

# The Goddard Times



March 2015 Issue

## Stories Wanted – YOURS!

By Ginny Mazur

The new *Story of A Lifetime Group* meets on Thursday afternoons here at Goddard House in the library. During each session we get to know a member of the Goddard House community, resident or staff, through an illuminating, respectful and fun interview. The stories are then written up in condensed form and displayed at Goddard House. You can find our most recent stories in the mailroom. A written summary is given to the interviewee with their photo as a keepsake and to share with friends and family.

The *Story of a Lifetime Group* is based on the premise that everyone's life holds remarkable stories. Its purpose is to get to know one another from new perspectives and to build community. Example: Resident Katherine Swanner discovered, to her surprise, that there were five other people who were born in her home state of New York in the audience and after they gathered to chat about their discovery. Those who volunteer to be interviewed, like Katherine, can review the questions in advance that will be asked during your interview.



Anna Wolen and Liz Kelley kneel next to Milton Berman before his interview

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Inspiration for the program came from National Public Radio's [Story Corps](http://www.storycorps.org) project that's been collecting, sharing and archiving stories from all ages and kinds of people across America for over a decade. Have a look and listen on-line at <http://www.storycorps.org>!

Anna Wolen and Liz Kelly, our creative and talented Lesley University Expressive Therapy Interns are your interviewers and story scribes who currently oversee and coordinate the program. Just let them know when you'd like to share your story! This month we've featured *Goddard Times* Editor-in-Chief Brandon Fisher's interview – we thought it was about time that he appeared in this newsletter!

Examples of questions that could be asked during your interview are:

- Describe an experience outdoors in nature that really affected you
- Share a little about your own grandparents
- What world events have shaped or had an impact on you

We hope that you will join us in this memorable project! Continue on to the following page to read up on Brandon Fisher's *Story of a Lifetime* interview conducted by Goddard House Lesley interns, Liz Kelley and written by Anna Wolen.

## Story of a Lifetime: Brandon Fisher

By Anna Wolen

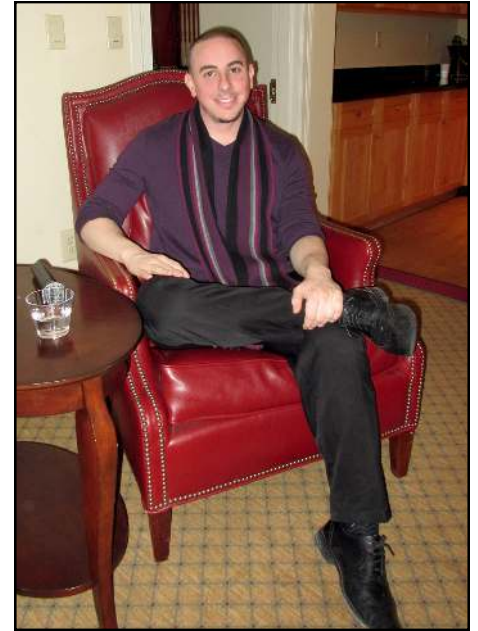
Brandon David Fisher comes from a half Jewish, half Catholic heritage. Brandon's name is derived from his grandmother Bertha, who passed away around the time Brandon was born. He grew up in the suburban town of Davie, FL with his mom, dad and younger sister. In Davie, Brandon tended horses and would often trade ranch duties with horseback riding lessons. Brandon describes Davie as "a little bit country, a little bit city," and because of his roots in Davie, he now appreciates the city and country lifestyle equally. He loves having easy access to amenities like Starbucks in the city, but also cherishes nature and serenity of the country.

Brandon is a huge animal lover. Growing up, he had a Labrador named, Lady, and a Main Coon cat named, Sunshine. Brandon's family now has a Golden Retriever named Nana, who was named after the dog in the movie, Peter Pan and a Tabby named Cassie. Along with animals, Brandon also has a love for photography. He attended magnet schools back home, which is where he first learned photography. He enjoys photography because people can be showcased in a different light and also because a photograph can capture a moment in time that can last forever.

There is a strong connection between Brandon and food, which stems from his father, who was a chef. Growing up, his family would gather in the kitchen, celebrating and learning new recipes. He now considers himself a "foodie," and his favorite cuisine is Japanese, because he loves the diversity ranging from miso soup to fried rice to raw sushi. Although Brandon loves most foods, his taste buds do not agree with grapefruit (no matter how many ways he tries to eat it!).

