our residents each day. Audience members remarked on how different this concept was as compared to some of the preconceived notions they held about food quality and choice in an assisted living community. Studies show that many older adults are living alone and often don't prepare healthy food options for themselves. Our luncheon also included each guest receiving a stack of recipe cards and a delicious salmon lunch. We also raffled off tickets for 8 people to come and enjoy another brain healthy lunch with us here at Goddard House.



We will be doing more outreach with this workshop in 2019, spreading the news about Brain Healthy Cooking far and wide. Enjoy a sample recipe below! 



CREAMY WINTER SQUASH AND APPLE SOUP WITH QUINOA

Serves 6

Ingredients

- 1 cup pre washed quinoa
- 1 medium butternut squash, halved and seeded
- 1 acorn squash, halved and seeded
- 1 medium-size carrot, peeled and sliced
- 1 medium onion, diced
- 2 tablespoons extra virgin olive oil
- 2 large Granny Smith apples, cored, peeled and chopped
- 2 cups reduced sodium chicken or vegetable broth
- 4 cups water
- fresh ground pepper to taste
- 2 teaspoons fresh thyme, chopped

Instructions

1. Prepare quinoa according to package directions and set aside.
2. Heat oven to 400 degrees F. Arrange squash halves in a large baking dish. Bake squash in preheated oven for 50 minutes to 1 hour, or until tender.
3. Heat oil on medium in a large stockpot or sauce pan. Add onion and carrot and sweat, stirring occasionally, until onions are softening, approximately 3-4 minutes.
4. Scoop squash pulp from shells. Transfer vegetables to a large stockpot or saucepan. Add apples, cooked quinoa broth and water, simmer, covered, approximately 20 minutes, until apples and carrots are tender. Add thyme, pepper.
5. Puree with an immersion blender or in batches in a food processor or blender. Garnish with thyme sprigs.

Goddard House Begins SAGE Accreditation as LGBT Friendly Community

by Assistant Executive Director **Lance Chapman**

As we seek to more fully embody the Goddard House core values, our leadership team will be engaging in a training process to become the first assisted living community in Massachusetts to obtain a SAGE accreditation to better serve LGBT elders. Along with providing advocacy and resources for LGBT elders across the country, SAGE also offers training for providers, such as Goddard House, to become culturally competent and sensitive to the salient issues of LGBT elders.

For more than five years, we have partnered with ETHOS in providing a low-cost brunch for LGBT


elders here at Goddard House. One Saturday each month, we serve as a safe and welcoming meal site for people to eat a healthy and delicious meal in community with each other.

Goddard

House has also been a sponsor and advocate of LGBT independent film maker Stu Maddux, who directed the acclaimed film, *Gen Silent*. The film captures the plight of LGBT elders who grew up in an era of social intolerance towards their lifestyle, leaving a generation of people with emotional scars. This history makes joining even a progressive

community such as Goddard House a move requiring a bold step of courage.

As I write this article, there are currently laws in various states other than Massachusetts, limiting the rights of same-sex couples to obtain housing. A recent study shows that 48% of older same-sex couples experience housing discrimination. In response to this, Goddard House hopes to be the first of many nearby assisted living communities to go through the SAGECare training program. Our hope is that by undergoing this training, Goddard House will become well known as an organization that welcomes LGBT elders to join this community having prepared our staff to understand some of the unique issues faced by this group of people.

We are hopeful that the SAGECare training and subsequent accreditation will be a next step in our journey as a community to become a place that nurtures a sense of belonging to anyone who chooses to call Goddard House “home.” 

EXCERPT FROM THE GODDARD HOUSE VALUES STATEMENT:

Respect: We nurture a sense of belonging by treating all members of our community with respect, without regard for age, ethnicity, religion, income, ability, sexual orientation or gender preference.



GODDARD HOUSE LEADERSHIP TEAM

*At the SAGECare training, left to right: Director of Building & Grounds **Lito Mutia**, SAGE trainer **James Ashton**, Director of Compass Programming **Marie Curcio**, Director of Dining Experience **Andrew Santalucia**, Resident Care Director **Barbara Flynn**, Executive Director **Carolyn Sandel**, Assistant Executive Director **Lance Chapman**, EnrichedLIFE Director **Erica Curcio**, and Director of Business Administration **Josephine Hoey***



Goddard House Happenings



*We learned and did so much during our “Grab Your Passport! Destination: Australia” program! Clockwise, from top left: Building & Grounds Associate **Marvin Gomez** with our Australia sign; **Cindy Scheff** assists **Doris G.** with making a scented koala bear for her door; **Loretta H.**, Director of Compass Programming **Marie Curcio**, and **Richard P.** help give out Rocky Road treats; **Susan F.** pets a snake with **Jen** from the Franklin Park Zoo; center: **Susan F.** and **Susan L.** view Australian artifacts at the MFA*

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NEWSLETTER CONTRIBUTORS

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ASSOCIATE PROFILE

Resident Care Associate **Lounadelle LaPierre** (pictured below with resident **Luwenia K.**) is known around Goddard



House for her infectious smile and warm personality. She has been working at Goddard House for the last two

years and says her favorite part of being here is being able to spend time with the residents. Never one to turn down an opportunity to sing or dance, she is often seen dancing with the residents of Olmsted. Lounadelle’s hard work hasn’t gone unnoticed and in only the last year she has been nominated for two awards.

Before moving to Massachusetts in 2012, Lounadelle lived in Florida for a number of years where she enjoyed spending time on the beach with her family. While she misses the warm weather, she is happy to be here in Boston and still makes time for a vacation in Florida when she can. Lounadelle is also fluent in French and Creole due to her upbringing in Haiti.

In her free time, her favorite thing to do is spend time with her 4-year-old son and listen to music. She also enjoys traveling when possible. We are definitely very lucky to have her here at Goddard!

*-Olmsted Program Assistant **Kristen Cipriano***