

# The Goddard Times



July 2014 Issue

## Celebrating Our Namesake Founder: Matilda Goddard

By Betsy Van Dorn

Most of you are aware that Goddard House is named in honor of Matilda Goddard, a well-to-do Boston lady with strong charitable impulses. In the mid-to-late-1800s, Matilda served on the Board of Managers of a genteel retirement residence known as The Home for Aged and Indigent Women. Not long afterwards, the name was shortened to the Home for Aged Women, and remained that way for decades.

Would Matilda have understood the modern concept of "marketing"? I think she would, and in the 1980s, marketing and advertising were responsible for changing the name of our organization to Goddard House. Who in the 20th century wanted to live in a place called The Home for Aged Women? And why only women? The Board voted to open the community to couples and men, and then a new



era began. But back to the 19th century and the lives of women like Matilda. What was life like for them when The Home for Aged and Indigent Females first opened on Charles Street? What Kind of health care could women like Matilda expect in those days? What were ladies wearing during this time? What about Women's Rights?

While Matilda was devoting her energies to retired working-class women, how were other females spending their days in this period leading up to the Civil War? Join me and learn more on July 21st as we explore the lives of Matilda Goddard and other remarkable women, like Amelia Jenks Bloomer and Louisa May Alcott, who helped to shape Boston's history.

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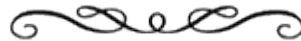
**Betsy Van Dorn**

Special Contributor





**We invite you to join us**  
**In celebration of Matilda Goddard's 200th birthday**  
**at our Independence Barbecue on**  
**Saturday, July 19<sup>th</sup>, 12:00-3:00PM at Goddard House**



**Monday, July 21<sup>st</sup> 2014, at 3:30 p.m. – Matilda Goddard's Birthday: *Mainly Matilda*, a talk and discussion about her life and the lives of other remarkable Boston women of the 1800s, with Betsy Van Dorn; writer, historian and past Board President**



Goddard House Residents, including **Mary Adams**, recently participated in a painting and poetry workshop with a theme of **Spring** held by spoken-word artist, Cheyrl Perreault, at the Brookline Senior Center. Adams enjoyed painting a heart that she said “represented the expansiveness of the season” to her.

The workshop was sponsored by Artists for Alzheimer's – It Takes a Village, Brookline.

For more information visit:

<http://www.imstillhere.org/takes-a-village>

## Protect the Skin You're In - Summer Skin Care

By Delaney Blute & Lisa Donohoe; Resident Care Staff



As we age, our skin becomes thinner, more fragile and less likely to protect and rejuvenate itself. Because sun damage is the greatest threat to human skin, people with sensitive, older skin need to be aware of how to help protect their skin. The best advice is to combine smart sun care tools and techniques to protect your mature skin from harmful effects of the sun UV rays. Tanning and sunburn increases risk for skin cancer and other related skin diseases.

Here are some tips to help keep you safe from the sun all season long!

- **Don't Tan and Don't Burn:** Use sunscreen, a hat, &/or a beach umbrella while spending time outside such as in the gazebo or while gardening. Sunbathing is not a good idea for mature skin that has had a lifetime of damage from the harmful sun's UV rays. Tanning and sunburn increase your risk for skin cancer.
- **Apply Sunscreen Daily:** Sunscreen is a powerful skin product you can use to protect aging skin. It has been proven to absorb 97% of harmful UV rays, which can pass through glass and clouds. Dermatologists recommend using an SPF 30 to exposed skin whether you are indoors or out. Sunscreen should be reapplied after sweating or showering.
- **Don't Forget to Moisturize:** Keep your skin moist! Mature skin is already prone to dryness, which sun damage and hot temperatures can worsen. A good moisture barrier created by applying skin cream or lotion prevents water loss from the different layers of skin.
- **Wear Protective Clothing:** Long-sleeved shirts and pants are an excellent, inexpensive way to protect you from the sun. Clothing that is tightly woven offers substantial, reusable and full body coverage. Hats are a great way to shade your face and head from the sun while looking great.
- **Use Protective Accessories:** Umbrellas, sunglasses, hat, protective layers are helpful barriers from the sun

### Other Tips to Help You Stay Cool

- **Drink Plenty of Water:** Caffeine and alcohol can cause dehydration. If you are on fluid restrictions due to a medical condition, be sure to talk with your doctor about your fluid intake. When sitting outside, sit in areas where it is well shaded
- **Stay Inside:** Stay inside on hot, humid days and in air-conditioning as much as possible. If air-conditioning is unavailable, stay on the lowest floor and out of the sun.
- **Eat Right, Eat Light:** Eat well balanced light meals such as salads, veggies, and even chilled soups are a good alternative to heavy meals. Keep fresh produce chilled in the refrigerator to for a quick snack. Avoid using the oven during the hottest time of the day.
- **Do It Later:** Reduce, eliminate or reschedule outdoor activities until the temperature is cooler

Many older adults grew up in a time when little was known about sun damage and how too much sun can cause skin cancer and premature aging of the skin. The truth is it's never too late for sun protection. By protecting your skin from the sun you can help prevent the onset of skin cancer and more sun damage. Keeping your skin healthy can help you enjoy your "golden years" to the fullest!







