

the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

SATURDAY, NOVEMBER 3

Bruce Hambro will offer a lecture about American composer Jerome Kern at 4:00 P.M.

TUESDAY, NOVEMBER 6

“Grab Your Passport! Destination: Portugal” will feature a performance by Flamenco dancer Eve Costarelli at 11:00 A.M.

WEDNESDAY, NOVEMBER 7

Dr. Suzanne Hanser will present, “The Healing Power of Music Therapy” from 6:00–7:30 P.M. *Public welcome! RSVP to pbarrows@goddardhouse.org or 617-731-8500.*

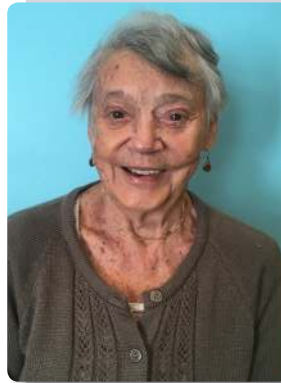
WEDNESDAY, NOVEMBER 14

The Silvertones, a local women’s singing group, will perform at 11:00 A.M.

THURSDAY, NOVEMBER 15

Family Appreciation Night in the Goddard House Library from 6:30–8:00 P.M.

RESIDENT PROFILE



Valerie Gruber, a vivacious, active dynamo of a personality, has lived at Goddard just a little more than a year. Born in Hounslow, Middlesex, England, she spent her early years in a “garden city” there. At age 14, Valerie left England and moved to a large New England family home in Westborough, Massachusetts where she attended high school and immersed herself in her love of lacrosse, basketball, and all things sports related.

Valerie pursued a career in nursing after high school, which led her to become member of the Cadet Nurse Corps. A graduate of Simmons College, Valerie also worked as a head nurse at Mass General Hospital, a psychiatric nurse at Deaconess Hospital, and at the Massachusetts Association for the Blind.

Her daughters, Karen and Susie, have described Valerie as a “shopper, traveler, Red Sox and Celtics fan, and a great cook as well as a tennis player and exercise devotee.” Valerie will tell you that, besides her daughters and granddaughters, her greatest passion in life has been dance. She shared, “If I could travel back in time I would have more fully pursued my love of ballet and become a ballerina!” Valerie loves classical music, has studied and taught dance, ballet and exercise classes over the years, and even leads a few of our morning exercise groups right here at Goddard House!

Valerie is always putting others’ needs before her own, and took her duties as a nurse, wife, and mother very seriously. She says of herself, “I like to make people happy.” Yes, Valerie, you have succeeded in bringing a smile to so many over the years!

–Director of Compass Programming Marie Curcio

Goddard's First Ever "Mini" Walk to End Alzheimer's

by Assistant Executive Director **Lance Chapman**


On a beautiful late September day, the residents, staff and family members of Goddard House... started to walk. It was promoted as the first-ever "Mini" Walk. A symbolic walk around the Goddard House gazebo to demonstrate our battle against the ravages of Alzheimer's disease.

Let me set the scene: 10 A.M. on a bright and comfortable Friday morning. Purple cones were set out as a walking path around the gazebo. Purple paper flowers decorated the scene. Happy tunes swept through the air and then...the first walkers arrived. At first, just a trickle, and then a wave of people wearing purple t-shirts, purple beads, and bracelets began pouring out of the front doors. After a word of welcome and encouragement from our Executive Director **Carolyn Sandel**, the walk commenced.

The flyers mentioned walking one, two, or three laps around the gazebo, but many were inspired and empowered to keep walking. Then, announcements of donations began coming in. By 10:20 A.M. we already had \$350 in the kitty. Beautiful purple themed bracelets, lovingly made by residents over the weeks leading up to the walk, were selling for \$5 each and more donations began to flow in.

I counted 30, then 40, then 50 walkers and a cheering squad all coming together on this morning to make a statement in the fight against Alzheimer's disease. I think I saw a couple of dogs walking too. The "Mini" Walk had become Mighty!

Seven hundred dollars had come in. One-dollar bills, twenty-dollar bills, checks, quarters, dimes, and nickels all finally ended up at over \$1,150, all raised in about one hour. All the congratulations go to the walkers, some of whom walked using canes, walkers, and wheelchairs—but undeterred, they made it happen. The family and associate support was special. All departments and programs came together. This will be remembered as another small but important

moment in the growth of our wonderful and mighty Goddard House Community. Together, we can end Alzheimer's disease. 



