

the Goddard Times

2016 in Review

John Moniz

Happy New Year 2017! I extend my best wishes to you and your families for a prosperous and healthy new year. At the beginning of the year, we typically like to look forward and have our eyes set on the future. However, I always like to use this time to reflect on all we have accomplished in the year prior.

2016 was filled with travel, media, education, art and farming of course! Presenting at the National Center for Creative Aging (NCCA) international conference in Washington D.C. with Ginny and Jenna was a highlight for us all. Being recognized as a partner and leader was rejuvenating! Dr. Greg Finch, Director of Field Services at the NCCA, also gave a talk at Goddard House to Boston arts leaders. We have received so much attention with the expansion of our farming project, which now



Executive Director, John Moniz III (pictured center) stands with Traditional Resident Care Director, Delaney Blute (pictured left) and Marie Curcio, Director of Resident Support (pictured right) at the 2016 Annual Holiday Party.

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Community Partnership Director

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Michaela Barrows

Marketing and Outreach Associate

Kristina Lessard

Program Director

Jennifer Miller, Sarina Van Zyl

Lesley University Interns

includes chickens, vegetable beds, honey bees and our community collection of garden stories. The Brookline Interactive Group, our local non-profit community access television station, filmed and donated a video about the project entitled, *Growing the Farm at Goddard House*. In the fall of 2016, we also presented the farming project at the MassALA conference, our state-wide assisted living trade show. We ended the year being interviewed by the National LeadingAge magazine about person-centered programs at Goddard House.

Ginny Mazur traveled to Scripps Gerontology Center at Miami University in Ohio, where she was trained by Dr. Elizabeth Lokon in Opening Minds through Art (OMA), an intergenerational art program for people with dementia. It is grounded in person-centered ethics and founded on the fact that people with dementia are capable of expressing themselves creatively. The mission of OMA is to build bridges across age and cognitive barriers through art. Goddard House is the only organization in MA that has gone

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Olmsted residents Barbara and Linda (left to right) gardening in the backyard.

through this training. Upon her return, I put Ginny to work, overseeing students from Lesley University and teaching them what she learned. Goddard House is very excited to have four resident artists from Olmsted Place, with over 20 works of art, in a March 2017 exhibit at *Gallery M*.

Marie Curcio, our Director of Resident support, drove to Long Island, NY for a two-day training in Teepa Snow's *Positive Approach to Care* philosophy, better known as PAC. This philosophy and care partnering techniques serve as the foundation for the PAC training certification that she received. Marie regularly offers training during orientation and in-services on Teepa's approach. We look forward to again joining Teepa, as Erin Koenig, Kristina Lessard, Marie and I plan to take part in different areas of her training.

Program Director, Kristina Lessard, was a fabulous addition to our team. The plan of creating the Universal Arts Approach started with us hiring Kristina, who is a board-certified music therapist. She has taken on the challenge of developing this program here at Goddard House. I am happy to report that the program staff has embraced these changes that benefit all residents in our community. We are looking to expand both education and culinary programming. So, if you know a retired teacher or chef that is willing to partake in this new adventure, please let us know! Regarding fitness, it's exciting that we now have Teddy from Forever Fit here 24 hours, six days a week providing fitness groups and one on one training for all residents here at Goddard House.



Kristina Lessard and Resident, Phyllis at the Annual Family BBQ.

With the resignation of Tim Donoghue, our new dining room manager Patrick Kanyali comes to us with an extensive background in fine dining. I am looking forward to seeing the exciting plans for 2017 dining events that will crossover with programs.

All wished Cindy Allard well as she took a position to be closer to home and family. We hired Erin Koenig as Resident Care Director of Olmsted Place at the end of December. Erin's impressive background and passion for residents with memory loss will strengthen our team. She has already begun making small changes and working with the staff to further develop their professional skills.

Maintenance Director, Lito Mutia, along with Marvin, Shereen, Betty, Maria, Diana, and Beverly maintain the cleanliness of the community and grounds. The numerous compliments that we receive year-round from families, guests and residents are the norm. A clean and well maintained building helps the ED sleep at night. There are many times throughout the year that Lito or Marvin receive a call at 1 am in the morning. These two men are dedicated to safety here at Goddard House.

