

The Goddard Times



May 2015 Issue

Celebrating with a Mother's Day Tribute

By The Maryniuk Family

In the month of May, we recognize and celebrate many things; the first signs of spring with flowers just starting to peak out of the ground, Older American's Month, and of course, Mother's Day. This month we wanted to feature one of our mothers here at Goddard House. Recently we had the opportunity to reach out to the very loving and appreciative family of Luba Maryniuk. Here's what they shared with us.

From her grandsons Andrew & Adam:

When my brother and I were younger, we would spend part of our summers with our grandparents in the Catskills. It was always a special time for us, with special traditions we came to rely on. Luba would always have a big box of Honeycomb cereal waiting for us - a treat we'd never be allowed to have at home in Boston. If Adam and I had spent the morning playing in the woods behind the house or rollerblading up and down the neighborhood, we would always come back in to find a special snack that Luba had made for us -- fruit and cookies and little sandwiches.

On quiet days, Luba gathered us at the kitchen table one at a time and taught us the Ukrainian alphabet from old school books she had saved. Adam and I

spent our days as we pleased -- playing out on the street, reading for hours, sneaking in some Nickelodeon or Cartoon Network, but Luba made sure we were always at the table for lunch and dinner: hearty meals of hot soup, sandwiches, meatloaf, barbecue chicken, stuffed cabbage, and sweet plum dumplings for dessert. After a long day, Luba would tuck us in, listening as we recited the nighttime prayer she taught us and said "goodnight" to each of our family members by name.

From her daughter-in-law Melinda:

She was born and raised in the beautiful Carpathian Mountains of Western Ukraine. Her father was a school teacher and she always carried the love of learning...as well as teaching, throughout her life. She was married for over 60 years to her wonderful husband, Andrew and they raised two sons, George (a dentist) and Jerry (a physician).

Luba came to the United States in 1951, settling in a Ukrainian community in Detroit. Luba was active in a wide variety of activities in her church and community that fostered a continuation of the Ukrainian language, culture and religion within the immigrant community. While at Goddard she has had the opportunity to allow some hidden talents in jewelry making and painting to emerge - but she has always loved all of the arts, particularly those by Ukrainian musicians, dancers and painters.

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Luba admiring her hyacinths during our floral arranging group

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The Maryniuk Family

Celebrating.... (Continued from Page 1)



From her sons George & Jerry:

Our mother was very active in the Ukrainian community in Detroit. Whether it was the Saturday Ukrainian language school, the Woman's Service Group, or the Scouts, she would always answer the call for action and usually be the one sending out the calls. Not only did she "teach" us at home, but she started a bilingual Ukrainian/English language program, which blossomed into several classes. She eventually became the principal of the overall Saturday Ukrainian language school.

She always set high standards for herself and her kids, and was always able to get us to step up with humor and guidance. Playing hooky from school was not allowed! The only way Luba let us stay home was if we had a fever greater than 100. As an adult in my 60th decade, I don't think there has ever been a year that I have not received a birthday, Christmas, Valentine, or Anniversary card from my mother. Her love for family is very apparent in everything she says and does.

Looking Back on Liz and Anna's Time at Goddard House By Brandon Fisher, Liz Kelly and Anna Wolen

Since last September, Lesley interns Liz Kelly and Anna Wolen have been an integral part of our vibrant community. We have been lucky enough to get to know them and participate in their programs as they learned more about expressive art therapies. As their internship comes to a close, here is what they learned from their experience.

Anna: Interning here has been a wonderful and enriching opportunity. I learned something new every day - about my role as an Art Therapist, about the residents and about myself as a person. Learning how to communicate with those living with dementia both verbally and through the expressive arts has been an incredibly valuable learning experience. The residents on Olmsted and Traditional have so much to offer and I'll take away the wisdom that they've shared with me.

Liz: I didn't expect that working with older adults would bring me out of my shell so much. I also didn't expect to feel so at home, emotionally speaking, with people who have memory loss. I feel that another skill that I have always had, but have been able to fine tune here is attuning to people's needs and emotions. I found a place for my feeling, energy and presence. The residents helped make that possible. I guess I couldn't predict how close I would become to the residents and staff and saying goodbye will be difficult. I'll miss it here.

Anna: On Traditional, the main programs we lead were The Open Arts Studio, Chair Yoga and Story of a Lifetime. The Open Arts Studio focused on getting the residents in touch with their creativity, while Chair Yoga focused on getting the residents in touch with their bodies, through gentle postures and relaxation meditations. Chair yoga has really taken off! At first it was only Dorris, Bridgina and Nile, but now the group has grown and there seems to be a new face every week! It's great that the residents are curious and open to yoga. Every Monday on Olmsted we lead an expressive arts group. It's been nice having such flexibility with the Olmsted group because it's given me the opportunity to learn what expressive approaches work well with this population.

