

The Goddard Times



Goddard House - Moving Forward 2014

By John Moniz, Executive Director

Just over six months ago, I started this journey at Goddard House Assisted Living with both excitement and uncertainty. I was excited about all the possibilities and potential of what was ahead, but uncertain of what challenges lay before me. We have and will see many transformations in the past and coming year in our traditional assisted living and Olmsted Place residences. We have seen the ongoing dedication and hard work of the staff here at Goddard House to provide exceptional service to our residents and their families. And we see the lasting bonds of friendship we foster with our residents and families who chose Goddard House for their home or home for their loved ones. As I look toward the future, my uncertainty turns to certainty. We are certain of our vision to provide our residents and their families with a community filled with exciting events, continuous changes and improvements to the services we offer.



John Moniz

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I would like to acknowledge our residents who passed this year; who have touched our lives and who will always remain in our hearts and memories: Frances Stapleton, Harvey Fram, Nancy Ketchum, Barbara Wood, Francis Shulamn, Joseph Watkin, Janet McKay, Miriam Johnson, Floyd Crellin, David Silverstein, Beulah Feinsod, Sally Holmes, Albert White, Edna Cordner, Beryl Findeison, and Jack Wasserman.

Thank you again to all our residents, families, friends and staff who make Goddard House a place to call home. In addition, a special thank you to the Board of Trustees for their contributions to making a Goddard House Assisted Living a special place. Enjoy the New Year, and I hope this holiday season brought you many good tidings of joy with your friends and family. All the best in 2014!

A Sign of the Times

By Lance Chapman

These days, there are so many new things to get excited about happening inside the walls of Goddard House, we wanted to be sure the signs at the front entrance and along Chestnut Street generated that same excitement.

Signs are important because they can communicate so much about an organization to those driving in for the first time and to those who walk or drive by every day. We worked as a team to be sure our new signs were built to convey that special pride we feel about this enduring community. With the help of the Brookline Planning Board, we were so pleased to be able to make such a professional and impactful statement without any complaints from our good neighbors here on Chestnut Street. The next time you stop by Goddard House we hope you'll take a moment to enjoy our Sign of the Times.



A New Year's Resolution to stay Forever Fit

By Melody Bushmich

Goddard House Assisted Living's 2014 New Year's resolution is to stay forever fit with Forever Fit! It is no secret that the residents of Goddard House take great pride in their physical

fitness. So much so that many residents exercise seven days a week AND receive personal training. In 2014 we are taking it up a notch as we join Forever Fit in the mission to improve the lives of older adults through fitness. Working with residents of all ages, shapes and ability levels, Forever Fit is delighted to bring older adult fitness services to residential communities like ours. Driven by a passion to create better fitness experiences for older adults, Forever Fit owner Chris Parchmann designed the program to motivate residents to engage in enjoyable, sociable opportunities to stretch limbs and joints, as well as stretch individual comfort levels in new social situations (forever-fit.net). Forever Fit will be joining Goddard House six days a week providing exercise programs and personal training to both Olmsted and Traditional residents.



Happy New Year

Getting to Know the Staff in Olmsted

By Cindy Allard

Our Olmsted Team continues to work to further genuine caring relationships between staff and residents, family members and friends. As part of that effort, and in response to your requests, we will display photos of all of our Olmsted staff on each floor and they will include the name of each of these care partners on the walls in Olmsted. We look forward to continue getting to know each other!



Asahar I., Natalie L., Mattie S.

Every month we'll be highlighting a food recipe from residents, families or staff who would like to share with the Goddard House community! If you have a recipe that you'd like others to know about, please let us know.

By Pat Flynn, Business Director

Fantasy Fudge

Ingredients:

- 3 cups sugar
- $\frac{3}{4}$ cup margarine
- $\frac{2}{3}$ cups evaporated milk
- 2 cups semi sweet chocolate pieces
- 1 jar (7 oz.) marshmallow
- 1 tsp. vanilla
- 1 cup chopped walnuts (optional)

Preparation:

- Combine sugar, margarine and milk.
- Stir over low heat until blended.
- Bring to a boil over medium heat.
- Boil slowly, stirring constantly for 5 minutes.
- Remove from heat.
- Stir in chocolate pieces until melted.
- Add marshmallow, vanilla until well blended.
- Pour into a greased 13 X 9" pan.
- Cool then refrigerate. Cut into desired squares.



Traditional & Olmsted



Holiday Parties 2013



Happy New Year

“Wandering”: What is it and how do we respond?

Marie Curcio, MSW, NHA

Individuals with cognitive impairment due to Alzheimer’s disease and/or related illnesses sometimes “move around” in ways that appear to be aimless. When we examine what is often described as “wandering” more closely we have an opportunity to support individuals more meaningfully. Is wandering aimless or is there a reason for it after all?