In addition to Marketing Director Lance Chapman's strong leadership skills, mentoring of line staff and

willingness to lend a hand, I am proud of his initiative to chair the Walk to End Alzheimer's for the Greater Boston area. I have been part of this committee for a few years. I am so pleased with the success of the 2016 walk, ranking 2nd in the country for fundraising with a total of 1.4 million dollars. This had to do a lot with Lance's leadership and partnership with Melissa Shirtcliff, Development Officer for the Greater Boston Walk at the Alzheimer's Association MA/NH Chapter. I am so excited that Lance and Michaela Barrows, Marketing and Outreach Coordinator, maintained 100% occupancy for the majority of the year with an extensive waiting list. This census would make any Executive Director proud, but we all realize it takes a team to accomplish, not just directors, but our wonderful line staff as well.



Lance Chapman and his mother, Carol, at the 2016 Walk to End Alzheimer's.

In the Spring of 2016 Senior Living Residences (SLR) was awarded the management contract here at Goddard House. SLR management began to familiarize itself with Goddard's systems, policies and procedures. Late summer and fall SLR was actively engaged in supporting dining services operations and resident care services. SLR initiated plans for employee handbook revisions and became acquainted with our extraordinary successful marketing operation. All of our department directors have a monthly offsite team meeting with peers from other SLR organizations, providing us the opportunity to build strong support and relationships with their communities.

I can't take the credit for all that we've accomplished here, and there are many more people who deserve recognition that aren't named in this article. I would like to mention the following employees who were nominated for and/or won awards. Delaney Blute was nominated for the Emerging Leader Award at the LeadingAge annual dinner. Mike Nelson and I took home two awards at the statewide MassALA awards dinner. Mike won the Employee Leadership Award. He is missed here at Goddard House by all. I took home the Innovation Award for the farm project, which was a pleasant surprise.

I couldn't end this article without letting you all know how well we did with our state survey on Wednesday, January 25th. It is humbling to work along side every staff member here at Goddard House. We work diligently for the residents we care for and cherish the relationships we have fostered between staff, families and residents. The recent Executive Office of Elder Affairs survey findings were overwhelmingly positive. We are very pleased and plan to celebrate that accomplishment with all of the staff.

Wow! What a year! As you can see, we are always seeking new and creative programming, staff education and community events that enlighten and enrich the lives of residents, families, staff and community guests. We are proud of all that we accomplished in 2016. I owe much of our success to the dedicated, compassionate staff and Board of Trustees who continue to keep our building focused on the residents and their families.

Thank you for a great year and stayed tuned for more to come in 2017!

Fitness is Ageless

Kristina Lessard

“Fitness is Ageless” and here at Goddard House, residents are proving that statement to be true time and time again. In our monthly program development meetings – a forum in which residents have an opportunity to voice their comments, suggestions and questions about the programs offered here – one thing is constant: The more fitness, the merrier! Well folks – your voices have been heard.

In the past, we have offered a variety of fitness programming seven days a week, to meet the various needs and interests of our residents. We have outside vendors visit weekly to run Tai Chi and Pilates programs, staff members lead daily Physical Challenge, Morning Exercise, or Walking Club programs, and we even have a family member volunteer to lead Gentle Exercise once a month! A few months ago, we also introduced our Matter of Balance exercise program, a structured group of exercises intended to increase flexibility, strength and balance, to Traditional residents – something we hope to also be able to offer to Olmsted in the near future.



Residents working out in the Fitness Studio.

One of our most exciting fitness program developments is that we DOUBLED the hours that Forever Fit trainers spend here at Goddard House! Instead of splitting 12 hours each week between Traditional and Olmsted residents, we now have Forever Fit on site for 24 hours each week. Not only does that increase the number of fitness classes that residents are able to attend, but it also includes a huge increase in individual workout sessions in the fitness studio on Traditional, and now offers that same opportunity to Olmsted residents. On Traditional, we added Stretching and Balance Class to our pre-existing Weights, Ball and Resistance Band classes for additional frequency and variety. On Traditional, instead of 3 hours of individual workouts, we now have 7 hours. Classes on Olmsted have increased so that each floor gets four classes each week, and residents now have four opportunities for individual workouts.

