

The Goddard Times



October 2014 Issue

The Walk to End Alzheimer's 2014

By Lance Chapman

On Sunday September 28th Team Goddard House will descend upon Paul Revere Park in Charlestown to join five thousand others in the Greater Boston Walk To End Alzheimer's 2014. This will be our second year sending a team to the walk and we are so proud to have residents, family members and staff all joining us to make the Goddard House Walk Team thirty members strong.

To celebrate our team spirit we have designed a T-shirt emblazoned with the hopeful message, Imagine a World Without Alzheimer's. As members of Team Goddard we want to inspire those people dealing with Alzheimer's and their families to stay hopeful in the search for a cure. We walk each year to raise funds which go directly to the Alzheimer's Association. This year our fund raising goal was \$3,000.00. At the writing of this article we have almost reached our goal – and it's not too late to contribute. You may visit the Alzheimer's Association Massachusetts/New Hampshire Chapter online if you would like to make a donation.

For the second year, some very special residents of Goddard House have

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been hard at work for the last couple of months designing and creating beaded bracelets with a purple Alzheimer's theme. The participating residents, also known as The Goddard House Artisan's will have them all for sale at the Goddard House exhibit booth for just \$5.00 each. All of the proceeds raised will also go towards Alzheimer's research.

We are so excited this year to have six guests from the Brookline Senior Center joining Team Goddard on the walk. We will all be sure to represent Brookline, MA in style with our custom made purple T-shirts at the Walk to End Alzheimer's.

The Walk will begin at 8:30am and will conclude at 12:30pm. The walking course this year is a 1.5 mile course and one course that is slightly longer. If you are planning on heading down to the Walk on Sunday you will surely be inspired by the ceremonies, the beautiful flower garden and the sheer number of people giving of their time and money to support this wonderful cause. Let's all imagine a world without Alzheimer's.



The Goddard House 2014 End Alzheimer's Walk T-Shirt



Celebrating Year 5775

By Jennifer Bourgoïn & Cindy Allard

As the sun set on September 24th, Goddard House residents, families, friends and staff members gathered to celebrate in our second annual Rosh Hashanah Family Dinner. Nearly 80 people from 15 different families came together to celebrate the New Year of 5775. Guests had a wonderful evening sharing stories about past Rosh Hashanahs and making new memories together.

We were all greeted as they entered the dining halls by two members of the Shirim Klezmer Orchestra playing the clarinet and accordion. The upbeat Klezmer music created a festive atmosphere for residents and families to celebrate the New Year. Families shared tables with other families, enabling everyone to get to know new faces. The deep bellow of the shofar caught everyone's attention to signal the beginning of dinner. The microphone was passed to five different residents to read the five blessings in Hebrew before enjoying the wonderfully traditional meal.



While some residents have celebrated Rosh Hashanah every year of their lives, others had never celebrated this holiday before. We feel very fortunate to have had the opportunity to share new rituals, customs and traditions with residents who had never experienced them before. It was our pleasure to bring Rosh Hashanah to every resident in Goddard House who wished to participate.

The evening would not have been possible without the efforts and dedication of a few people. Thank you to Gladis Lemus (Dining Room Manager), who created a beautiful and festive atmosphere in which to celebrate. Thank you to Ken Yarovitz (Executive Chef), who planned and cooked a delicious and traditional meal. We would especially like to thank Joanna Baker, a resident family member, who volunteered her time and energy to help coordinate and facilitate the entire event. This community event was a true team effort that we look forward to continuing in years to come! Happy New Year!



Interview with Delaney Blute—Our Assistant Resident Care Director

By Lisa Donohoe

Where did you grow up?

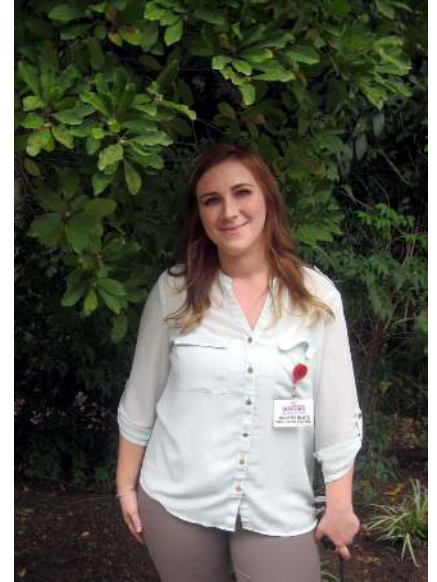
I've moved many times since, but I was born and raised in Middleboro, MA. After grade school I moved to Plymouth, where I finished high school and started to attend college.