Liz: We worked with Nancy Marks, the Artist Consultant in an art studio painting class in the Country Kitchen. The traditional residents who come and paint have amazed me, not only with their skills, but also with their tremendous courage to go outside of their artistic comfort zones. As an aspiring Expressive Therapist this fills my heart. I love to see new residents join the group. I have thoroughly enjoyed witnessing people get in touch with their inner artistic nature. I love that all people are creative, imaginative and have dreams to explore. This is part of what makes us human. Nancy is very down to earth about art. She is passionate, friendly and approachable, so whether residents are looking to expand upon their skill set, join a community of explorers, or unleash their own inner artist. I hope more residents will come on by!

We will definitely miss these two wonderful interns and hope that everyone can join me as we send them off at their goodbye party on Monday, May 4th at 3:00PM in the library.

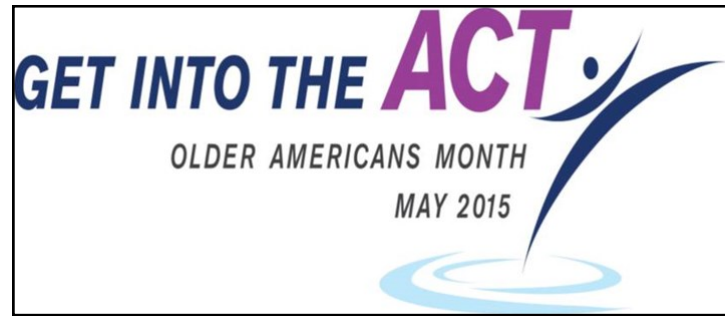


On the far left, Liz Kelly and in the middle Anna Wolen bead bracelets with Lubow, Doris and Nancy Marks

Celebrating Older American's Month

By Jenna Henning

In 1963, President John F. Kennedy signed a proclamation that designated May as a month for celebrating Older Americans. While we at Goddard House find every day cause enough to celebrate our residents, we are especially looking forward to the month ahead. This May marks the 50th anniversary of the Older Americans Act, which was signed into law by President Lyndon B. Johnson in 1965 as the first piece of federal legislation aimed at creating social services for seniors. In honor of this golden anniversary, the Administration for Community Living (ACL) has declared the theme for this year's Older American Month, "Get into the Act." And we at Goddard House plan to do just that!



We'll start the month with a visit from Brookline Board of Selectmen member Nancy Daly, who we are looking forward to hosting at Goddard House at 10:00 on Friday, May 1st. Selectman Daly will facilitate a discussion about Brookline politics, engaging residents in the issues and informing them about the candidates pertinent to the local elections on Tuesday, May 5th. Community involvement is one of the central points the ACL is stressing during this year's Older Americans Month, and active and informed participation in political life is just one of many ways to contribute to the public life of the community.

On May 8th residents will have the unique opportunity to watch a video that was recorded for Goddard House by US Senator for the state of Massachusetts, Elizabeth Warren. In it, Senator Warren addresses us and discusses what she finds to be the most pressing issues facing Older Americans. As a member of both the Special Committee on Aging and the Health, Education, Labor, and Pensions Committee, Senator Warren has a vested interest in promoting the welfare of our seniors. In the video she discusses two of her main concerns – social security reform and the appropriation of funds for medical research, namely Alzheimer's.

We at Goddard House look forward to using this month as not just an excuse to celebrate those in our midst, but also as a platform for promoting the mission of Older Americans Month 2015. As the ACL says, "together we can promote healthy aging, increase community involvement for older adults, and tackle important issues."



*It Takes a Village: Greater Boston Walking Club
Nature Explorations in Our Own Backyard*



Mount Auburn Garden Cemetery
Friday, May 15th
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 12:30pm. New in 2015 – Van pick-ups upon request at the Brookline Senior Center and 100 Centre St. at 9:30am 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. Community registrants please call at least one week prior to the walk to request van pick-up.



Try this delicious strawberry basil lemonade, perfect for a sunny spring afternoon! We'll be preparing this lemonade for our Lesley interns, Liz & Anna's, farewell party on Monday, May 4th at 3:00PM.

Submitted by Nick Polinsky
Food Service Director

Strawberry Basil Lemonade

Ingredients:

- 1 cup strawberries, hulled
- 1/4 cup basil (or mint works too!)
- 1 cup lemon juice (4-6 lemons)
- 1 cup simple syrup*
- 4 cups water
- Ice to taste



Simple Syrup Preparation:

- In a small saucepan, bring one cup of sugar and one cup of water to a boil
- Simmer until the sugar is dissolved, for roughly 3 minutes.
- The mixture will be grainy at first, and then cloudy.
- When it's ready, the syrup will be totally clear.
- Remove from the heat and let cool completely.