Additionally, we have promoted one of our very own program staff members to the position of Wellness Program Specialist. Xrista Christopoulos, who has been working at Goddard house in many capacities for over three years – from Intern to PCA to Program Staff – now has a focus of bringing more wellness programming to Goddard House Residents. She is currently being certified as a yoga instructor, and is a certified Parkinson’s Fitness Instructor as well. In addition to the physical fitness aspect of programming, Xrista will be able to bring a mindfulness component for emotional wellness, too!

Overall, Goddard House residents of all ages are ready for action, and fit as fiddles!



OMA is...Opening Minds through Art

Jennifer Miller, Sarina Van Zyl and Ginny Mazur

Opening Minds through Art (OMA) is an intergenerational art program for people with memory loss that was developed by Dr. Like Lokon at the Scripps Gerontology Center at Miami University in Ohio. Grounded in person-centered ethics, it was founded on the fact that people with dementia can express themselves creatively, in this case artistically. The mission of OMA is to build a bridge across cognitive barriers and age through art. Each artist is partnered with a trained volunteer on a one-to-one basis, supporting them but with a step-by-step, “hands-off” approach, so that the artist creates the artwork independently.



Resident Fay admires her piece of artwork with intern Sarina.

Goddard House Community Partnership Director, Ginny Mazur, an art therapist, attended an OMA workshop at a LeadingAGE National Conference, held in Boston in 2015. There, she was enthused by the fail-proof, abstract art techniques for adults that are created and researched by Dr. Lokon and her team. Goddard House received a training grant from the Jane B. Cook 1992 Charitable Trust that sent Ginny to Miami University in 2016 to train to become an OMA facilitator. “I wanted to bring the program to Goddard House for Olmsted residents,” cites Mazur, “but I also knew it would be great experience for the Lesley University art and expressive therapies graduate students who intern here. Lesley interns, Jennifer Miller and Sarina Van Zyl, and I launched a pilot of the OMA program in the fall of 2016 with four Olmsted resident artists who will show their work at *Gallery M* this March; Fay, Trish, D.P. and Bernice.”

We are all learning about OMA as we go, artists, staff and interns alike. Bernice expressed it wonderfully: “This is glorious! The artwork is great, but being together making it, is what it’s all about.” The level of engagement of the artists, both in the art-making and with one another during the weekly, 90-minute sessions is inspiring.

Jennifer observes that “the artists who participate in OMA have inspired me in many ways, but most of all I am enamored with their ability to take a leap of faith with each piece of artwork. As they proceed, uncertainty in the result transforms into confident art-making and investment in the work. I believe the investment I observe is because they are challenged and excited by the process and eventually with the final product. Challenges are good! I heeded this advice myself through participation in OMA. I’m challenged too and in doing so, I grow as an artist and art therapist.”



OMA Participants show off their creative works.



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Sarina adds that “the program is entirely unique from any that I’ve come across in my studies and in my own artistic work thus far. What makes OMA so incredible is that every aspect of the program is so thoroughly considered and designed to provide a successful and meaningful experience for the artist. The artists create abstract works of art that are complex and full of life and color, about which, they report feeling proud and accomplished. By having each artist paired with a volunteer, they receive direct verbal and emotional support through a connection that helps them to engage even further. The artists report feeling further esteemed and valued for their contributions by having their work framed and in anticipating the concluding gallery exhibit that the OMA model promotes.”

Jennifer sums it up. “OMA is also different from other art programs for older adults because it carefully attends to, plans and values the process as well as the product of art-making. OMA artwork directives allow for endless outcomes that are dependent on the artist’s own aesthetic and personality. Individuality and autonomy in artmaking are what OMA values.”

The artists’ opening for the OMA exhibit will be held on Saturday, March 11th from 2 – 4 p.m. at Gallery M at Goddard House. Everyone is invited!

THE LEGACY PROJECT

Legacy: leg·a·cy (noun) a gift passed from one generation to another.

