



the Goddard Times

Political Engagement at Goddard House

by Jenna Henning

In less than one week the 2016 US Presidential Election will be over and Americans will release a collective sigh of relief. If not an exhalation for their candidate being elected, then certainly one for the end of a news cycle that has been dominated by election-year stimuli ad nauseum. Here at Goddard House, residents are readying themselves to take part in the political process – registering to vote, requesting absentee ballots and making sure they are well-informed about the candidates and the issues.

Our residents are keeping their political knowledge up-to-date with a current events discussion group. The group, which meets for an hour twice a week, is consistently our most attended as residents are eager to engage with one another over the latest news. Resident Richard Fey, a retired professor of economics with a PhD in Economics from Brown University, facilitates the group. Richard's teaching background lends itself to explaining complex political issues in an accessible forum.



Residents engage in political discourse during Goddard House's bi-weekly current events program.

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A knowledgeable and engaged citizenry is vital for the health of democracy. While it's important for all citizens to be active and informed, it's especially pertinent for older adults. Many of the civically minded activities that they participated in throughout their lives are no longer available to them for a variety of reasons. Programs like the current events discussion group allow for continued, meaningful participation. Adele, a resident and faithful member shares, "it's especially important for older people to continue their relationship with the world...by engaging in political discussion we're living in the present and feel like part of our ever changing culture." Richard adds, "for me it's great fun that keeps me actively involved in following and explaining these issues even though I'm no longer teaching." It's evident that the group serves a dual function as a form of both social engagement and cognitive stimulation for those who participate.

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Political Engagement (Continued from Page 1)

This election cycle highlights many of the divisions that exist among the US electorate and Goddard House's population is no different. I asked Richard how he manages his political biases as facilitator; he admitted that it is sometimes difficult to be non-partisan and the group "works best when residents with disagreements share in a constructive manner because it allows someone who is persuaded that the other side is a worthwhile point of view to express his or her opinions." This thoughtful and considerate exchange of ideas is refreshing in today's tumultuous political landscape. Political pundits would be wise to take a cue from our residents in this respect.

Political fervor in the United States peaks every four years. The news cycle is dominated by stories pertaining to the upcoming Presidential election and voters rally behind their issues of concern and their candidates of choice. Political involvement during non-election years wanes, as the news cycle shifts from election coverage to other topics. Viewers return to watching sporting events and reality television. Here at Goddard House, political discourse will not cease. Our residents will continue to consume as much information as possible, eager to learn and share with one another the latest in international, state and local news. Disagreements will be stated. Opinions will be shifted. And our older adults will continue to actively engage in the world around them.

No matter the outcome on November 8th, we can all agree with the infamous words of Hubert Humphrey - "now let us get on with the urgent task of uniting our country."



Should You Be a Goddard House Passport Holder?

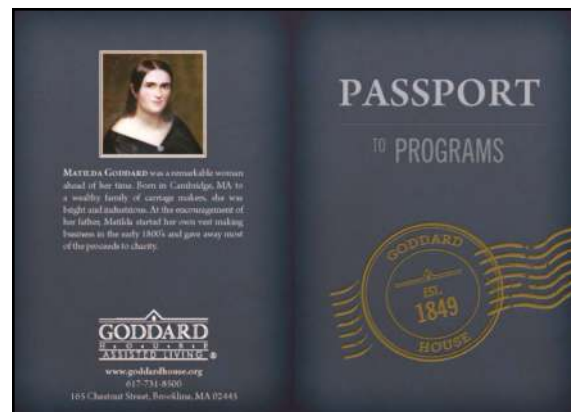
By Lance Chapman

No, it won't get you across any National border crossings, but here, your Goddard House Passport opens our doors for events, concerts, lectures and maybe even some new friendships. If you have not heard about the Passport Program or are unsure of what being a Goddard House Passport Holder entails...this article is for you!

Why Does Goddard House have a Passport Program?

About two years ago, we began the Goddard House Passport Program for those who weren't ready to move into assisted living yet but wanted a chance to that we offer.

2.



experience the enriching programs

How Do I Become a Member?

Becoming a Passport Member is free! All you have to do is call our Marketing Office and speak to either Michaela Barrows or me, Lance Chapman. We will take your contact information and send you a Passport in the mail the next day. You will also receive two emails from us each month. The first email will let you know which events we have planned specifically for Passport Holders, as well as list the other programs on our calendar that you are able to sign up for in advance and attend. If you are not using email regularly, we can send you this information through the US Postal Service.



An outing to the DeCordova Museum.

The second email you will receive each month is Goddard House Times, our monthly newsletter (which you're reading now!). This is simply another way of keeping you informed about upcoming events and sharing recaps and photos of previous outings, trips and events

What Do Passport Holders Do?

We have 85 Passport Members, with more people joining each month. Some of our recent Passport Holders have attended outings to museums, the New England Aquarium, Coolidge Corner Theatre, Castle Island, as well as in-house programs such as painting classes, wine and chocolate tastings, flower arranging, organic gardening, history lectures and film screening, and others have dined at Goddard during lunch with a friend.

