



the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

SUNDAY, JANUARY 7

Jack Glennon at 3:30 P.M. Jack performs a wide range of music from the 50's to the 70's, and also delights the crowd with his extensive Irish repertoire! *Public welcome!*

SUNDAY, JANUARY 21

Keun Young Sun and the Eclatant Piano Trio will perform Mendelssohn and Beethoven at 3:30 P.M. *Public welcome!*

MONDAY, JANUARY 22

Justin Locke at 2:00 P.M. Justin will discuss his multifaceted life in show business, which includes an 18-year stint playing bass in the Boston Pops!

SUNDAY, JANUARY 28

Dynamic vocalists John and Lori Wadkins will perform timeless classics at 3:30 P.M. *Public welcome!*

For public events, RSVP to Jennifer Miller at jmiller@goddardhouse.org or 617-731-8500 x110

RESIDENT PROFILE



Since she came to Goddard House just over a year ago, we have very much enjoyed getting to know **Susan Fialkin** a bit better! She has fully engaged herself with programs ranging from Jewelry Making and Design and Flower Arranging to Walking Club and our art course, Opening Minds through Art. Susan is always out and about, and is an active member in community-wide events, such as the Walk to End Alzheimer's.

Having always been drawn to creative outlets, Susan said her inspiration is closely linked to the beauty of nature. She shared that one of her favorite hobbies while living in Vermont was gardening and using items such as leaves or flowers to create paintings, sculptures, and centerpieces. Susan is knowledgeable about flowers and has an eye for design! In the photo above, Susan is taking a stroll on the Goddard House back patio. She says that although the winter is beautiful, she is looking forward to the spring and summer to spend more time outside.

With the holidays just behind us, Susan said that her favorite thing about this time of year is the things people do and make to show their love. These wise words really highlight the importance of love during this time of year. Perhaps that's why her New Year's Resolution is all about spending time with her twin sister and daughter.

Susan is a cherished resident here at Goddard House and it is always a joy to see what her next artistic creation will be.

-EnrichedLIFE Assistant Emily Jenkins

Holiday Celebrations!

Thank you to everyone who celebrated the holidays with us! Goddard House hosted approximately 120 people on December 7th and close to 200 on December 14th. Here's to another wonderful year!



Top row, left to right: Staff members gear up for the holiday buffet; EnrichedLIFE Director **Jennifer Miller** takes a moment to pose with Santa; Cook **Stephen Bullard** and Resident Care Director **Erin Koenig** ham it up after the first round of meals was served. Second row: **Marlo A.** poses with her daughter; **Bernice Z.** gives thanks to all the staff for their hard work; **Lorna B.** and her son are all smiles at this festive event. Third row: **Valerie G.** and her granddaughter dance to *The Winikers*; **Shirley B.** and **Joy R.** light a candle on the menorah in observance of Hanukkah; **Clementine B.** awaits her guest; **Agnes R.** and her family pose for a photo before sitting down to enjoy a holiday feast.

Bottom row: **Janice H.** and her son; **Evie P.** and **Della M.** relax before dinner is served.

The Reunion Project 2018: Celebrating Wisdom through the Years


*Entire Brookline Collection Returns for
Town-wide Exhibit*

*by Community Partnership Director **Ginny Mazur***

It is often said that “Wisdom comes with age.” That was evidenced by the 50 Brookline senior women who participated during 2017 in The Reunion Project, a combination of photographic art and narrative. The project is designed to encourage older women to reflect on their life experiences as young women and today, and to have a “reunion” with themselves by responding to a variety of prompts such as, “I used to think...”, “Now I know...”, “My family was...”, “My family is...”

Their photos (ones taken as teens and ones taken today) and their writings were on display in two exhibits last spring at Goddard House and the Brookline Senior Center in collaboration with the Brookline Community Aging Network. Both of those exhibits will be combined in early 2018 for a town-wide show of all 50 subjects at Hunneman Hall in the Main Branch of the Brookline Public Library on 361 Washington Street from January 14th through March 13th. The Goddard House Community is invited to a public artist’s reception and presentation by The Reunion Project creator, Lora Brody, on Saturday, January 20th, 2018 from 2:00–4:00 P.M. with a presentation by the artist at 3:00 P.M.

Brody, a resident scholar at the Brandeis Women’s Studies Research Center emphasizes, “In a society that is quick to forget that ageism diminishes the speaker as well as the potential listener, the goal of The Reunion Project is to give senior women an opportunity to examine their lives and to share their experiences with each other and with other generations.”

For Goddard House participants, it’s exciting to anticipate viewing the show on a much larger scale that will reach new audiences in 2018. 



*Two of the Reunion Project participants:
Goddard House resident **Agnes R.** (top) and
Brookline resident **Janice D.** (bottom)*

The Reunion Project

Exhibit on display from
January 14–March 13
at Brookline Public Library’s
Hunneman Hall
361 Washington Street, Brookline

Artist’s reception with Lora Brody
Saturday, January 20 • 2:00–4:00 P.M.
presentation by the artist at 3:00 P.M.

Public is welcome!

INTERNS PROFILE



Our Two Lesley University Graduate Expressive Arts Therapies Interns **Joy Geha** and **Melissa Taylor** took some time to chat with Community Partnership Director **Ginny Mazur**.

What inspired you to train to become art/expressive arts therapist?

Joy: Art and imagination have always been my language of expression. Art has also helped me to overcome my fears and get through challenging times. When I heard about the field of art therapy, I felt that this was my calling. For the first time in my life, I had a definition for how I viewed art that I could share with others.

Melissa: My first inspiration for becoming an expressive arts therapist is my love of the arts! Growing up I always enjoyed singing, dancing, and performing. As an adult, I have gained an interest in visual arts, such as painting and sketching. I believe creativity is essential to well-being. I hope to re-introduce people to play, spontaneity, and creativity so they can live the full expression of their lives!

What group do you enjoy facilitating with residents of Goddard House?

Joy: I am enjoying co-leading with Melissa several expressive arts based groups including Poetry PLUS and Mindful Aging. I am also looking forward to co-leading a Music and Imagery group with one of the music therapy interns.


Melissa: I really enjoy leading Karaoke Group! We always have a wonderful time singing, dancing, and laughing. If you haven't had a chance to come, I encourage you to stop by! We can be found rocking out in the Library on Mondays at 3:00 P.M.

Garden to Gourmet: Just add (hot) water!

by *EnrichedLIFE* Director **Jennifer Miller**

Garden to Gourmet continues to utilize the herbs in our indoor garden throughout the winter. Residents and staff joined in making custom teas to keep warm on these winter days!

Luckily, we had many herbs to choose from, including mint, spearmint, basil, peppermint, and lemon verbena. The Country Kitchen caught the attention of all passersby as herbal aromas filled the space. After tearing the herbs that were freshly picked from the garden, individuals made up custom tea combinations. Some took on a traditionalist approach, by keeping the herbs separate, only including one herb in each tea bag. Others experimented by sprinkling a little of this and a little of that, building a completely unique flavor profile.

After the tea bags were stuffed and sealed, participants immediately reaped the benefits of their hard work and chatted over a cup of home-grown, hand-made tea. These teas only got better with time as the herbs dried out which resulted in a stronger flavor of tea the next day. 



Left to right: **Agnes R.**, *EnrichedLIFE* Assistant **Emily Jenkins**, **Bridgina B.**, and **Tony S.** hold up freshly sealed tea bags

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NEWSLETTER CONTRIBUTORS

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ASSISTED LIVING®

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