

The Goddard Times

November 2013

The Walk to End Alzheimer's...One Step at a Time

By Marie Curcio

Team Goddard House of Brookline recently gathered at Canal Park, CambridgeSide Galleria to participate in our nation's largest annual event dedicated to support the work of the Alzheimer's Association, **The Walk to End Alzheimer's**. All monies raised by the Walk support research, education and programs for individuals and family members struggling with Alzheimer's disease, the sixth leading cause of death in our nation.

We are pleased to report that Team Goddard House surpassed our fundraising goal of \$2,500.00 thanks in part to the tireless efforts of the **Artisans of Goddard House**. The Artisans, together with Goddard's Expressive Therapist, Susan Swanson, MA, ATR, worked in earnest to design and create bracelets of varying styles and shades of purple to donate to the Alzheimer's Associations' annual fund raising event. As the sun peeked through cloudy skies on the day of the walk the dedicated Artisans traveled to Canal Park with their beautifully hand crafted bracelets, set up their booth and secured donations for the cause.



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Newsletter Contributors:

John Moniz, Executive Director

Marie Curcio, Social Worker

Melody Bushmich,
Traditional Program Director

Ginny Mazur,
Community Partnership Director

Kevin Kindorf,
Community Partnership Associate

Jim Wessler, President and CEO of the Alzheimer's Association of MA/NH Chapter stopped by the busy booth to personally thank our talented Artisans for their efforts. Wessler contacted us after the walk to report, "On that beautiful September morning, over 6,000 walkers helped advance awareness of the importance of combating Alzheimer's, while raising over \$800,000 at the Greater Boston Walk to End Alzheimer's. We are so appreciative of the active participation and support from the Goddard House community!"



A Sampling of Goddard House Artisans' wares

Out and About for Goddard House

By Ginny Mazur

Part of the original not-for-profit Goddard House Mission, written in the 1800s, has always been to **“promote collaboration and affiliation with senior advocates, agencies and caregivers to improve the quality of life for older people within the larger community.”** We’ve been working with that goal in mind every day since 2001 when the Goddard House **Community Partnership Office** was created to:

- Develop and sustain relationships that enhance programs and partnerships
- Increase visibility for Goddard in the larger community
- Encourage financial support through program grants with guidance from the Executive Director.



Ginny Mazur and Kevin Kindorf

It’s been inspiring, challenging and fun to come to work for more than a dozen years and have an ever-changing array of projects to work on with never a dull moment! Our office moved to Goddard House Assisted Living in Brookline this past year from Jamaica Plain, and today our team includes Kevin Kindorf, Community Partnership Associate and me.

Our mission inspires us to create programs and opportunities for education, health and well-being for the older adults who make Goddard House their home as well as for seniors and caregivers who live in the community. Strong on-going relationships with eldercare and other local organizations benefit our partnerships. Brookline and the Boston area are unparalleled in the resources they offer and we tap into them, making our location a great asset.

Here are just a few highlights of current projects:

- Produce this **in-house newsletter and monthly e-postcard**
- Grant writing that’s resulted in funding for an **Olmsted Place Fitness Studio** and for **Dance/Movement therapy** in traditional assisted living
- Partner with the **Brookline Food Pantry** for Olmsted Place residents to volunteer on holiday projects for Pantry recipients
- Present dinner/lecture events for the community at Goddard House including ***Celebrating ARTZ: Implementing Culture Change for People with Dementia and their Care Partners*** with Dr. John Zeisel and Sean Caulfield on Wednesday, December 4th
- Administer the upcoming **2013 Goddard House Annual Appeal** for the board that benefits our General Fund and Matilda Goddard Fund for Staff Development

While much of our work takes us behind the scenes or out into the community, we’d love to meet you and let you know more about the work we do. Please stop by our offices to say hello.

Thanksgiving Day at Goddard House

By Kevin Kindorf

Food Services Director, Ken Yarvitz, will oversee our annual dinner for residents and guests on Thanksgiving Day, November 28th. The traditional menu features roasted turkey with stuffing and gravy, mashed potatoes, candied yams and pumpkin pie. Banana bread, cranberry nut bread, eggnog and warm spiced cider are also on the menu for all who will be joining us for the celebration at Goddard House.



There will be one seating for dinner at noon. Gladis Lemus, our Dining Room Manager, will be asking residents two weeks in advance about whether or not they plan to attend and/or bring guests. Seating is available for up to 60 people.

Our own Ken Yarvitz will be one of 150 chefs and bakers from around the greater Boston area joining forces to bake a total of 15,000 Thanksgiving pies for the Community Servings event, *Pie in the Sky*, where you can order a pie and pick it up close to your home. You can order your pie now or until Saturday, November 23rd by going to www.pieinthesky.org.

By Ken Yarvitz

Pumpkin Pie

Ingredients:

2 cups milk
2 cups canned pumpkin
1 oz. all-purpose flour
 $\frac{3}{4}$ tablespoon cinnamon
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{4}$ teaspoon ground cloves
3 eggs
 $\frac{1}{2}$ teaspoon salt
2 $\frac{1}{2}$ cups granulated sugar
2 -9 inch single pie crusts



Preparation:

- In a large bowl, combine milk, pumpkin, flour, spices, eggs, salt, and sugar.
- Mix with an electric mixer until smooth. Pour filling into pie shells
- Bake at 475 degrees for 10 minutes.
- Reduce the temperature to 350 degrees and bake for an additional 35 minutes.
- Serve warm or at room temperature.

