

# *the* Goddard Times

## **Creative Aging at Goddard House and Beyond**

by Jenna Henning

On Wednesday, June 15<sup>th</sup> nearly thirty of Goddard House's arts collaborators gathered for the opportunity to hear from Dr. Greg Finch, Field Director at the National Center for Creative Aging (NCCA). The NCCA, a national arts service organization based in Washington D.C., is dedicated to fostering an understanding of the vital relationship between creative expression and healthy aging, and to developing programs that build upon this understanding. They do this through capacity building, policy and public awareness and research and development.

An engaging orator with an impressive resume (D.Min., M.Div. M.T.S., B.E.D.), Dr. Finch touched on these three aspects of his organization, while stressing the need for creativity as means of allowing older adults to not just experience longevity, but to flourish in their later years.

Flourishing was a theme highlighted throughout the presentation. Attendees were asked to imagine – imagine a world in which every individual flourishes across the lifespan through creative expression. Dr. Finch shared a touching story about his mother who, despite severe memory loss and an inability to communicate verbally, was able to open her mind through finger-painting and vocalize. Finch to experience the profound impact that creativity has on unlocking long forgotten parts of the mind.

Art allows individuals to communicate what words can't. For those with cognitive issues, it enables them to bypass the problem of language and express themselves in a different way. It can spark memories, like the poignant example shared by Finch, allowing someone to tap into a part of his or her brain that has long been inaccessible. We are all creative; the plethora of modalities



Dr. Greg Finch, Director of Field Services at the National Center for Creative Aging

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available for expression allows adults across the entire spectrum of old age, those with or without memory loss, to exercise their creative self and greatly enhance their quality of life – whether it’s through painting, music, theater, dance, cooking or even working out back in the farm!

Dr. Finch discussed the various ways in which we can all help to expand creative arts services. He highlighted integrated place making, lifelong learning, creative collaboration, creative caregiving and intergenerational innovation. These activities promote active engagement in life, helping older adults to continue to live in a positive and fulfilling way.

We at Goddard House sincerely thank the wonderful Dr. Greg Finch, the National Center for Creative Aging and all those who attended. Resident Arlene, who attended as a representative of Nancy Marks’ art program at Goddard House, shared, “you could feel the energy in the room, the excitement of those who were attending. There was a real synergy.” I echo her sentiments. A dynamic group of individuals gathered to hear about the relationship between creative expression and healthy aging, and left more inspired than ever to continue to work towards making this a reality for all.



**I Scream! You Scream! We All Scream for Super Scoop Saturdays!**

**by Kristina Lessard**

What’s a better treat than a nice, cold ice cream cone on a hot summer day? You’d be hard-pressed to find an answer to that question!

Goddard House residents are looking forward to the return of Super Scoop Saturdays, where every Saturday over the summer J.P. Lick’s in Jamaica Plain provides award-winning, locally made ice cream!

Traditional and Olmsted residents can enjoy their ice cream in a cup or a cone, and they can sample new and interesting flavors weekly!



**J.P. LICKS**  
*Ice Cream • Yogurt • Coffee*

**July Flavors to Savor**

Saturday, July 2 <sup>nd</sup> <b>BLUEBERRY PANCAKES &amp; SYRUP</b>	Saturday, July 9 <sup>th</sup> <b>COFFEE COOKIES AND CREAM</b>	Saturday, July 16 <sup>th</sup> <b>MAPLE WALNUT</b>
Saturday, July 23 <sup>rd</sup> <b>RASBERRY LIME RICKY SORBET</b>	Saturday, July 30 <sup>th</sup> <b>FRESH PEACH</b>	

*If you have suggestions for August flavors please see in-house ice cream maven, Goddard House resident **Barbara Belamarich** or Community Partnership Manager **Jenna Henning** by July 20<sup>th</sup>, 2015.*

**Goddard House**  
Presents the 3rd Annual  
**“Cookin’ Up Jazz”**  
— 2016 Summer Concert Series —



**The Winikers**

*Thursday, August 4<sup>th</sup>*

Bill Winiker, Neil Greene, Cyndy Gale, Larry Willis & Bo Winiker have been performing together for several decades. This group is dedicated to performing music from the turn of the 20th century to the present day. Their performances are fun, uplifting, electrifying and promise to put a smile on your face!