Strawberry Basil Lemonade Preparation:

- Start by pureeing the strawberries and basil in a food processor or blender on a medium-low setting.
- Run that mixture through a fine mesh sieve or cheese cloth.
- Mix the strawberry and basil puree with lemon juice, simple syrup, water and ice. Enjoy!

Introducing our new Traditional Program Assistant—Michala Krug! **By Brandon Fisher**

As Traditional Program Director, Jenna Henning, settles in her new role, we also welcome the newest member to our Goddard House Team, Michala Krug! Michala comes to us with great experience as well as a bright and vivacious personality. I had the pleasure of meeting with her last week to get to know her better:

Q: Tell us a little bit about yourself; where are you from, where did you grow up, your family life, and where did you attend school?

A: I grew up in Newton with my parents and little sister. I was a bit of a rebel in high school. A few friends and I founded an anti-war club and invited Howard Zinn and Noam Chomsky to speak at our school. I attended Hampshire College, which is a small school in Western MA with a strong emphasis on interdisciplinary and hands-on learning. After college, I attended Yale Divinity School, where I studied religion and literature - and also met my husband!

Q: Where did you work prior to coming to Goddard House?

A: During Divinity School, I worked as a hospital chaplain at Yale New Haven Hospital. I was providing pastoral care on a general medical floor and also a maternal special care floor for women facing high-risk pregnancies. I found it incredibly meaningful to support people during such critical - and often difficult - moments in their lives.

Q: What are you most excited about as far as your new role here goes?

A: I am so happy to be here, and I am mostly excited about spending time with the residents and learning more about their lives and interests.

Q: What do you see yourself doing in this field or another area if we fast forward five years?

A: My husband and I dream about starting a retreat center together someplace rural. We spent some time exploring the Catholic Worker movement, which seeks to provide food and community for people who don't have very much - but in a totally non-institutional context. That kind of model is incredibly inspiring to me, so we shall see! I'm very much hoping to continue working with older people.

Q: How did you hear about the Program Assistant role here? What drew you in?

A: I saw the job posting and I was completely thrilled. My grandmother was one of ten, and she and my great aunts have been the major heroes of my life. They were each incredible women in their own right, and they remained dear friends throughout their lives. I have a great deal of love and admiration for them, which I think prompted my interest in this field.

Q: What can our residents look forward to with the programs and work you'll be leading?

A: I'm hoping to learn from residents what kinds of programs would be most relevant and meaningful for them. I am thinking about starting a philosophy and literature reading group. I'd also love to facilitate some kind of meditation group, if there was interest.

Q: I've really enjoyed getting to know you and I am excited that you've joined our great team here at Goddard House! When you're off the clock, tell us about what you like to do with your free time?

A: I love spending time with my husband - talking, cooking, going for long walks, and listening to music. Recently we've been on a Pete Seeger kick. I also love reading, especially poetry. I spend a lot of time with my family.



Michala Krug

If you see Michala in the halls of Goddard House, please join me in welcoming her to our team!

Let the Sunshine In – A Springtime Salute to Music Therapy at Goddard House

By Alice Tilton

Throughout the academic year, our two Music Therapists who work on Olmsted Place memory support program also serve as practicum supervisors for students from Berklee College of Music. This semester there are ten music therapy students who are training on Olmsted as their geriatric practicum site. To earn their Bachelor's degree in Music Therapy at Berklee, students complete five practicums, courses including Psychology of Music Therapy and Technology for Music Therapists and finally a full-year clinical internship. For many students, the practicum at Goddard House will help them decide whether they will pursue a career working with older adults.

During their time at Olmsted, students expand their music repertoire, hone their technical skills and engage with residents. Marisabelle Diaz, supervised by Deb Gromack, remarked "I didn't know how engaging the residents through the music would happen until I experienced it firsthand." Kimberly Maguire, supervised by Angela Schroder-Dill, hopes to work with older adults following her completion of the program. During her semester-long practicum, she has been particularly impressed by the residents' capacity to remember music from earlier in their lives. By learning some of that music herself, she has discovered new opportunities to connect with individuals and in larger groups. For example, Kimberly always ends the session with the *Goodbye Song* during which she and the residents sing the familiar song as Kimberly thanks each participant by name. "It's a lovely sight to see each resident light up when their name is called."

On a recent Tuesday evening, music therapist Deborah Gromack and four of her students decided they would have a spring-themed session in honor of the warmer weather. Students prepared complementary songs including *Here Comes the Sun* and *Springtime in the Rockies* and worked together to draw residents into the experience through song and movement. With regard to the above group, Lindsey Phillips said that she loves the energy found in working with a group of fellow students. "They've inspired me to improve my technical skills so that I can be more engaged with the residents and less focused on my hands on the guitar." Others, including Manuel Ruiz have an alternate benefit of being the sole student in a group: a more intimate situation for building relationships. "This level of interacting with residents has been great", states Ruiz. "I'm from Peru where music doesn't yet exist, so I'm getting experience here so that I can be a pioneer in my country." In any configuration, the Berklee students offer Olmsted residents the gift of their youthful energy, enthusiasm and musical talents. We are grateful for their presence!



