

# The Goddard Times



January 2016 Issue

## 2015 In Review

By John Moniz

Happy New Year! I want to extend my wishes to you and your family for a prosperous new year. I wish only the best to all of you in 2016. At this time of year, we typically like to look forward and have our eyes on the future. However, I always like to also use this time to reflect back on all we have accomplished in 2015.

Though this might seem like a small change, the recent change to having our resident care and payroll systems go electronic), will bring higher levels of productivity and efficiency to our internal system. We feel that it is important that our internal systems stay up-to-date and current using the best that technology has to offer.



This also has been a year of Renovation! Renovation! Renovation! From top to bottom and from outside to inside, we have sought to make improvements to our building to provide the best community possible for our residents and their families. We have improved the grounds and gazebo, as well as exterior painting and renovation. We have improved our sidewalks and roof. Additionally we have improved the look of the lobby, main hall and dining rooms. These changes have provided a fresh, bright and calming look along with giving many spaces the needed updates to improve the esthetics of the community. We added an "Ovention Oven" to the kitchen, which has changed the way we cook. It allows us to cook food quicker in the kitchen and allowed us to introduce the wildly popular flatbread pizzas to our menu. Finally, we are participating in Project Greenlight. We have converted our lighting to all LED lighting both indoors and in outdoor public areas. The change to LED lighting promotes safety and well as energy efficiency, while decreasing Sundown Syndrome on our Olmsted assisted living area. It is also a huge savings, which will allow us to put those financial resources towards other improvements in the building.

### **Vol. 4 No. 1 – January 2016**

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## **2015 In Review (Continued from Page 1)**

Our staff have been busy taking part in many activities outside the building to increase community relationships and build our own skill set to make improvements with our organization. Lance and I both took on leadership roles State-wide in 2015 Walk to End Alzheimer's. Ginny, Brandon, and I went to Washington to present at National Center for Creative Aging Conference. Marie Curcio and Lance Chapman received Statewide, LeadingAge and MASS-ALFA awards respectively. Please take a moment to congratulate them on being leaders in the field. Nick attended a national food service conference in Memphis, Tennessee and brought back great ideas to make improvements to your dining experience.

Some of the work we have done outside the community has brought some great opportunities to the building serving to improve the quality of life for everyone. For instance, J.P. Licks ice-cream donated ice-cream every week during the summer as we launched Super Scoop Saturdays for residents. In addition, we invoked our unlimited partnership with Sam Adams/Boston Beer Company who donated beer for all of our summer events. With local partners, we produced a rare screening of the Grammy award-winning film, *The Glen Campbell Story: I'll Be Me*. We sold out the 550 seat theater at Coolidge Corner Theatre.

We have many great programming opportunities that have come to our community. The Organic gardening program with Green City Growers (GCG) is in full swing and gains us a third raised bed on Olmsted. GCG introduced the Yardbirds Backyard Chickens and the Hen House which opened in our backyard. It drew an excellent response from visitors and was a highlight on many of the tours. We continue our work with the LGBT Out-to Brunch Bunch, which brings LGBT older adults to our community once per month providing a great social experience for our friends outside of the community. The Goddard House Dinner Lecture series had been "sold out" for every talk and the Passport Program grew with over 75 "travelers" to Goddard House events and our first Passport move-in. Paint and Pour gave the community a chance to get to discover their artsy side and get to know ours. It was a fun for everyone. Finally Cookin' up Jazz at Goddard House was kicked-off with a talk from renowned jazz impresario Fred Taylor. Our summer Jaz Festival in August drew 100 or more people and Stan Strickland and his group stunned the crowd with their talent in the final concert.

We had a lot of great success with our programs and work in and out of the community. Attendance at our Nature Adventures in Our Own Backyard Program with ARTZ doubled this year. Our very supportive Goddard House Board of Trustees pledged \$170,000 in Doane Fund Scholarships for Boston nurses enrolled in programs at UMass Boston. We believe it is important to give back to the community and support our nurses who work so hard for all of us in and out of the community. Our student program grew to include a pilot model trial for Lesley Music Therapy Students with Faculty Oversight on-site here at Goddard House.

Wow! What a year! As you can see, we are always looking to find new and creative programming and community events that enlighten the lives of both staff and residents and their families, while balancing our constant need for improvements within our physical space. We are proud of all that we have done this year, and as usual, I owe much of our success to the dedicated and compassionate staff and Board of Trustees who continue to make our building resident and family focused.

Thank you for a great year and stayed tuned for more to come!

Best Wishes,

John

## Emerging as an Artist Later in Life

By Ginny Mazur

**Brookline Artist Louise Weinberg's show, *Emergence*, is currently on display at the Goddard Gallery.** The collection of oil painting explores the image of the sphere as metaphor for components of self as described by Carl Jung – the persona, the ego, the shadow and the anima/animus. The artist notes that, “these aspects of self emerge and recede over a lifetime. Some aspects of the self remain hidden, only to appear unexpectedly in later life.”