**Afrika Gente**

*Thursday, August 11<sup>th</sup>*

Afrika Gente (pronounced “hen-tay”), featuring Cornell Coley and Fulani Haynes, is an outstanding versatile Latin jazz band that plays thrilling originals AND well-loved hits— Latin Jazz, Samba Jazz, Afro-beat, Zouk and Soca. They will be playing specialty Afrolatin instruments and offering seniors magical music from the golden era!



**We Jazz Up**

*Thursday, August 18<sup>th</sup>*

Founded in 1975 by pianist Frank Wilkins, WeJazzUp cooks your music collection and live listening pleasures “well done”. You will be sure to hear toe-tapping favorites from The Great American Song Book. From a trio to a large ensemble, WeJazzUp is always soulful through melodies you have already heard and originals you would want to hear again!



**Claudia Eliaza**

*Thursday, August 25<sup>th</sup>*

Claudia Eliaza is an exuberant songstress with a fragrantly rich voice that captivates her audience. Having performed at the world famous Carnegie Hall, Claudia continues to perform in prestigious venues. Claudia’s style draws from the deep legacy of Jazz, Blues, Gospel, Funk, Haitian, Latin African rhythms.

**The 3rd annual “Cookin’ Up Jazz” at Summer Concert Series returns to Goddard House in August! Join us on the back patio every Thursday, from 6-8:00pm, for electric performances from the above artists. Light hors d’oeuvres and drinks will be served.**

**RSVP with Traditional Program Director Kristina Lessard by calling (617) 731-8500 ext. 110 or emailing [klessard@goddardhouse.org](mailto:klessard@goddardhouse.org).**



## **The Need for LGBT-Friendly Assisted Living Communities**

**By Michala Krug**



Earlier this month, Lisa Krinsky and Bob Linscott, leaders of the LGBT Aging Project, gave a presentation at Goddard House and facilitated a discussion among our residents about the unique challenges facing LGBT seniors.

The Aging Project's mission is to ensure that LGBT older adults have "equal access to the life-prolonging protections, services and institutions that their heterosexual peers take for granted." One specific goal of the Aging Project is to ensure that LGBT seniors feel comfortable entering assisted living communities. At present, this is a major problem. Even in the progressive state of Massachusetts, the Aging Project has found that LGBT seniors face discrimination at long-term care facilities. In a 2009 survey at the national level, only 22% of LGBT respondents said they would feel safe being open with staff about their sexual orientation. Thus many LGBT seniors who join residential communities for older adults end up feeling compelled to go "back in the closet" for fear of being misunderstood or mistreated by their peers and caretakers.

Moving to a new community is difficult for anyone at any age – we all experience fears about loneliness, forming friendships, and feeling like we fit in and have a place. Moreover, the experience of aging itself is difficult, as the communities we've built up around ourselves begin to dwindle - people disperse geographically, work communities often recede, and trusted friends die.

For LGBT seniors, these challenges can be especially fraught. Because homosexuality was illegal for the better part of the 20th century – and classified as a mental disorder until 1973 – gay people growing up in the 1930s and 40s had to create their own communities of care and support. Mainstream understandings of homosexuality were shaped by pernicious stereotypes: gay people were strange and deviant, not fit to serve in the military, not fit to be religious or political leaders, not fit to be teachers, certainly not fit to be parents. This broader context means that for LGBT seniors, the threat of isolation and exclusion can become even more significant.

For Goddard House and other communities that pride themselves on being a place of welcome to all, these challenges are important. With the "Out2Brunch" series (a free monthly brunch designed to foster community among LGBT older adults) and partnership with the Aging Project – Goddard House is already ahead of the curve. At our most recent session with the Aging Project, the prevailing sentiment among residents was that they reject the stereotypes they grew up with and are eager to embrace LGBT people into our community. Resident Arlene spoke forcefully about rejecting the prejudices she inherited from her religious upbringing and focusing instead on the church's instruction to recognize in all people our common humanity. Resident Peggy likewise spoke about how she is grateful to her children for helping to open her eyes to these issues.