According to Debra Katt-Lloyd of the Alzheimer’s Association, “wandering” behavior can be **safe** or **unsafe**. It is helpful to know the difference. “**Safe**” wandering within a secure setting can provide needed exercise, offer increased social opportunities, reduce boredom and/or soothe the individual with memory loss. When offered appropriate auditory, visual and/or tactile stimulation, individuals with memory loss may engage positively with their environment and experience a sense of calm.

There is an important difference between endless roaming or pacing and exploring one’s environment. Endless, repetitive pacing is anxiety provoking and exhausting for individuals. Exploring a purposefully designed environment does not necessarily place one in danger. Wandering is considered “**unsafe**” if it places the individual with memory loss, or others, in harm’s way. If an individual with memory loss leaves a secure setting, enters unsafe areas or someone else’s space, he/she may be at risk for injury.

Individuals with memory impairment tend to “wander” if they have **unmet physical needs** (pain, hunger, thirst, infection or other illness), or **psychological needs** (depressed, anxious, delusional, suspicious or paranoid) or **issues with the environment** (too hot, too cold, too noisy, over or under stimulating). **The risks of wandering if the person is outside** include falls, exposure to inclement weather, getting lost, hit by a car, entering dangerous environments (woods, bodies of water) and being taken advantage of or robbed to name but a few.

Statistics about risks of wandering are alarming. The Alzheimer’s Association reports that 45% of wanderers will be found dead if not found within 24 hours, 83% have wandered in the past, 95% are located within 1.5 miles and, sadly, one long term care facility resident will wander away and die each week in the U.S.

Most often, individuals who are “wandering” are “looking” for something (familiar, re-assuring or soothing) or trying to “get away” from something perceived as unpleasant. When we take a moment to understand the reason for “wandering” and respond appropriately we have seized an opportunity to positively impact the life of an individual with memory loss. Our responsiveness can truly make a difference.

Taking the Art of Beading to a New Level

By Kevin Kindorf

Lubow Maryniuk has been a Goddard House resident for nearly two years come the end of January. She is a member of the Goddard House Artisans, a group of dedicated and creative women who work together to create, among other things, beautiful pieces of jewelry from beads. Lubow's bubbly personality and her friendly demeanor have resulted in her being a well known name with staff as well as residents here at Goddard House. I was able to catch up with her during this holiday season to learn more about the pieces of jewelry she creates in her spare time.



Some of Lubow's finest jewelry creations

Since her jewelry and her knack for creating intricate patterns are quite evident when she shows off her work, I had to ask her what kind of background she had with beading. She said, "I've been doing this kind of beading for 45 years. But before then, I was also very interested in ceramics." Lubow was kind enough then to share with me a piece she had created when she was much younger, living in the Ukraine. It was a necklace called a Gerdan, which is a traditional Ukrainian necklace that looked like it must have taken weeks if not months to complete. She told me the red and black Gerdan was one of the most difficult pieces of jewelry she had ever made, yet the satisfaction of finishing it was evident in her eyes.

Lubow told me that beading was only used by her as a way to unwind and relax. Even though she may have had the potential to have a very successful career as an artist, she instead worked as an educator, showing her appreciation for the arts: "I worked as a teacher when I was younger in Ukrainian Saturday Schools. I taught language and literature to the older students in the schools."

Being a member of the Goddard House Artisans has kept Lubow occupied and very busy at Goddard House. Asked how long she has been with the Goddard House Artisans, Lubow said, "Only a short amount of time. I saw the ladies with Susan Swanson, Art Therapist, and I got very interested in what they were doing. Susan is a lovely person and the whole group is very nice to work with." You can find Lubow attending many of the different activities taking place every day here at Goddard House. She is a very active woman, and if her bead work is any indication, she won't be stopping anytime soon.



Featured January Events! Please Join Us!

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



Paul Broadnax accompanied by Peter Kontrimas

Sunday, January 19th at 3:30pm

Pianist and vocalist Paul Broadnax is best known for his Jazz influences. He continues to perform around the New England area with his longtime companion bassist Peter Kontrimas. Please stop by for a chance to listen to some great Jazz!



Piano Concert with Mark Tavenner

Sunday, January 26th at 3:30pm

Mark started taking piano lessons at age 11, learning how to read music and train his ear. He'll display his skill playing the piano and electric keyboard with his vocals in English, Spanish, Italian, Portuguese, and French. Come join us for some wonderful music!



AFRIKA GENTE Concert

Sunday, February 2nd at 3:30pm

Cornell Coley has directed his Afro-Latin jazz dance band "Afrika Gente" since 2003. This six-member ensemble is comprised of some of Boston's best musicians and plays Afro-Latin jazz and folk music. They offer unique arrangements of well-loved hits and originals for pure listening pleasure.



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For more information visit: www.goddardhouse.org