Brandon has a big sense of adventure and loves to travel. He enjoys camping, cruises, road trips and weekend getaways. He one day hopes to travel throughout Europe, soaking up the delicious cuisines and unique cultures the different countries have to offer. His most influential trip was when he traveled to Israel with the Birthright Israel Program, where he connected with his faith through a spiritual journey. In addition to his spiritual experiences, he got to explore and experience Israel's capital, local artists, sleeping in a desert, traditional Israeli cuisine, and even The Dead Sea!

At the age of 24, Brandon decided to move to Boston because he wanted to experience life in a big city. He was ready for a new adventure and made the move to an unfamiliar state without a job lined up. Luckily, things fell into place when Brandon landed a job as the Community Partnership Assistant at Goddard House. Some of his responsibilities include serving as Editor and writer for *The Goddard Times*, organizing grants and donations, administrative work and even leading mouth-watering cooking demos! Brandon loves interacting with the Goddard residents and finds his work to be rewarding and fulfilling. At Goddard House, Brandon is a man of all trades, showing dedication, enthusiasm and passion for everything he does and for the residents at Goddard House.



Brandon Fisher





## *It Takes a Village: Brookline Walking Club Nature Explorations in Your Own Backyard*



**Griggs Park | Brookline**

**Friday, April 17<sup>th</sup>**

**RSVP to Dee Brenner at (781)879-7237  
OR Brenner@imstillhere.org**



This inclusive program welcomes people with dementia and their care partners. Each guided nature walk includes information about the area and a chance to share stories. Van transportation is available or you can meet us at the site. We leave Goddard House at 10:15 a.m. Complimentary lunch follows the walk at Goddard House around noon. **New in 2015** – Van pick-ups upon request at the Brookline Senior Center and 100 Centre St. at 9:30 a.m. for those who wish to join us as well as a return trip there after lunch. Call for information and to coordinate. Reservations are limited.



This program is made possible through the support of the Brookline Community Foundation and the Massachusetts Cultural Council



### **Irish-inspired Oatmeal Walnut Wafers**

**By Ginny Mazur**

My mom’s family, the Buckleys, hail from County Cork Ireland. When we were growing up, as Saint Patrick’s Day rolled around I’d look for a recipe for dessert to go with the traditional Irish boiled dinner that our mother, Rae, would always serve. Oats are big in Ireland but it took us awhile to find a really tasty version of an oatmeal cookie that was worthy of a St. Patty’s Day celebration. These easy to make cookies are very thin, nutty and ultra-crispy.

The only warning is: don’t overdo the flour or they’ll lose the crunch. Sometimes I make an ice-cream sandwich by layering softened maple walnut or butter pecan ice cream between two of the cookies and pop them into the freezer for a short time to set. Sult a bhaint as! (Enjoy!) The recipe is posted on the following page.

## A traditional Irish treat inspired by a recipe from Maida Heatter

Submitted by  
Ginny Mazur

### Oatmeal Walnut Wafers

#### Ingredients:

- 1/4 cup sifted all-purpose flour
- 1/2 teaspoon salt
- 1/3 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon powdered cloves
- 1/2 teaspoon allspice
- 1/2 teaspoon powdered ginger
- 1/2 teaspoon nutmeg
- 1/4 pound (1/2 cup) butter
- 1 egg
- 1 teaspoon vanilla extract
- 1/4 cup granulated sugar
- 1/2 cup light brown sugar, firmly packed
- 1 cup old-fashioned or quick cooking (not instant) oatmeal
- 1/2 cup walnuts, thinly sliced