Lisa and Bob added that it's their hope and intention that a greater number of residences for older adults in Massachusetts will formally declare themselves welcoming and safe communities for LGBT seniors. At Goddard House, we are proud to join them in this effort.

A visually dazzling treat for your 4th of July festivities!

## Patriotic Dipped Pretzels

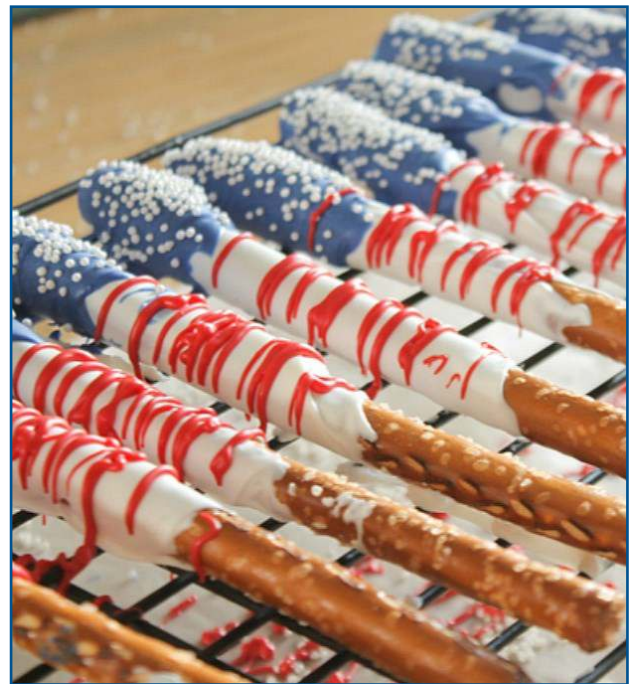
Submitted by Program Assistant  
Katie O'Connell

### Ingredients:

- Pretzel rods
- Red, white and blue candy melts
- White sprinkles

### Preparation:

1. Heat up the candy melts according to the package.
2. Dip 2/3 of the pretzel into the white candy melt container. Lay on parchment paper or cooling rack with wax underneath. Allow them to dry.
3. Dip the top 1/3 of the white section in the blue candy melt.
4. Immediately shake white sprinkles onto the blue area of the pretzel rod or roll pretzel rod on surface lined with sprinkles. Allow them to dry.
5. Pour melted red candy melt into plastic bag. Cut the corner of the bag and drizzle over the white section. Allow them to dry.
6. For best results, store in an airtight container to maintain freshness.



## **Introducing Elizabeth Ellis**

**By Kristina Lessard**

Elizabeth Ellis, an Expressive Arts Therapist, just joined our Goddard House team as a Program Enrichment Specialist in Olmsted Memory Care! Elizabeth grew up in a rural town outside of Bangor, Maine, and enjoys artistic hobbies such as painting, textile arts, playing the violin and gardening. She discovered her love of plants and flowers early on, thanks to the fact that her parents owned a greenhouse company. After high school, Elizabeth attended the University of Maine in Farmington, where she earned her Bachelor's degree in Psychology. Although she found the field of psychology interesting, she also found it to be "too strict and boxed-in" for her liking. She desired a career that would allow her to express herself, so she went on the search for something that would allow her to utilize her creativity on a more regular basis. After some searching, she discovered Expressive Arts Therapy, and applied to the graduate program at Lesley University in Cambridge. When Elizabeth moved from Maine to Boston in order to pursue her master's degree at Lesley, she discovered that the city of Boston is *very* different from her rural hometown in Maine. Despite the differences, however, she really enjoys the diversity and opportunities that are available to her here in the city!

During her graduate program, Elizabeth had to write a thesis, and chose to focus on the benefits of textile arts, such as knitting, sewing and embroidering, and their use in expressive arts therapy. She hopes to bring some of her experience with textile arts to the programs she runs here at Goddard House! Elizabeth is also looking forward to establishing relationships with our residents, and is excited to hear about all of their wonderful life stories and experiences.

