

The Goddard Times

October 2013



A Conversation Before the Crisis

By Lisa Layne, Resident Care Director

One year ago I started in the position of Resident Care Director at Goddard House. It has been a very eventful time with many changes that I am sure will have many positive outcomes for our community.

The holidays are approaching and offer many families the opportunity to spend time together. Along with celebrations, It's a good to make time to begin important discussions including thinking ahead to our wants and needs about health care decisions should there be a crisis. If you wait until a crisis happens to yourself or a loved one, there is little time to think and any thoughts or decisions that are made are emotionally driven and may not be thought out completely. By being proactive in planning and talking about our wishes, we can make a medical crisis less of one for all involved. In addition to health care proxies and living wills, many people have come to me with questions about a new order called the Massachusetts Medical Orders for Life-Sustaining Treatment.

(Continued pg. 2)

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(Continued from pg. 1) Because we feel this topic is so important, Goddard House is presenting a special event with expert and advocate on these topics, Arlene Lowney. Arlene will encourage and educate us about the importance of on-going communication with family and health care providers to be sure that your choices are honored no matter what type of care setting you are in – assisted living, hospital, rehabilitation or your doctor's office. So please join us for...

Conversations before the Crisis –
A Dialogue on Current Changes in Medical Decision Making in MA
Thursday, November 7th at 7:00 p.m. Goddard House Library
To attend, please RSVP to Melody Bushmich at mbushmich@goddardhouse.org or
617-731-8500 ext. 152

Join Arlene Lowney, RN, MBA in *The Conversation*

Arlene Lowney, RN, MBA, will present ***Conversations Before the Crisis***, an event for residents, families (and limited seating for community friends) at Goddard House on **November 7th at 7:00 PM**. Arlene brings 30 years of experience as a hospice nurse, educator and administrator in end-of-life care, senior housing and Alzheimer's care. She began her career with hospice in Newton in 1978 before hospice was a covered benefit under Medicare. She is an actively involved leader and educator in the expansion of the MOLST (Medical Orders for Life-Sustaining Treatments) form and process across healthcare, home and community settings.



Arlene Lowney

The Goddard House Community and Arlene invite you to join us and be part of ***The Conversation*** that highlights the importance of proactive care planning and ongoing communication in the family and across care settings with physicians and other caregivers. Learn what's important in healthcare planning, why now and how can these discussions take place.

Advance Directives such as the HealthCare Proxy, the Living Will and MOLST (which is *not* an Advance Directive nor does it replace the Health Care Proxy) will be defined and compared as will the value of thoughtful planning, documentation and shared decision-making - before a crisis.

Arlene will bring accurate, updated information and an understanding of tools and resources that are available to ensure that you and your loved ones personal wishes and preferences will be known and honored across different settings.

There'll be plenty of time for questions and discussion after the lecture.

Working Hard to Achieve her Goals

The Matilda Goddard Scholarship was formed to honor Goddard House namesake and founding board member, Matilda Goddard. Ms. Goddard was born in Cambridge, Massachusetts to a wealthy family of carriage makers. At the encouragement of her father, she started her own vest making business in the early 1800's. Instead of keeping her income from her business as profit, she gave away most of her proceeds to charity. (Continued on pg. 5)



Portrait of Matilda Goddard

While fall is on the way, there's still time to savor summer – peaches available at the Brookline Farmer's Market!

Peach Cobbler

By Ken Yarvitz

Ingredients:

fresh peaches-peeled, pitted, and sliced into thin wedges

¼ cup white sugar

¼ cup brown sugar

¼ teaspoon cinnamon

1/8 teaspoon nutmeg

1 teaspoon fresh lemon juice

2 teaspoons cornstarch

Cobbler Topping

1 cup all- purpose flour

¼ cup white sugar

1 teaspoon baking powder

½ teaspoon salt

Preparation:

-Preheat oven to 425 degrees

-Mix Together:

3 tablespoons white sugar

1 teaspoon cinnamon



-In a large bowl, combine peaches, ¼ cup white sugar, ¼ cup brown sugar, ¼ teaspoon cinnamon, nutmeg, lemon juice, and cornstarch. Toss evenly and pour into a 2 qt. Baking dish

-In a large bowl, combine flour, ¼ cup white sugar, ¼ cup brown sugar, baking powder, and salt. Blend in butter until mixture resembles coarse meal. Stir in water. Remove peaches from oven, and drop spoonful of topping over them.

-Bake for 30 minutes. Recipe serves 4.

New Traditions at Goddard House

It was with great excitement that this year marked the very first Rosh Hashanah Family Dinner at Goddard House Assisted Living. Goddard House was bustling with families from near and far that came to celebrate the New Year of 5774. We joyously hosted a dinner for nearly 70 people who all came together for this special occasion to reminisce on the past year and share wishes for the New Year.

In perfect harmony and to the delight of everyone's ears, klezmer musicians Jack Soref and Glenn Dickson welcomed each guest as they walked into the dining room. Once the shofar was blown to signal the beginning of dinner, guests and residents alike shared a deliciously traditional meal that included all of holiday favorites. The exceptional dining service would not have been possible without the efforts and dedication from Ken Yarvitz (Food Service Director), Gladis Lemus (Dining Room Manager) and the staff. From the initial blow of the shofar to the last, Rosh Hashanah Dinner was a great success. The greatest success of all was bringing families and residents together to starting new traditions.

