

the Goddard Times

A Champion of Older Americans

By Ginny Mazur

Goddard House looks forward to celebrating **Older Americans Month, May 2016, with a visit from Alice Bonner, PhD, RN, FAAN, Secretary of the Executive Office of Elder Affairs for the Commonwealth of Massachusetts.** Appointed just one year ago by Governor Charlie Baker, Bonner's first year has been spent redefining the mission and goals of Elder Affairs and devoting a large amount of time to getting out and meeting with her older adult constituents and caregivers all around the State. Bonner often leads with the question, "What do you need from me?" "The managerial part of my role is to support older adults and caregivers, listen to them and be sure I am in close touch with them. The other part of my job is to set policy that benefits older folks across the Commonwealth."



MA Secretary of Elder Affairs Alice Bonner

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The mission of Elder Affairs is to promote the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers. The six strategic goals of the office are as follows:

- *Empower healthy aging
- *Prepare for evolving demographic trends, including increased numbers of individuals with dementia; increase the number of dementia-friendly communities in the Commonwealth
- *Support aging in community (affordable, accessible housing and preventing elder homelessness)
- *Strengthen "no wrong door" access to aging and disability services (visit the new one-stop website www.massoptions.org for resource and service coordination)
- *Prevent injury, violence and exploitation
- *Ensure quality, value and person-centered care

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Older Americans (Continued from Page 1)

Elder Affairs highlights that the number of people 65 and older is right now in the process of passing one million in Massachusetts. There were 902,000 in that age group in 2010; it's projected to be 1.2 million in 2020. With this growth, answering the needs of the burgeoning population with memory loss is perhaps the keenest imperative now facing Bonner's office. EOEa received a \$600,000 grant last year to implement a knowledge base on dementia issues and treatment for use by 10,000 workers helping dementia clients throughout the State.

Goddard House will participate in the State's first Dementia Friendly Massachusetts Leadership Summit to be held just a week before the Secretary's visit this month.

On a personal note, Bonner's eldercare career began during her sophomore year in college as a French major at Cornell University. "I was running out of 'play money', and I got a job as a nursing assistant at a nursing home near Cornell. "I absolutely fell in love with the environment...the (elderly) people I was working with were interesting and funny and smart, and I loved being with them." "So I decided to get my undergraduate nursing degree after my undergraduate degree, which is not how it's usually done, and how I got started." She went on to get a PhD in nursing from UMass/Worcester. From nursing, Bonner moved to public management, holding a position as Director of Health Care Quality for the Mass. Dept. of Public Health and in federal government in Health and Human Services as Regional Director of Nursing Home Certification. From 2013-15, she was an Associate Professor in the School Nursing at Northeastern University.

Bonner attributes "incredible mentors" and "tremendous teams" as being the key supports in her career development that led to her appointment as Secretary of Elder Affairs. "Nobody who is a secretary or in any leadership role can do the job alone..." she says. "It is really with humility that you do anything in these jobs. Humility and amazing teams."

**Thanks to Hope Turner, Special Assistant, Executive Office of Elder Affairs for providing information for this article.*



**Secretary Alice Bonner will tour programs and meet with residents at
Goddard House on Monday, May 16th, 10:30 a.m. – 12:00 noon
in honor of Older American's Month 2016**