Please say hello to Elizabeth and welcome her to our community (also – be sure to congratulate her, as she graduated just last month!).



Program Enrichment Specialist, Elizabeth

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## **2016 Vineyard Awards for Exemplary Staff Service - Nominations Open in July!**

**by Ginny Mazur**

Phyllis Vineyard served as Vice President and member of the Goddard House Board of Trustees. During her many years of service, she showed deep dedication to Goddard House, serving as Chair of the Ethics Committee. The Board has given an award for staff in Phyllis' honor since 2010. The Phyllis Vineyard Award is a monetary award in the amount of \$500. It is given to two employees demonstrating excellence and commitment in their service to Goddard House by providing a consistent level of care and support in their work that goes above what is expected. One awardee is Selected from the Resident Care Department and the other awardee is selected from another department at Goddard House.

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**Nomination from will be available on Friday, July 8th at the front desk and will include a list of eligible nominees and guidelines.** Eligible nominees must be employed by Goddard House for two years and work at least 30 hours a week. Any resident, family member, legal decision maker or employee can nominate one employee in each of the two categories. The Vineyard Award is a wonderful opportunity to consider and acknowledge the good work that's being done throughout Goddard House. It makes a tremendous difference for staff to receive the words of support and commendation that are generated by the nominations. Past recipients of the Vineyard Award are listed on a plaque by the front desk.



2015 Phyllis Vineyard Award Recipients Ippy Lapierre (left) and Marvin Gomez (right) stand with Phyllis Vineyard (middle).

2016 Vineyard Award Winners will be announced at a luncheon on September 13<sup>th</sup> where all nominees will be acknowledged and the awards will be presented by Goddard House Board President Liza Molodovsky and Phyllis Vineyard.

## **Goddard House Annual Family Cook Out!**

**By Michaela Barrows**

It's almost time for the Goddard House Annual Family Cook Out! All of the Goddard House staff, residents and families are invited to gather for a day of fun in the sun on **August 6<sup>th</sup>, 2016** (specific time to be determined). The event will again take place on our backyard patio garden complete with a full spread of all your favorite BBQ dishes. Studio Two, a Beatles tribute band, will again be the featured entertainer. So come one, come all for this wonderful family gathering! Please keep a look out for more information and be sure to RSVP with Kristina Lessard, Traditional Program Director by calling (617) 731-8500 x110 or emailing [klessard@goddardhouse.org](mailto:klessard@goddardhouse.org).



Studio Two serenading attendees with classic Beatles tunes.



Guests and residents kept the sun out of their faces with straw hats.

# Featured July 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 Piano Concert with Slava Samadarov**

Sunday, July 10th at 3:30pm

Russian pianist Slava Samadarov earned his Master of Arts degree in Piano Performance from the St. Petersburg Conservatory in Russia!

Slava plays composers such as Beethoven, Handel, Debussy, Chopin and Gershwin. You'll be sure to enjoy the musical stylings of this talented musician, who is a masterful piano player.



## **Magic Show with Joe Ledoux**

Tuesday, July 12th at 2:15pm

Joe Ledoux is a Boston-based magician who believes magic is not just entertainment, it's also an art.

He has performed in a range of venues from museums and colleges, to dive bars and the streets of Boston. He is a member of the McBride Magic and Mystery show of Las Vegas. Join Joe for an afternoon of magic as he cast his spell over Goddard House!



## **Concert with Dan Discenza of Stillhouse Down**

Wednesday, July 20th at 7:00pm

Dan Discenza plays with Stillhouse Down, a Boston-based bluegrass ensemble. Dan, who hails from Brookline, is the band's Dobro player, an instrument he fell for 15 years ago.

Dan has been in bands and choirs since high school, played the organ in church and Irish folk music in pubs. Join the talented Dan for a delightful evening of Dobro!

## **Join Us for the 2016 Walk to End Alzheimer's Cambridge, MA — Sunday, September 25<sup>th</sup> 2016**

Held annually nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.



To join Team Goddard, please email Marketing Director, Lance Chapman at [lchapman@goddardhouse.org](mailto:lchapman@goddardhouse.org) or place your name on the sign-up sheet next to the Marketing Office.

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



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