Goddard House would also like to express a very special thank you to family member Joanna Baker, a resident family member. Joanna selflessly volunteered and dedicated much of her time to making the evening both memorable and enjoyable for all who were able to attend. It is truly the commitment from all members of the Goddard House community that allows us to start new traditions and keep them going for years to come!



The Lemack Family



The Engels and Pearl Families



Larry and Judy Engels



(Scholarship from pg. 3)

To reflect Matilda Goddard's pursuit of continuously advancing herself and her charitable ways, the Goddard House Board of Trustees developed a scholarship fund to support the educational advancements of our staff. If an employee works at the Goddard House full time or part time for at least a year and is in good standing, she or he is eligible to apply for a scholarship to pay school tuition that relates to their work at Goddard House.

Fardusa Guled, a member of the Goddard House wait staff team, is our most recent recipient of the award. Fardusa, currently in her sophomore year at Roxbury Community College, is taking courses there to qualify her to enroll in nursing while also working full time at the Goddard House. Fardusa's dedication to learning and her desire to help others reflect characteristics we look for in all recipients of the scholarship award.



Fardusa Guled

When asked how much her receiving the award has helped her balance the challenge of working and trying to pay for school, she said, "When your income is limited, it's challenging to afford money for classes, so this scholarship has helped me a lot. I am going to try my best so I can re-apply again."

Fardusa went on to mention how much she would enjoy working at the Goddard House in resident care when she receives her degree because as she puts it, "the people I work with are like family!"

The deadlines for the Matilda Goddard Scholarship cycle are November 21st for the upcoming winter/spring semester, May 15th for the Summer Semester and August 22nd for the fall semester. All qualifying staff are encouraged to apply.



Susan Swanson and Sally Holmes



A few of their bracelets on display

Adding a little Glamour to a Great Cause!

The Goddard House jewelry makers took their show on the road again - this time to **2013 Walk to End Alzheimer's** at the CambridgeSide Galleria on September 29th. Scores of sparkling purple bracelets (the official color of the Alzheimer's Association), all made by residents, were available at the Goddard House table at the event for a donation. All proceeds will be donated to the **Alzheimer's Association MA/NH Chapter**. Pictured here are is a small sampling of their wares.



ConnectedLiving at Goddard House

Set to launch on **October 22nd at 7:00pm**, ConnectedLiving will become an invaluable resource for the Goddard House community! The primary purpose of ConnectedLiving is that it allows residents, families and staff to have access to a safe and secure community-specific social network. Each person is given their own personal account that enables the use of features including photo sharing, memoirs, email, brain healthy games, music and much more. On the administrative end, ConnectedLiving offers programming tools that are innovative and interactive. These engaging and educational programs support a lifelong learning experience for older adults (connectedliving.com).



Residents, staff and families are all invited to **join us at the launch party on October 22nd at 7:00pm** in the Library. Prior to the party, residents and staff will be trained and educated about ConnectedLiving and its features that are accessible from the two computers located on the second floor. Our new ConnectedLiving-ready computers come equipped with large icons and keyboard as well as assistive devices that make it easier to see and navigate.

To attend, please RSVP to Melody Bushmich at mbushmich@goddardhouse.org or 617-731-8500 ext. 152



Helen Allen with her family

Say Hello to a Goddard House Centenarian

Helen Allen is a resident who's inner beauty shines through and her sense of humor is a gift to all at Goddard House. When her family arrived to celebrate her 100th birthday she said, "I'm 100 years old? Now I know why my kids are always saying 'You OK today Mom?'" Helen blew out the candles and those that gathered enjoyed cake and ice cream with Helen and her family. Congratulations Helen Allen. She also received a congratulations letter from President Barack Obama. If you see Helen wish her a belated happy birthday!



Jamaica Pond Wonder

A walk at the pond
Early fall
Colder than I knew
Wind off the water
The earth is still warm
Tall grass flows
Under the trees
Broken limbs lie scattered
A man with a child fishing
Silver water, pewter fish
Geese and ducks like a scarf
Across the pond
Walkers nod to my face
Memories of another pond
Living my childhood
Like a quilt.

Written by Bridgina Benson, Resident

Shared with the Poetry Corner Group
Come join us on Mondays in the library at 3:30pm!



Featured October Events! Please Join Us!

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



Ask Me Later

Sunday, Oct. 6th at 3:30pm

Ask Me Later, one of the Boston area's new breed of bluegrass bands, plays a mix of classic American Appalachian songs, new wave instrumental music and some unexpected favorites done up in string band style.



Concert with Rhythm and Pearls!

Sunday, Oct. 20th at 3:30pm

Rhythm And Pearls will present "Salute to the Girl Groups", their singing and dancing review of girl group hits past and present. Featured groups range from The Andrews Sisters to The McGuire Sisters, The Chordettes to The Marvelettes and beyond!



Piano Concert with Jacqueline Schwab

Saturday, Oct. 26th at 3:30pm

Jacqueline Schwab is a very talented piano player and loves setting musical moods in concert performances, as well as inspiring people to dance. She creates meditative and spirited arrangements on traditional and vintage tunes from America, England, Scotland and more.



For more information visit: www.goddardhouse.org

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