Louise had a first career as a clinical social worker, psychotherapist and teacher for 22 years in New York City and Boston. In her 40s, she decided to pursue her passion, at that point unexplored, and went on to enroll in a four year program at the School of the Museum of Fine Arts, Boston. Louise has worked as a full-time artist since graduating in 2002. She has taught hundreds of students drawing at the Brookline Senior Center.



Artist Louise Weinberg stands in front of one of her paintings

Photo: David Weinberg

I visited Louise at her home where there many pieces of art on display. Spheres are a theme in many of her own paintings and objects around the house – rocks, shells, eggs and fruit. A vibrant wall area painted aqua, the artist's favorite color, accents other versions of the color that appear in paintings.” Louise offers, “Aqua is sky and water. It's the color of expanses.” In *Emergence*, that space in which the spheres exist appears to be celestial. The spheres represent containment and its ambiguity, the human desire for the safety of enclosure and structure vs. the terror of possible entrapment.” Residents have repeatedly commented how much they are repeatedly drawn to the color aqua in the paintings in the exhibit and how it enlivens their mood.

“I began to ask questions about what the second half of our life holds regarding our development and the process of individuation towards feeling whole, having been inspired by Jung. So much about the first half of life is about what we do like raising our families and having careers. There is also a human drive to explore our internal world as well as the vast world outside of oneself. I can do that by painting. To me, art making is exploration through really looking at things, experiencing them and describing what you see without labelling it, without applying words.”

Thank you, Louise Weinberg, for sharing your unique, vibrant vision that somehow captures and hold both life's simplicity and complexity. As a person who is hoping to explore art in my later years, you are an inspiration.

Visit [www.louiseweinbergart.com](http://www.louiseweinbergart.com) to learn more about Louise and her work and/or stop by Goddard House to view *Emergence* through mid-January.

## **Traditional Holiday Party**

**By Jenna Henning**

On Thursday, December 17th, over 200 friends of Goddard House celebrated the holiday season together at the Traditional Holiday Party. It was a wonderful night shared by family and friends from all over the country. Goddard House was dressed in holiday style, with twinkling lights, fresh sprigs of spruce, and dozens of poinsettias adorning the downstairs for the occasion.

As guests entered the Front Lobby, they were greeted by 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. Another highlight of the evening was the delicious food prepared by our Executive Chef, Nick Polinsky and his dining services team. The wait staff passed hot appetizers as guests mingled and enjoyed a couple hors d'oeuvres stations, as well as drink station complete with festive blue and white cocktails. The main meal was served in a banquet style buffet by Goddard House Department heads.

The evening was full of good cheer as families, friends and loved ones from near and far spent the evening together. We hope the rest of your holiday season was just as enjoyable!



Residents and Guests dressed for the occasion



Charlotte and her daughter-in-law



Figgy Puddin' Carollers



Gingerbread Houses won in the raffle

## Olmsted Celebrates the Holidays

By Alice Tilton

On Thursday, December 3<sup>rd</sup> Olmsted residents, staff and families gathered together for a party to welcome the holiday season. Food services manager Nick Polinsky and dining room manager Tim Donoghue planned a beautiful seated meal for over 100 guests. Party goers enjoyed their dinner as Goddard House department directors took orders and served food alongside wait staff. Dinner was a great opportunity for families to get acquainted while seated together at large banquet tables. For many, the highlight of the night was the music of the Winniker Trio. Every time they have played at Goddard House in the past, the dance floor has been packed, and this party was no different. As soon as the plates were cleared, people took to the palm court to sing and dance to familiar holiday music as well as some contemporary tunes. The evening ended with a brief performance by the Olmsted Resident Choir. Thank you to everyone who came out for this special evening—we can't wait to do it again next year!



The Winniker Brothers



Bob and Mimi



Karen and Richard dancing to the Winniker Band



Olmsted Guests enjoying dinner

## **Bernice: From the Bronx to Broadway...and now, Brookline**

**By Lance Chapman**



Bernice at the Olmsted Holiday Party

Bernice Zigas has been a resident on the Olmsted Memory Support Neighborhood for about nine months and has become a beloved member of our close knit community here at Goddard House Assisted Living. I met her in a day room near her apartment that looks out onto the back garden. She's been waiting for me to arrive and it's now just after lunch. Her sunny disposition immediately takes over the room as I enter. "I have been a very, very lucky lady in life. That's how I see it," she states as I take my seat. Bernice has been told in the last few minutes that I was coming to interview her for our monthly newsletter. "I'm not going to tell you my age to impress you but I'm eighty-eight and I feel great," she says with a big smile.

I tell Bernice why I'm here and that I've talked to her son David to be sure he was okay with the interview. "You know my David? ...I like you better already," quips Bernice. She is warm and friendly and tells me how she loves to talk to people. I tell her I am here to talk about some of her best memories, the highlights of her life. The one's she feels comfortable sharing with me and with our newsletter readers.