### **Congressman Joseph P. Kennedy III in the Goddard Garden!**

**By Lance Chapman**

Pictured here are Executive Director John Moniz, Congressman Kennedy, Green City Grower's Farmer Adrienne Wilson and resident gardeners. Upon entering our lobby the Congressman greeted me and said, Just call me Joe, " which set the friendly tone for his entire visit. . Joe spent time asking questions of John Moniz and myself about affordability and access to Goddard House for those who may have trouble affording such lovely surroundings and supportive services. We were able to articulate the details of our affordable component and not-for-profit philosophy to which Joe responded favorably.

Kennedy took time to walk through our entire campus, stopping to meet and greet residents and family members on his way. His generosity of spirit and approachable manner allowed residents to reminisce about connections and fond memories they have about Kennedy's famous and storied family members. The Congressman took his time with each person and offered humble thanks for the kind comments offered by residents about his family. After his visit Kennedy noted, "*Goddard House Assisted Living* is setting the bar for excellence in senior care."

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### **PCA Appreciation Week**

**By Delaney Blute**

PCA Appreciation Week; it's a time to show appreciation for our caregivers the ones who are often the first to hold a hand, give a smile, and to offer encouragement and compassion. In such a delicate time, sometimes an ear to listen means more than words may be able to explain.

They are the eyes and ears for the nurses and the family members of our residents. They are the first to advocate for those that cannot speak for themselves. Being a PCA requires dedication, patience and putting one's own problems to aside. These are not skills learned in a university; these are traits of an individual who is thoughtful and caring.



Carmel, Ippie, Marie, Carole, Lisa & Delaney

Thank you for all that you do, day in and day out. Thank you for listening, for caring, and for being patient. We appreciate you, every week of the year. Maya Angelou's quote sums it up, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

## Blueberry Lemon Crumb Bars

By Kenneth Yarvitz,  
Food Service Director

### Ingredients:

#### Crust

- 2 cups all- purpose flour
- 2 tbs. white sugar
- 2 tsp. lemon zest
- 1 pinch salt
- ½ cup butter, chilled and diced
- 1 tsp. vanilla extract
- 2 cups fresh blueberries
- ¼ cup white sugar
- 1/8 tsp. ground nutmeg

#### Crumb Topping

- 5 tbs. butter, softened
- ½ cup packed brown sugar
- ¾ cup all purpose flour
- ¼ cup confectioner's sugar for dusting



### Preparation:

- Preheat oven to 400 degrees. Grease a 9X13 inch baking pan.
- Make the crust. In a medium bowl, stir together the 2 cups flour, 2 tbs. white sugar, lemon zest, and salt. Cut in the ½ cup butter until the mixture resembles coarse crumbs. Beat egg and vanilla together; stir into the crumb mixture until a dough forms. Press in to the bottom of the pan.
- Bake for 12 to 15 minutes in the preheated oven until golden brown. Remove from the oven and set aside to cool slightly.
- Sprinkle blueberries over the crust. Combine the ¼ cup sugar and nutmeg; sprinkle over the blueberries. Make the topping: in a medium bowl, cream together the 5 tbs. of butter and brown sugar until smooth. Mix in the flour so that the mixture is crumbly like streusel. Sprinkle over the blueberry layer.
- Bake 20 to 25 minutes until browned. Cool and then dust with confectioner's sugar before cutting into bars. Makes 24 servings

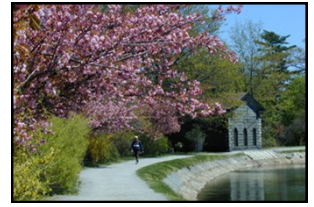


## **Goddard House in Partnership with Artists for Alzheimer's Presents:**

*It Takes a Village: Brookline Walking Club*  
**Nature Explorations in Your Own Backyard**  
**Brookline Route 9**  
**Reservoir & Olmsted Studio**

Friday, July 18<sup>th</sup>

To RSVP please contact Sally at  
**Sutton@thehearth.org or (518) 932-9803**



This inclusive program welcomes people of all ages. People with dementia and their care partners are encouraged to join us! We will meet at Goddard House, 165 Chestnut Street, Brookline at 10am and depart promptly at 10:15 and will return around noon for lunch. Van transportation is available from and back to Goddard House from the Route 9 Reservoir and the Olmsted Studio National Historic Site in Brookline. Please wear walking shoes as access to the reservoir is via grass with a slight slope. The van will stay with the group, but you may also meet us there at a landmark to be announced. Participants should be comfortable walking for about an hour and should bring any necessities such as water, bug spray, sunscreen, a hat, etc.

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### **Congratulations Natalie Leveque – Our Summer 2014 Matilda Goddard Scholarship Recipient!!**

**By Brandon Fisher**

Goddard House is committed, not only, to our residents but to the professional development of our dedicated staff. It's even part of our Mission Statement. The Matilda Goddard Scholarship is open three times annually to eligible staff to apply for scholarships to train to advance their Goddard House careers. This summer 2014, Natalie Leveque, an Olmsted PCA, was awarded a Matilda Goddard Scholarship to take pre-nursing classes at Massasoit Community College.