Brrr-ing Goddard House to Ice Chips: Show of Champions

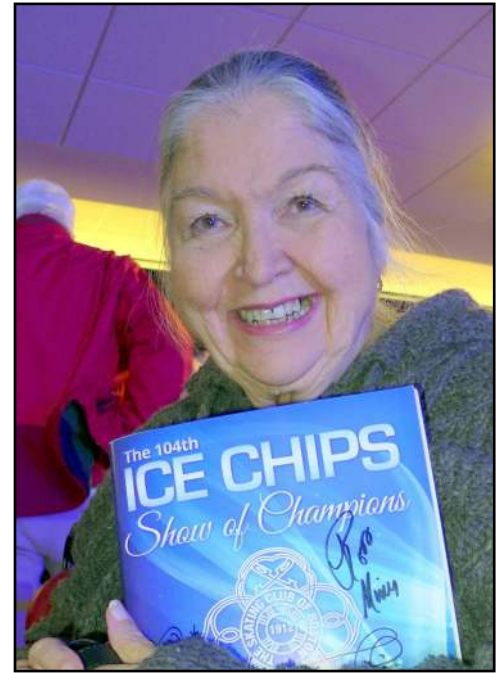
By Kristina Lessard

Living in New England, we are all too familiar with the occasional need to bundle up mid-April, donning our winter coats, scarves, and mittens during the first few weeks of spring. However, the bundling is much more tolerable when the cause is not a blizzard, but instead a lovely afternoon attending a spectacular ice skating show!

On Saturday, April 16th, a combined group of about 50 Goddard house residents and staff made their way to the Harvard Bright-Landry Hockey Center for the 104th Annual *Ice Chips: Show of Champions*! Produced by the Skating Club of Boston, Ice Chips is the longest-running ice show in the world, and features a cast of over 400 skaters. Special guest skaters included Mirai Nagasu, Ross Miner, and Olympic medalist Jason Brown – but we were there to support our very own Katie O’Connell, as well as John Moniz’ son Jesse. They all put on a fabulous show!

This was Goddard’s third venture to the Ice Chips, and with a mix of Traditional and Olmsted, residents and staff, the trip really had a Goddard community feel. We even brought a taste of Goddard House, with Executive Chef Nick Polinsky catering for the event. The energy was electric, the music was fantastic, and the smiles on our residents’ faces shown brighter than the glitter on the skaters’ costumes! Residents, who were attending for the first time, were thrilled to see in-person, a show they’d only ever seen on television.

It was a wonderful afternoon spent with wonderful people. Special thanks to John Moniz, who made this trip happen! As one resident put it, the show was “totally worth sitting in the cold.” The only complaint: we have to wait until next year to do it again!



Resident Arlene is all smiles at the 104th Ice Chips: Show of Champions



Staff members Cindy, Xrista, Katie, and Elaine enjoying the show



Residents Barbara and Luvinia bundled up for Ice Chips

The Amazing, Healing, Power of Music at Goddard House

By Lance Chapman



Hitomi strumming on her guitar

Music Therapy has become an increasingly important part of the daily life in Assisted Living Communities. At Goddard House, we are partnering with the Expressive Therapies Program at Lesley University to bring even more music to our residents. This year, our residents have had the pleasure of spending time with Hitomi Yurino, one of three graduate student Music Therapy interns who come to Goddard House on a weekly basis. Hitomi is from a small town in Japan called Yamaguchi. I recently sat with Hitomi and had a few minutes to ask her some questions about her inner motivations.

Lance: Hitomi, please tell us about how your passion for music began. What was your initial inspiration?

Hitomi: I love to sing and create songs. As a child I grew up in a household of musicians. My parents and my younger brother are all musical, so a love for music has always been part of who I am.

Lance: When were you first inspired to use your musical talents as a music therapist?

Hitomi: My younger brother is challenged with Autism. He had been non-verbal throughout his childhood. When he turned 10, I remember it was the first time I heard him play a violin. The sound he was able to make was so beautiful and pure. He had finally found a way to break through the silence and express himself. It was a wonderful moment for our whole family. In conjunction with this profound experience, some friends of my parents had informed them about schools in the United States such as Lesley that offered degrees in music therapy. This became my new goal.

Lance: As a Music Therapist can you explain and describe the experience you have as you bring music's therapeutic effects to both individuals and a groups of residents here at Goddard House.

Hitomi: It's what I would describe as a meaningful connection. It is quite different from the experience of performing music for an audience. It is much more of a two-way connection between myself and the residents. As a therapist, my role is to respond to the reactions of the people in the room. In some cases the residents may have musical instruments and are playing a part in creating the music as it imparts its effects. It is powerful to watch how the infusion of live music into a room can add such a positive energy.

Lance: Is there a specific moment thus far in your education or internship that you would refer to as paramount in validating the role you have chosen as a music therapist?