She was born Bernice Skilowitz in the Bronx, NY. Her mother Helen and father Abe were Russian Jews who immigrated to the United States in the early 1920's. Her father Abe was a shoemaker. Bernice and her two siblings, Jack and Silvia were very close. Bernice then shifts the discussion to her mother. "My mother was so smart. Just an amazing woman. She took good care of us through tough times," Bernice explains. She described her mother as being good with family finances having bought a home for four thousand dollars and later selling it for five hundred thousand dollars many years later." Bernice later raised her family in this very same house.

Bernice has been an avid lover of English History. She has read many books on the subject and has travelled to England a number of times. She also has a deep love for all things related to Broadway and the theatre scene in New York. "My first adult job out of high school was in Eaves Costume Company in New York. I was so lucky to get this great job! I was able to meet lots of Broadway actors and actresses as they came for fittings," she says with the joy of this great memory on her face. She goes on to tell me about meeting people such as Woody Allen and Barbara Streisand who, to this day, is her favorite singer. "I love New York City! There is no place like it. Working there opened up a whole new world of adventures for me," Bernice tells me with more of her infectious energy and warmth.

I asked Bernice about the loves of her life. She met Sid Zigas when she was just twenty-one years old. They were married soon after and she had her two sons, David and Neil who she loves dearly. David lives nearby in Chestnut Hill with his wife Susan and her grandson Zeb. Neil and his wife Yoko and her grand daughters, Michelle and Mari live in New Jersey. "My sons are about as wonderful as a mother could ask for," she says. "My life just keeps going up, up, up," she exclaims as she lifts her hands higher and higher as she talks. "Except that I don't remember things sometimes, I really don't have any troubles," Bernice tells me. "My outlook has been that I can only be the way I am. I like people and people seem to like me. I am so lucky to have that kind of personality. I must have been given it from my mother and father. They were very nice people."

As I told Bernice my time for the interview was coming to an end her positive energy and joy were not shaken. "Look, if you decide you don't want to use this...its' okay," she assures me. "It's just been the best part of my day talking with you." As I leave Bernice I realize my time spent with her has been the best part of my day.

## Tiramisu Bites

Submitted by  
Executive Chef  
Nick Polinsky

### Ingredients:

- 12 slices (1/4 inch thick) frozen (thawed) pound cake
- 1/4 cup water
- 1 1/2 teaspoons instant coffee granules
- 1 1/2 teaspoons rum extract
- 1 container mascarpone
- 1/4 cup powdered sugar
- 1/2 cup whipping cream
- 1/2 oz semi-sweet baking chocolate
- 24 espresso coffee beans, if desired



### Preparation:

1. Line 24 mini muffin cups with petit flour paper cups. Cut 2 (1 1/4-inch) rounds from each cake slice. Place 1 cake round in bottom of each cup.
2. In small bowl, mix water, coffee granules and 1/2 teaspoon of the rum extract. Drizzle about 1/2 teaspoon of the coffee mixture over cake in each muffin cup. Set aside.
3. In medium bowl, beat cheese, powdered sugar and remaining 1 teaspoon rum extract with electric mixer on medium speed until creamy. In another medium bowl, beat whipping cream on high speed until soft peaks form. On low speed, beat cheese mixture into whipped cream. Spoon or pipe a rounded tablespoon whipped cream mixture into each cup, covering cake.
4. Grate semisweet chocolate over each cup. Top each with coffee bean. Refrigerate at least 4 hours to blend flavors. Store covered in refrigerator.

# Featured January Events!

# Please Join Us!

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



### **Boston Young Musicians Concert**

Saturday, January 2nd at 3:00pm

Boston Young Musicians Concert is comprised of instrumentalists from the Boston area ranging in age from 7-15 years old, who specialize in playing violin, piano, and cello.

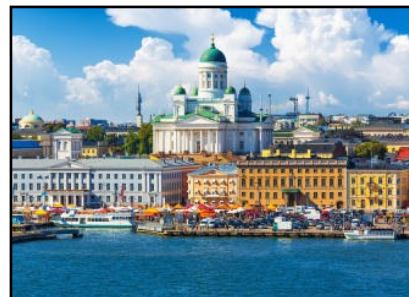
They will be performing pieces from Bach, Tchaikovsky, Schubert and many more! We welcome you to join us.



### **Concert with La Vie En Rose**

Saturday, January 16th at 3:30pm

La Vie En Rose is a marriage of French Chanson and Golden Age swing, with a repertoire of timeless American standards and French jazz songs: celebrating France, love and music. With the melodious voice of French native singer Violette and her musicians, all the ingredients are gathered to make it hot and keep you swinging all night.



### **Barry Pell Presents: "Finland—From Helsinki to Lapland"**

Tuesday, January 19th at 2:15pm

Barry Pell is an award-winning world traveler and photojournalist who has traveled to over 150 countries. In this program, he will discuss the history of Finland and explore with you its culture and pragmatic people in words and pictures. Join Barry for this interesting and informative presentation on Finland.



**Happy 2016 from  
everyone at Goddard House!**



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



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