My name is Sarina Van Zyl, and I am a graduate student at Lesley University, in their Expressive Arts Therapy Program. I have had the pleasure of being an intern at Goddard House for the duration of this entire academic year (September 2016-May 2017). Each and

every week I am continuously inspired and touched by the wisdom and heartfelt stories of the residents in this community. As part of an ongoing project, I hope to engage the residents in further conversations regarding the lessons we all learn throughout our lifetimes, so that these gifts can creatively be shared with family, friends and loved ones.

Over the next month, with their permission, I hope to videotape residents sharing the greatest lesson(s) that they have learned in their life. All of these brief stories, will be combined into a meaningful video that will be shared with the Goddard House community and with my own community at Lesley University. Through documenting and sharing these inspiring stories, we all may be reminded of what it means to be uniquely and beautifully human.

If you are interested in taking part, please contact Sarina or Community Partnership Director, Ginny Mazur.

The Gentlemen of Goddard House

Lance Chapman

Within many Assisted Living Communities, male residents are often outnumbered by females at a ratio of approximately 5 to 1. Knowing this, we were surprised to find, halfway through 2016 that Goddard House was experiencing a welcome influx of new male residents. At last count, the number of male residents is approaching 30% of our population. This has been an exciting and intriguing phenomenon and one we now have the pleasure and challenge of addressing.

One question that arises is, why is this happening? And why at Goddard House? The best we can tell, there are at least two factors at play. First, Assisted Living is an option that has now been around for 25 years. This means most people now know someone who has or is living in an Assisted Living Community. This growing familiarity is likely breaking down some of the misconceptions about Assisted Living and how it is substantially different from a nursing home. Secondly, we also see families who are seeking communities for male residents which already have a good contingency of men to begin with. Now that this has been established here at Goddard House, the number of men agreeing to live here is continuing to grow.

We have needed to address this by taking steps to tailor our programs and activities to meet the needs of such a large group of men. One successful addition we began last year was a men's lunch and discussion group. This group has grown from 5 men last April, to 26 men attending our December Men's Luncheon. We've found that, if formally invited to a men's function, many of our male residents will make it a point to show up and participate.

We are now moving forward with a Fitness Class that is specifically geared towards men. We have a



Residents Milt and Charlie enjoying one another's company in the hallway.



Residents Tony, Charlie and Ed following a meal at the Brighton classic, The Stockyard.

male Personal Trainer who has presented this idea to our men's group and has been received with enthusiasm. The Fitness class offers another forum for men to bond and encourage each other with their health and fitness goals as well as deepen friendships.

We are continuing to discover what the men at Goddard House will want to do next. Finding strategies to help them integrate and navigate these new chapters of their lives is meaningful and important to us. What's next? A Chess Club? Community service? Men's Breakfast? A drum circle? We look forward as 2017 begins to see how this group will grow.



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



Classical Concert with Kevin Sherwin

Sunday, February 5th—3:30pm

Classical guitarist and conductor Kevin Sherwin is an accomplished soloist and leader of orchestral and choral ensembles, who infuses his active performance schedule with scholarly work in musical performance practice. He is Associate Artistic Director the renowned Yale Russian Chorus.



A Capella Concert with Dissipated Eight

Tuesday, February 7th—7:00pm

The Dissipated Eight, also known as D8, is Middlebury College's premier and oldest all-male a cappella group. Today, the group continues on the tradition of the original octet singing barbershop songs along with classic a capella pieces like Todo's Africa. They will delight you with their stylish and expansive repertoire!



Concert with From the Top

Thursday, February 26th —7:00pm

From the Top is an independent non-profit organization that celebrates the power of music in the hands of extraordinary young people. With From the Top's support, these young musicians are inspiring audiences with a new appreciation for classical music. Enjoy!



That Swingin' Beat on Chestnut Street

Thursday, February 23rd

Reception: 6:30-7:00pm — Concert: 7:00pm



**Join us for an evening concert featuring the Winiker Brothers Trio.
They will be joined by various vocalists including Program Director, Kristina Lessard;
Music Therapist, Deb Gromack; and Opera Singer, Gwynne Chapman.**

*To attend please RSVP to Michaela Barrows by emailing
mbarows@goddardhouse.org or calling (617) 731-8500 x130.*

For more information visit: www.goddardhouse.org



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