The thought of moving to an Assisted Living Community brings up anxiety for most and fear of the unknown for some. The Passport Program is designed to allow people still living at home to travel to our assisted living for short visits in order to meet the residents, taste the food and sample the lifestyle.

We've found if you give people options, make them feel welcome and avoid any sales pressure, many people will find their resistance to life in an assisted living begin to wane in proportion to the quality of their experience and the relationships they develop.

In fact, the innovative Passport Program resulted in a 2015 state-wide award from the Massachusetts Assisted Living Facilities Association for "Marketing Innovation."

If you or someone you care about might be interested in hearing more about The Passport Program at Goddard House in Brookline, please contact the Marketing Department. Marketing Director, Lance Chapman can be reached by calling (617) 731-8500 x105 or emailing lchapman@goddardhouse.org. Marketing Associate, Michaela Barrows can be reached by calling (617) 731-8500 x130 or emailing mbarrows@goddardhouse.org.

Reel in the Closet: An Intimate Look at LGBTQ Lives

By Jenna Henning

On Wednesday, October 19th over 400 individuals gathered at the Coolidge Corner Theatre for an exclusive public screening of *Reel in the Closet*, the most recent documentary from award-winning filmmaker Stu Maddux. *Reel in the Closet* lets us connect to LGBTQ individuals of the past through the rare home footage they left behind.



Before the screening, the Brookline Senior Center held a reception for Maddux. Young and old, gay and straight, came together to celebrate the filmmaker and share in the excitement of the upcoming viewing. Two student members from the Gender Sexuality Alliance at Brookline High School screened their own short documentary about living life in Brookline as a young person who identifies as LGBTQ. From there, the nearly 100 reception goers made their way to the Coolidge for the premiere. MA Secretary of Elder Affairs Alice Bonner and Representative Liz Malia, a champion of the LGBTQ community, shared a few words before the start of the film.

Reel in the Closet was dynamic! Maddux masterfully weaves together traditional home videos of vacations, parties and holidays with raw footage from more prominent historical happenings—Harvey Milk’s Castro Camera, pride parades and the unfurling of the AIDS quilt on the National Mall. The integration of the two allows for a comprehensive picture of LGBTQ life in America over the past century. Interviews with both the filmmakers themselves and those who are attempting to preserve the found footage create context for the videos on the screen.

Learning about historical events by reading a text book or viewing carefully crafted media footage does not provide a complete picture. The prevailing narrative, especially that of disenfranchised or



minority groups, too often leaves out the very voices it claims to represent. In Maddux’s film, the LGBTQ community is able to share their story in an intimate, honest and comprehensive way. This time the narrative is one of their own making. It’s truly powerful to experience the lives of LGBTQ pioneers as they were in full— as activists, friends, lovers, children, parents and, above all, human beings experiencing the simple joys of life.

A special thanks to all those who came to the Coolidge Corner Theatre for the premiere, as well as to everyone who helped promote the event—it was a great success!

From left to right: Director Stu Maddux, AARP LGBTQ advocate Barrie Atkin, Community Partnership Director Ginny Mazur and Representative Malia are all smiles following the film.

Visit Stu Maddux’s website www.stumaddux.com to learn more about the director and his innovative works!

A delicious recipe for Thanksgiving dessert!

Pumpkin Cream Cheese Bread

Submitted by
Executive Chef Nick Polinsky

Ingredients:

- 2 1/2 cups white sugar
- One 8 oz. cream cheese
- 1/2 cup margarine or butter
- 4 eggs
- One 15 oz. can pumpkin puree
- 2 tsps. baking soda
- Three 1/2 cups all purpose flour
- 1 tsp. salt
- 1 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 tsp. ground clover
- 1 cup chopped nuts



Preparation:

1. Preheat oven to 350 degrees. Grease two 9x5 loaf pans.
2. In a large bowl, crema together sugar, cream cheese and butter. Add eggs, one at a time, mixing well after each addition. Blend in pumpkin, mixing until completely incorporated.
3. Combine flour, baking soda, salt, cinnamon, baking powder and cloves. Mix the dry ingredients into the pumpkin mixture, stirring just until moistened. Fold in the walnuts. Divide batter evenly between the two pans.
4. Bake at 350 degrees for 60 minutes, or until a toothpick inserted comes out clean. Let cool for 5 minutes; then remove from pans.