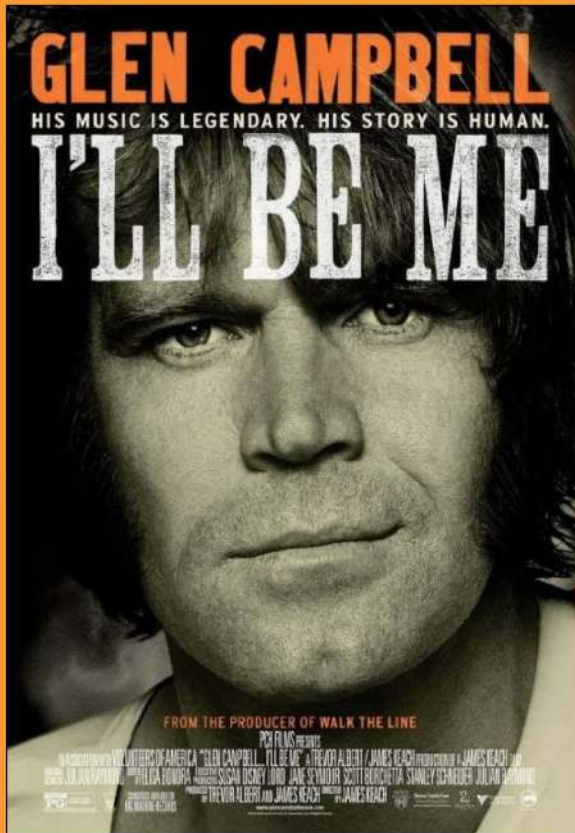


#### Preparation:

- Adjust rack one-third down from top of oven and preheat to 350 degrees. Cut aluminum foil to fit cookie sheets.
- Sift flour with salt, baking soda, cinnamon, cloves, allspice, ginger, and nutmeg.
- In a separate bowl, cream the butter with a mixer. Add vanilla and both sugars and beat for a minute or two. Beat in the egg and then the oatmeal. On the lowest speed add the sifted dry ingredients and then the nuts.
- Drop the batter on the aluminum foil by slightly rounded teaspoonfuls, placing them about three inches apart from each other – as they spread a lot. With the back of a teaspoon dipped repeatedly in cold water, spread each cookie to flatten it. Make it thin, but don't worry about keeping the shape round. Bake about 15 minutes until completely browned, reversing position of cookie sheet during baking to ensure browning. Slide the aluminum foil off the off the cookie sheet.
- Allow cookies to completely cool on the foil before removing. Handle with care as they are fragile! Place them in a container and cover airtight with plastic wrap.



# Join us at the Coolidge Corner Theatre for a One-Time Screening of *I'll Be Me: Glen Campbell Documentary*



When free tickets run out, you can purchase tickets online at [www.coolidge.org](http://www.coolidge.org) or at the Coolidge Box Office

Thursday, March 26th, 2015

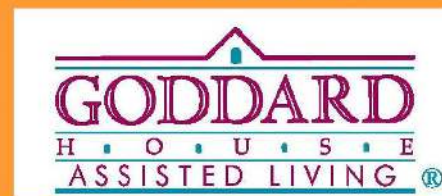
7:00PM

290 Harvard Street  
Brookline MA 02446

You can register via our website for **free tickets**, while they last:

<http://goddardhouse.org/movie.html>

Sponsored by:



Brookline Council on Aging

## Glen Campbell Documentary: *I'll Be Me*

By Brandon Fisher

Posted above is a flyer promoting Glen Campbell's: *I'll Be Me* film. This film is a special one-time community screening and will be shown at the Coolidge Corner Theatre in Brookline, Massachusetts. It's a free event, but tickets are only available while they last. This special screening of *I'll Be Me* is brought to you by [Goddard House](http://Goddard House), [Sherrill House](http://Sherrill House), [Brookline Council on Aging](http://Brookline Council on Aging) & the [Brookline Community Aging Network](http://Brookline Community Aging Network) as a community effort to bring awareness and support to those with Alzheimer's disease, their families and their caregivers.



These tickets are in limited supply, so please act quickly if you would like to attend this screening. Once our tickets run out, you can purchase tickets at [www.coolidge.org](http://www.coolidge.org) or at the Coolidge Corner Box Office. Please spread the word to colleagues, family members, and friends.

**We hope you can join us!**



# Featured March Events!

# Please Join Us!

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



**Concert with the Brookline  
A Capella Group**  
Monday, March 2nd at 7:00pm

A soprano, alto, tenor, bass ensemble conducted by Susan Emmanoulidis, Brookline A Cappella explores the diversity of a cappella music from Early Music through contemporary repertoire. Don't miss this soothing blend of madrigals, spirituals, jazz, and contemporary folk.



**Irish Melodies with  
Lindsay Straw**  
Tuesday, March 17th at 3:30pm

Join Lindsay when she brings us a lovely sensitivity and style to her back-up playing on bouzouki and guitar. A gifted singer too, she deeply honors the tradition in her interpretations, yet brings something subtly youthful and personal to the music. Don't miss this young Irish music star!



**"So You Think You Know  
Boston?" by Michael Perry**

**Tuesday, March 24th at 11:00am**  
*Dreams Unlimited's*, Michael Perry, from Freeport, Maine takes you on an exciting and informative slide show adventure amidst the hidden delights of Boston and Cambridge. Come enjoy some of your favorite spots, plus discover many exceptional places yet to be explored in our lovely city.



## Goddard House Updates

Please see **Brandon Fisher in Administration** for  
**free passes to the MFA!**

**These passes are for entry to the  
exhibits, while supplies last so don't delay!  
Passes must be used by April 1st!**



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



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