*Clockwise,
from top left:
bracelets made by*

*the residents; **Evie P.** gets her laps in; Director of Compass Programming **Marie Curcio** and **Walter V.** present a donation to the Alzheimer's Association; **Marie S.**, **Kitty S.**, **Carolyn C.**, EnrichedLIFE Director **Erica Curcio**, **Doris R.**, EnrichedLIFE Assistant **Rebecca Margolin**, **Steve Z.**, and **Sally C.** made special floral arrangements; **Kendall G.** offers her donation; **Shirley B.**, private aide **Steve Strom**, and **Clementine B.***

Milton Berman Turns 100!

by *EnrichedLIFE* Assistant *Rebecca Margolin*

This month, resident Milton Berman will be turning 100 years old. I recently had the pleasure of listening to Milton reflect on his life and share some of the many changes he has seen throughout his lifetime.

Milton was born in Norwood, Massachusetts, on November 2, 1918 at Norwood Hospital, the very first year that it opened. Before that, most births were home births, with the help of midwives.

Milton shared with me many details of his life, including everything from his obtaining a law degree from Boston University (at that time, one could complete an undergraduate and graduate degree in just four years) to the first radio he ever owned which had a special hook like a needle that tapped a crystal,

and according to Milton was a “lousy thing to listen to.” We also discussed childhood memories of family coming to visit on the weekends. They often took public




Milton with EnrichedLIFE Assistant Rebecca Margolin

transportation in the form of trolleys, all the way from the town of Lynn down to Norwood.

Milton commented that when he was young, “People were really poor, but they didn’t really realize it, and they didn’t care, either. They were pretty happy for the most part. Now people are poor and they’re very unhappy.” He recalled that “Life was pretty good, despite the fact that you didn’t make much money,” and told me that his father, who worked for himself running a men’s dry goods store, made \$10 a week.

Milton has one particular memory that illustrates how much the times have changed throughout his life. He told me about the ice men, who came to

homes daily, delivering ice for the icebox (this was before refrigerators had been invented). The pieces of ice were packed into the delivery truck and separated with straw. Various sizes were priced at 5¢, 10¢, 15¢, and 20¢. The woman of the household would place a 3 x 5 card in the window to indicate which size she would like. Milton noted that the job of the ice men was not an easy one. Most homes were three stories high, with one family on each story, and a stoop with another flight of stairs. The ice men had to climb these stairs carrying the ice on their back, with a rubber cover to protect against dripping. One of Milton fondest memories involved all the neighborhood kids piling around the truck to eat the chips of ice left behind. “That was a delight at the time!” he said. 

WHAT’S NEW AT GALLERY M

Our October exhibit featured the works of resident Lynn Liberman!



Above: Lynn with her daughter and son-in-law at her opening reception; below: her art graces the walls of Gallery M!



ASSOCIATE PROFILE



Prior to joining the Goddard House team, Director of Business Administration **Josephine Hoey** worked for a software company for more than 14 years. During that time, she served in a variety of roles: manager of human resources and administration, manager of finance and administration, and office manager. Early on in her

career, Josephine worked in the banking sector in the fields of customer service, investment banking, and mortgage processing. Outside of work, she is involved in her community and is an active member of Keep Hyde Park Beautiful and Wakefield Washington Citizens. Josephine also enjoys traveling with her husband, Patrick and daughter, Amber. Together they have visited various states, and also international destinations like England, Aruba and Montserrat.

Josephine's love for gardening began at an early age on the island of Montserrat where she was raised. Inspired and motivated by her mother, she planted vegetables in the summer and looked forward to harvesting her crop. She has also come to love many varieties of flowers, especially hydrangeas, daisies, and hibiscus. Through social media, Josephine has discovered many people across the globe who share her love for gardening and she has welcomed their advice and experiences.

Outside of gardening and her family, Josephine has another love: the Red Sox! She says her all-time favorite player is Pedro Martinez.

Josephine is excited to be part of the Goddard House community. Staff and residents have been welcoming and have given her reasons to smile every day!

Volume 6 No. 11—Nov 2018

NEWSLETTER CONTRIBUTORS

Lance Chapman,
Assistant Executive Director

Erica Curcio,
EnrichedLIFE Director

Rebecca Margolin,
EnrichedLIFE Assistant

Marie Curcio,
Director of Compass Programming



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

WWW.GODDARDHOUSE.ORG

Goddard House Happenings

*Playing drums
at our "Grab
Your Passport!
Destination:
South Africa"
celebration
are **Norby M.**
(right) and
**Shirley K., Fay
G., and Niles C.**
(below)*



*Below: a trip to the
Museum of Fine
Arts was enjoyed
by all, including
**Carolyn C., Evie
P., and Ethel G.**
Executive Director
Carolyn Sandel
and EnrichedLIFE*

*Director
Erica Curcio
are pictured
in the
Clementine
Brown
Gallery
(named for
one of our
Goddard
House
residents!)*