Hitomi: There was recently a memorable session in which a woman who is usually quite passive suddenly became quite animated when we began playing a song she loved. Not only did the music have a profound impact on this woman, but her excitement and energy spread through the room to all the other participants. The music was not only having an impact on this woman but on the way everyone was responding to her as they saw this transformation happen. It was a wonderful moment to be a part of.

This salad was created at the request of Lesley University Graduate **Expressive Arts Therapies Interns, Natalia Van Bilderbeek and Daniela Hyacinthe** to celebrate their creativity and many contributions they complete their academic year at Goddard House. We'll serve at salad at their goodbye reception on Thursday, May 12th at 4:00 p.m. in the living room. Why salad? "Well...we just love it!" says Daniela. When you think about it salad is the most lively, artistic, healthy mix of wonderful colors, shapes and flavors – like many of the creations by these two great interns!

Tribute Super-Food Salad

Submitted to Honor our
Lesley Interns, Natalia
VanBilderbeek and Daniela Hyacinthe

Add to a Salad Bowl:

- Mesclun greens—several handfuls
- Goat Cheese—crumbled
- Seasonal Fruit—*strawberries* this month!
- Dried Cranberries
- Candied Walnuts

Add to a Salad Bowl:

- 1 or 2 cloves mashed garlic
- 1/2 teaspoon Dijon mustard
- 1/4 cup Olive oil
- Balsamic or Raspberry Vinegar
- Salt, Pepper

Preparation:

Mash the garlic gloves in a garlic press and blend with mustard. Add olive oil and blend. Add enough vinegar to season the dressing to taste. Add a bit of salt and pepper and whisk the dressing. Pour over salad and toss!



Lesley Interns Natalia and Daniela pose with their Lesley Supervisor Ginny Mazur (pictured left to right)

Music (Continued from Page 4)

Hitomi is one of three music therapists doing internships here at Goddard House through the Graduate Program at Lesley University. Music Therapist Sally Harrison is their faculty advisor and also spends time here at Goddard House mentoring these gifted students. Sally spoke with me about the scientific research that backs up these observable effects we see in music therapy sessions. "MRI [tests] light up areas of people's brains that showed little activity before the music began. Both hearing and playing music seem to have beneficial effects. Theories around why this may occur have to do with how organized music is and how these well-structured notes, keys and time signatures allow the brain to receive them more fully." She stated. Sally went on to say, "The physiological effects of all this good brain activity have even been shown to remain for a while after a music therapy session. People are often able to continue to organize their thoughts better immediately following listening and playing music."

Olmsted Place Choir Serenades with the Back Bay Chorale

By Alice Tilton



Members of the Back Bay Chorale

Music therapist Deborah Gromack has been affiliated with Goddard House for over ten years. She has offered a range of programs, from traditional music therapy to poetry explorations to Glee Club. Recently, she and Olmsted Program Director, Alice Tilton decided that it was time to try something new: a choir for Olmsted residents. Since then, on Wednesday afternoons, you could find residents practicing their scales, warming up their voices and following Deb's direction as they practiced songs.

The choir was given a literal vocal boost when the Back Bay Chorale Bridges program decided to partner with Goddard House. Back Bay Chorale is a 120 member auditioned chorus based in Boston; their Bridges program aims to reach out to the community and bring music to who are unable to attend live musical performances because of various barriers such as disability or income. However, instead of just giving a concert, Chorale members joined Olmsted choir members for four rehearsals which culminated in a joint performance on April 30.

In front of friends, families, and visitors, Olmsted residents and BBC members sang a variety of songs, including "Always" "Take me out to the Ball Game" and "God Bless America." Then a larger group of Back Bay Chorale members took the stage along with their conductor Scott Allen Jarrett to share their beautiful voices and harmonies. It was a great experience for everyone involved!