Joy in Movement—An Interview with Audrey Albert-King, Dance/Movement Therapist

By Ginny Mazur



Olmsted residents strike a movement pose with Audrey during one of her groups. Pictured left to right: Ruth Ann, Mimi, Audrey and Barbara

Based on principle that the body, mind and spirit are interconnected, the American Dance Therapy Association (ADTA) defines dance-movement therapy as “the use of movement to further the emotional, cognitive, physical and social integration of the individual.” ADTA just celebrated its 50th anniversary with a national conference for dance/movement therapy professionals in Bethesda, MD. Dance/movement therapists who work at Goddard House attended. For the occasion, we wanted to consider what’s at the heart of this profession for one of our own practitioners. We asked Goddard House dance/movement therapist Audrey Albert-King about the inspiration behind her work:

I began dancing when I was three years old at Sherry Gold’s School of Dance in my hometown of Randolph, MA. The school, now in Brockton and called The Gold School of Dance Art, is still going strong thanks to Rennie, Mrs. Gold’s son, who is now the director. Back then we studied jazz-tap-ballet-acrobatics! I fell in love with dance immediately and stayed at the school for 15 years before going on to receive my BA in dance from University of Colorado at Boulder and an MA in Dance Education from New York University. Dance gave form to my energy and made me feel lucky to be alive. Early on, I was inspired by seeing great choreographers and dancers; Bob Fosse, Judith Jamison, Gene Kelly and Martha Graham. Martha Graham especially inspired me because her dance technique and choreography evolved out of her life philosophy. She was a philosopher as much as she was a dance pioneer. Her approach contributed to my understanding that dance has a transformative power for all of us, dancers and non-dancers alike. She said: “There is a vitality, a life force, an energy, a quickening that is translated through you into action and because there is only one of you in all time, this expression is unique.” The basis of her movement theory is that breath is movement. All movement originates from the contraction and release of the breathing cycle.

I’ve been a dance educator and movement analyst for 25 years. Much of my career was spent working with children. Goddard House introduced me to working with older adults and persons with memory loss when I was hired here over two years ago. I teach tap dance on traditional and facilitate dance/movement on Olmsted Place. I love it. It’s inspiring to experience the power that movement has to provide expressive freedom and build relationships, regardless of age or abilities.

I am honored to be working with older adults. They are honest and have so much knowledge and life experience. I’ve learned from them, to let them tell me what they need so I can facilitate a meaningful

experience. I've learned from them, to let them tell me what they need so I can facilitate a meaningful shared experience.

As I draw from my work, learning and life experience, my own views of dance/movement therapy are evolving. To sum it up, I'd say that working with the residents of Goddard House is about "breathing joy into life" through movement, creativity and connection.

The Reunion Project

Goddard House, along with the Brookline Council on Aging and Center Communities of Brookline/Hebrew SeniorLife, will participate this fall in the *Reunion Project*, created by Brandeis University Women's Studies Research Center scholar, photographer/writer Lora Brody. We hope you will consider being part of her exciting project that uses portrait photographs and writing to allow women (age 65 and older) to travel back in time to have a conversation with their teenage or twenty-something selves. It's easy, fun and, most of all, gives older women a chance to remind others that we still have a lot to share.



Lora Brody will be at Goddard House on Thursday, November 17th to take your photo and have you answer a few questions about what your world was like when you were a young adult compared to what it is like today.

- All participants will receive a fine art photograph of themselves.
- A photo from your younger years is strongly encouraged, but not essential, for you to join in the project.
- Participation is limited so please come to this meeting to learn more.
- Family members are also welcome to attend to facilitate their relative taking part in the project or to take part in it yourself if you qualify by age.

A short video about the project can be seen at <http://www.thereunionproject.org>

If you have any questions or are interested in participating, please contact Kristina Lessard by emailing klessard@goddardhouse.org.

Featured November Events!

Please Join Us!

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

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



Presentation and Concert with Andrea Nolin

Saturday, November 5th at 3:30pm

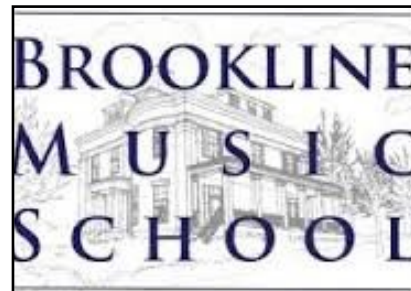
This repertoire showcases each of the six period flutes, including variations on Greensleeves and La Cenerentola. The program outlines the development of the modern flute, highlighting historical changes in both flute music and flute making. Enjoy works by Mozart, Beethoven, Chopin and more!



Jack Curtis Presents "Civil War Monuments of Saint-Gaudens"

Monday, November 14th at 3:00pm

The greatest sculptor of the Beaux-Arts generation, Augustus Saint-Gaudens (1848-1907) secured his place in the pantheon of American artists with his dynamic portrayals of Civil War heroes. Join Jack Curtis for a survey of the life and work of this influential sculptor!



Concert with Brookline Music School

Saturday, November 19th at 7:00pm

Brookline Music School seeks to awaken and nurture musical interest, appreciation and artistic excellence in a friendly and stimulating atmosphere, as well as sponsoring a full schedule of public performances. A faculty member from Brookline Music School will serenade residents once a month!

An Invitation to Thanksgiving Dinner



Families and Friends of Goddard House
Residents are invited to attend Thanksgiving Dinner
on Thursday, November 24th at 12noon.

Please RSVP to Program Director Kristina Lessard by calling
(617) 731-8500 x110 or emailing klessard@goddardhouse.org.

For more information visit: www.goddardhouse.org



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