Natalie is a committed, thoughtful and vibrant individual who brings her passion for helping others to her work as a PCA every day. "I am fulfilling one of my passions working here at Goddard House by helping residents excel in daily living and by improving their quality of life. My work is also helping me to pursue my career as a Registered Nurse," notes Natalie.

After completing the required courses at Massasoit, Natalie plans to transfer to a four year university to complete a Bachelor's degree in Nursing. When you see Natalie, feel free to congratulate her on this award and know that it brings her another step closer to reaching her goal of becoming a nurse.

Any staff member interested in determining their eligibility to apply for a Matilda Goddard Scholarship should talk with their supervisor as a first step. Applications for the Fall 2014 scholarship round will become available on July 24th at the front desk.



Natalie Leveque & Cindy Allard



## **Join Us in the Garden for *Jazz at Twilight*** **Our Jazz Summer Concert Series This August**

**By Jennifer Bourgoïn**

As the beautiful summer weather bathes Goddard House, residents flock to the outdoors to savor everything summer has to offer. We've enjoyed ice cream, trips to Castle Island and a brand new croquet set. We are still looking forward to many programs, including our First Summer Jazz Concert Series in August. Every Thursday evening during the month of August, different jazz performers will offer an outdoor concert that will take place in our newly renovated courtyard. Residents, families, staff and community members are welcome to enjoy appetizers and drinks as we watch the outdoor concerts from 6pm-8pm. Please reach out to Jennifer Bourgoïn at least a week in advance if you plan on attending a concert at (617)731-8500 ext 152 or at [JBourgoïn@goddardhouse.org](mailto:JBourgoïn@goddardhouse.org). Here is a sneak peak of our exciting lineup!



### **Thursday, August 7<sup>th</sup> at 6pm – Cornell Coley with Afrika Gente**

AFRIKA GENTE (pronounced "hen-tay") is the most versatile Latin jazz and folk dance band in Boston with thrilling originals AND well-loved hits - playing Latin jazz, samba, jazz, afro-beat, zouk and soca. Award-winning teaching artist, Cornell "Sugarfoot" Coley, M Ed. draws upon thirty years of teaching and performing. A seasoned educator, gifted teacher and talented player/performer, Mr. Coley works solo and with his quartet "Afrika Gente." The "folk" repertoire includes drumming, dancing, singing and folkloric instruments.

### **Thursday, August 14<sup>th</sup> at 6pm – annieSoul**

"There's more to Africa than the Kilimanjaro." These are not simply lyrics from the song 'Mwanamuziki' by annieSoul. This is a message that annieSoul has charged herself with promoting. She intends to showcase Africa's diversity, creativity and intellect through her music – a mission that has seen her grace the stage in South Africa, the U.S. and her native Kenya. She has skillfully and creatively blended her diverse influences in R&B, Jazz and African music into what the Boston Globe described as "Swahili-laden, socially-conscious new-soul."

### **Thursday, August 21<sup>st</sup> at 6pm – Claudia Eliaza**

Claudia Eliaza is an exuberant songstress with an exuberant, rich voice that captivates her audience at large. Claudia has sang and worked with the jazz world's biggest stars including, Nancy Wilson, Roy Haynes and Tony Bennett. Claudia's style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin and African rhythms.

### **Thursday, August 28<sup>th</sup> at 6pm – Shane Wood Trio**

Shane has more than 30 years of experience as a pianist, vocalist, composer and producer. A graduate of Berklee College of Music, Shane followed his passion for playing jazz, funk, blues and R&B, touring the U.S. and Europe before settling in the Boston area. His trio plays a mix of swing, Latin, funk, blues and smooth jazz from contemporary composers as well as old favorites and some original compositions.

# Featured July Events!

# Please Join Us!

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



### Virtual Tour of the Freedom Trail Friday, July 4th at 2:15pm

In celebration of the Fourth of July, we will be learning about the notable figures, places and events that occurred during the Revolutionary War. Join the Freedom Trail Foundation as they take us on a virtual tour of the Freedom Trail from the comfort of the Goddard House Library.



### Magician Jack Ryan Saturday, July 12th at 3:30pm

Professional magician, Jack Ryan, is the Past President of the Society of American Magicians in Boston, which was founded by Harry Houdini in 1922. Come see his captivating performance that will include a combination of sophisticated magic, ESP, humor and audience participation.



### Joe Sardaro Sunday, July 27th at 3:30pm

Joseph Sardaro was the protégé of the late, legendary swing singer Anita O'Day. With his Trio, he performs tunes from the Great American Song Book. Joe wraps his voice around a melody while the Trio gives a toe-tapping rhythm to each song, so be sure not to miss all of these classics with Joe and his Trio!

## Goddard House Updates



If you haven't already registered, join Team Goddard House in Brookline for the Walk on September 28th, 2014 at 10:00am, DCR Paul Revere Park in Boston. You can register by typing in our team name at:

<http://act.alz.org/greaterboston>

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



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