2013 Team Goddard House



Walk to End Alzheimer's



Create Enjoyable Holiday Moments for a Family Member with Memory Loss

By Marie Curcio

Family and friends often ask how they might meaningfully celebrate the holidays and share time honored traditions with individuals who have memory loss. While it is possible to still have a family member who is in the earlier stages of cognitive loss join familiar holiday celebrations, as losses progress traditions and rituals may need some adaptation. It is helpful to keep in mind that the move to a secure, structured setting has taken place because living at home is no longer feasible.



Three Generations of The Couden family

Although you are aware that it is Hanukkah or Thanksgiving or Christmas, that does not always mean that your relative with Alzheimer's disease does. Individuals with Alzheimer's disease lose their sense of time. Celebrating on the exact date of the holiday is not what is most important for many Olmsted residents. It is an issue that is more on the minds of family and friends than the residents. Intellectually we know that things have changed. Our hearts take longer to embrace the losses so this can be quite an emotionally laden decision process for families regarding where, when and how to observe holidays.

Residents with moderate to severe memory loss respond well to the support of family or a friend's visit without the overstimulation of a trip to a restaurant or family home on the holiday. A sense of normalcy, not additional stimulation, is usually most soothing at these busy times.

Individuals with dementia tire easily and often are more tired later in the day than morning. If possible, it is helpful to plan your visit during a resident's most alert hours and keep visits short unless you are specifically attending an event together. When restlessness begins to settle in consider it a sign of discomfort. Unless the restlessness is caused by a need to use the bathroom, it is a good time to take leave or have the individual rest or take a short nap.

The following are tips to celebrate the holidays at home (with your family member or friend with dementia) with the optimum opportunity for joy:

- Schedule your celebrations earlier in the day
- Invite fewer people (to avoid overstimulation resulting in agitation or anxiety)
- Keep the food simple (not too many choices, not too rich, avoid alcohol)
- Decorate less (it is helpful to avoid making the house look unfamiliar)
- Be prepared to take your family member back "home" early or plan a nap. You may hear the comment, "I want to go home" when the individual feels tired
- Avoid asking questions such as "Do you remember?" and instead share stories and reminisce. It can be very stressful for someone with memory loss to be expected to "remember?"

Staying Warm and Cozy at Goddard House

By Melody Bushmich

As the cooler weather begins to roll in, Goddard House is well stocked with in-house programming that'll keep us all warm and cozy! In honor of **Veteran's Day**, Goddard House has invited Betsy Nimitz Van Dorn to join us for a talk about her life with the Navy and her grandfather, Commander and Chief of the U.S. Navy during WWII, Chester Nimitz. On Thursday, November 14th at 10:45 AM.

Casey Hatchett and James Reardon of **The Brookline Police Department** will also be making a special trip to Goddard House on Thursday, November 14th at 7:00pm for a discussion on elder fraud, senior safety, and emergency preparedness.

We would also be welcoming back the National Public Radio's **From the Top** program! **From the Top** is offering new opportunities to young Boston based musicians who are interested in taking their music beyond the concert hall and into community settings where they can engage and inspire new audiences. Twice a month on Tuesdays* during the months of October, November and December at 7:00 PM, **From the Top** will bring diverse and talented young musicians to the Goddard House to share their stories, instruments and music with you.

And finally, the warmest and coziest of all, the Goddard House artisans invite each of you to shop and browse their **Holiday Art Show and Sale** on Saturday and Sunday November 16th and 17th from 1:00-4:00 PM. Handmade jewelry, scarves, paintings and more will be available to purchase.



A From the Top performance



Betsy Nimitz Van Dorn

From the Top dates:
November 12th, November 26th and December 17th.

Featured November Events! Please Join Us!

We ask that Resident's families and friends RSVP by calling Melody Bushmich at 617-731-8500 x. 152



Alexander Pressano

Saturday, November 2nd at 3:30pm

Alexander Julian Prezzano is a guitarist and composer from the Boston area. He studied classical guitar at the University of Southern Maine under Keith Crook, graduating in May 2012. Since 2009 he has performed regularly throughout New England and California as a solo guitarist.



Holiday Art Show and Sale

Saturday and Sunday November 16th and 17th from 1:00-4:00pm

Susan Swanson and the Goddard House Artisans will have a wide assortment of handmade jewelry, paintings, vases, and other creations that will be on display and for sale.



Are You Prepared?

Thursday, November 14th at 7:00pm

This Brookline Police Department presentation will address three areas: Elder Fraud, Senior Safety and Emergency Preparedness. The presentation will cover how to prevent being a crime of fraudulent activity, ways to ensure your safety in the home and on the street and other pertinent safety topics.



165 Chestnut Street
Brookline, MA 02445
617-731-8500

For more information visit:
www.goddardhouse.org