Manuel & Linda pose for a photo between songs



Deb & Lorraine love the tambourine!



Bernice, Angela and Marilyn are seen here enjoying spring-themed songs while playing bells and a drum



Mimi jingles bells as Juan strums a chord on the guitar

Goddard House Readies for Spring – Inside and Out By Lito Mutia

While Maintenance Director Lito Mutia brings years of facilities management experience to Goddard House, he maintains that it's the interplay of all the team skill sets that is key to making Goddard House run smoothly. Lito's technical engineering background makes him experienced in the areas of maintenance, safety, energy efficiency and building automation systems along with the fact that he's managed several larger facilities. "This team has a unique mix of industrial, hospitality, medical and residential trade skills that highly complement one another and cater to all needs of Goddard House," Lito points out:

Sheereen Montrose and her team do all the housekeeping chores everywhere in the building. It's great that they have years of on-site experience here because they can foresee what the residents and building need. The "maintenance guys" divide the load with Mike Nelson focused Olmsted, Marvin Gomez on Traditional and me, Lito, doing the regulatory, purchasing and technical requirements while being a hands-on supervisor. We all work together for projects like readying an apartment and large building projects, along with sharing off-hours coverage.

Now that winter is over we've been repairing the damages caused by snow and ice accumulations on the roof, gutters, windows, sidings and plantings around the building. There will be exterior cleaning and painting that'll perk up the look of the building. While it may seem hard to believe given the winter we've just gotten through, we've started preparing for the switchover from heating to AC that will occur sometime between mid-May and early June. Several rooftop AC units that cool the common areas have been replaced. A/C is also being checked so that it runs evenly in all of the apartments.

When we ready apartments for new resident move-ins, we are now upgrading the bathrooms and installing new kitchen flooring. We repaint the whole apartment and add accent colors to some of the walls for some pizzazz! One of the biggest improvements is one that you cannot see. We've just completed the upgrade of the wireless internet system so that Wi-Fi is now available throughout the entire building.

I wish everyone a wonderful start to a Happy Spring! I don't think that there's ever been a springtime that I've been more happy to see!

The Maintenance & Housekeeping Team Members consists of: Lito Mutia, Mike Nelson, Sheereen Montrose, Jorges Najera, Maria Cabrale, Diana Castillo, Betty Dupina and Marvin Gomez



From L to R: Maria, Marvin, Jorges, Sheereen, & Lito
Not pictured are: Mike, Diana & Betty

A Call to Centenarians! Inviting you to The Party of a Century!

By Ginny Mazur

The Brookline Community Aging Network will host the Town's third Party of a Century to honor centenarians in our area on Wednesday, July 15th at 2:00 PM at the Brookline Senior Center.

Any person from Brookline and surrounding communities who will turn 99 years of age at any time during 2015 or older is invited to attend with a relative or friend. Plans are in the works for the afternoon that will include guest speakers, music, photo keepsakes and of course, birthday cake!

To learn more and if you would like to receive an invitation or know someone who would, contact **Ginny** (617)731-8500 x104 or **Brandon** at (617)731-8500 x110 in the Community Partnership Office.



Featured May Events! Please Join Us!

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



**Concert with Eden
MacAdam-Somer**
Sunday, May 10th at 3:00pm

Eden is renowned for her violin and fiddling, vocals, and percussive dance that transcends through all genres of music. She is definitely a captivating and breathtaking artist, beguiling her audiences with a style that is truly her own. Enjoy a pleasant respite from the day with this talented artist.



**Live Game Show
with Tad Travis**
Tuesday, May 19th at 2:00pm

No activity will tickle the brain better than Tad Travis' "Hollywood Quiz Show"! Come visit categories such as "name that tune," "name that radio commercial," "name that president," "musical instrument sounds," "U.S. history," "Hollywood actors," and many more with us!



**Concert with Jim Buchanan
and Sally McKnight**
Sunday, May 31st at 3:30pm

Come sing, dance, and clap with Sally Harrison and Jim Buchanan as they bring a variety of songs, Celtic tunes, and instruments to us for the afternoon. Make sure not to miss Sally's hammer dulcimer (a close relative of the piano) or Jim's fiddle that was made in Boston more than 100 years ago.

Goddard House Updates

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



Our partner, The Museum of Fine Arts Boston, has presented us with 30 complimentary passes to visit the museum. Residents, family members and friends are encouraged to use them, while supplies last! Tickets are accepted for any regular museum visit - no reservation required.



For more information visit: www.goddardhouse.org



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