Participating Olmsted residents performing

Growing Season Returns to Goddard House

By Jenna Henning

Gardening season has arrived at Goddard House and residents and staff alike are welcoming it with open arms. A weekly gardening program, facilitated by Green City Growers (GCG), began in 2014 and has continued with great success since. GCG is a group of trained farmers who partner with schools, businesses, restaurants, and even the Boston Red Sox (in 2015, they installed and launched Fenway Farms, a 5,000 square foot rooftop farm on top of Fenway Park) to cultivate successful gardens in urban spaces. This year, farmer John Neri returns to Goddard House for another season of engaging, informing, and inspiring residents through the act of gardening.

Involvement in this horticultural program has proven to be incredibly beneficial to residents, staff, and visitors. Gardening fosters a close connection with nature, which provides therapeutic benefits to all who participate. And with plentiful fresh produce, the entire Goddard community is able to enjoy the healthful, organic food harvested in their daily meals. Traditional Resident Bridgina has participated in the gardening program since its inception. "I love working with the soil," she remarked. "Its like meditation to me. You can lose yourself in what you're doing." Resident Tony, who's new to the gardening program at Goddard, shared a similar sentiment, "It's relaxing to get my hands into the dirt [and] to see things grow."

This year we have two particularly exciting additions to the program! The indoor garden bed was added to the Palm Court at Goddard House. Backed by a mural of tomato plants, the indoor system is self-irrigating and allows for year-round cultivation of lettuce and herbs. Many residents were thrilled to have the opportunity to experience nature-based programing indoors. "I can't wait to garden year round!" Bridgina exclaimed. Next to the garden beds you will find an exhibit entitled, "Tell Us Your Garden Story." It features short, autobiographical vignettes and photos that feature residents', families', and staff gardening or farming experiences. The project has transformed the once blank space into a vibrant, living wall, offering wonderful insight into the lives that shape our community.

Also this month, we will begin a weekly intergenerational gardening program with a local elementary school, the Lincoln School. Students and their parents will join residents on Olmsted Place and GCG horticultural specialists on Wednesday afternoon where they will have the opportunity to engage with nature and one another.

Last year's growing period yielded over 200 pounds of vegetables and herbs, and with the gardening flourishing already this year we're hoping for even more in 2016! Thanks to the addition of the indoor gardening bed, we're looking forward to continuing the growing season at Goddard well into the winter months.



Green City Grower Farmer John Neri and Resident Bridgina stand in front of the indoor garden bed

Featured May Events!

Please Join Us!

We ask that Residents' families, friends and community guests RSVP

by calling Kristina Lessard at 617-731-8500 ext. 110



Journey into the World of Jazz with Peter Gerler

Thursday, May 5th at 11:00am

Peter Gerler has written about jazz since the early 1990s. He has been published in American Legacy, DownBeat, JazzTimes, The Boston Globe, and more. Peter lived in New Orleans from 1990-1995 and is working on a book about legend Joe "King" Oliver. Join him for this engaging and informative journey into the world of jazz!



Concert with Jacqueline Schwab

Sunday, May 8th at 3:30pm

Pianist Jacqueline Schwab creates meditative and spirited arrangements on traditional and vintage tunes from America, England, and beyond—spinning out stories, in her variations on the themes. She performs solo concerts of her arrangements, and has performed on over a dozen of Ken Burns' PBS documentaries. Join Jacqueline for an afternoon of music!



Concert with Larry Lee Lewis

Sunday, May 29th at 3:30pm

Larry Lee Lewis is a singer and pianist. He plays in genres ranging from the 1920's to the 1960's. He incorporates classics including Sammy Kaye, Doris Day, Hank Williams Sr., Louis Armstrong, Fats Domino, Elvis, Johnny Ray and many others. Well known for his upbeat tunes plus a few ballads, he also works as a comedian!

Passes to the Museum of Fine Arts Boston

Thanks to a grant from the Lowell Foundation, the Museum of Fine Arts Boston is offering free museum passes to Goddard House residents and guests (Two passes per person, please) while the supply lasts. Please see Jenna Henning in the Community Partnership Office if you are interested in obtaining a ticket. This round of tickets expires in June!



Museum of
Fine Arts Boston

For more information visit: www.goddardhouse.org



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