Tell us a little bit about your family?

Both of my parents were born in Massachusetts. I have one younger sister, age 21, who currently manages a store on Cape Cod in Harwichport called Indigenous that sells local art. My parents separated when I was 8, however to keep us close as a family, they moved us all into a two family home in Plymouth while my sister and I finished high school. My sister and I were very fortunate that we could all be together under one roof.

What made you choose Nursing as a career?

After high school, I attended community college on Cape Cod and took courses for my liberal arts degree. I also took a Certified Nursing Assistant course at Comfort Keepers, a home care agency and began working at an Assisted Living in Plymouth on days I did not have class. Working at the Assisted Living made me realize I wanted to be a Nurse. I loved being someone that the residents could rely on in their time of need.



Delaney Blute

Where did you attend Nursing school and what did you do prior to this role?

I finished four years of college at Cape Cod Community College, and then attended Nursing school in Easton, MA at Southeastern Technical Institute. Prior to this role I was working at a rehabilitation center in Sandwich, MA. That was my first job as a Nurse and it provided me with valuable experiences I will take with me throughout my career.

Why did you choose Goddard House?

I was seeking a position in an Assisted Living because of the great experiences I had as a CNA prior to Nursing school. I really felt like I was able to make a difference. When I had my first interview here for the position, I knew that I would enjoy it.

What do you like to do outside of work?

I love the outdoors, music, traveling, and spending time with family and friends.

Where do you see yourself in the future?

In the future I hope to have a family of my own, while continuing my career as a Nurse.



FOREVER FIT

"Improving lives of seniors through fitness"

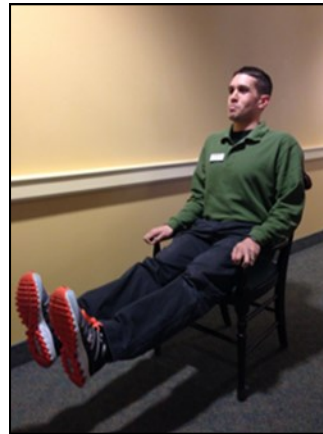
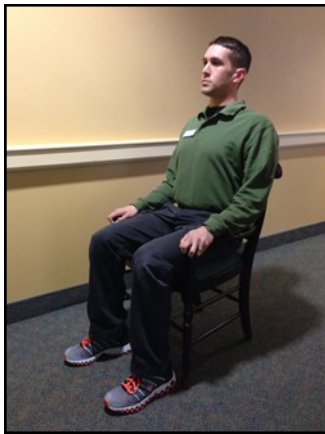
Becoming Back Strong: Exercise Recommendations to Strengthen the Lower Back

By Stefan Mogielnicki, M.Ed., ACSM – HFS

The following exercises can be incorporated into one's daily routine to strengthen the lower back musculature and aid in preventing low back pain:

Leg Extensions

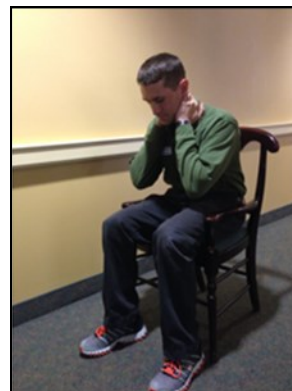
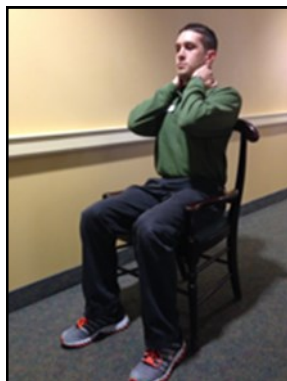
This exercise strengthens the front upper leg muscles as well as the hip muscles surrounding the muscles and the pelvis.



Start seated up tall in a chair with the chest up and shoulders back, feet shoulder width apart. Extend each leg simultaneously. Try to raise the legs so that they are parallel to the ground. Repeat eight to ten times and then rest.

Seated Crunches (Modified Sit-Ups)

This exercise helps strengthen your core muscles and helps with getting up from a chair.



Begin seated up tall in a chair, feet shoulder width apart, hands across the neck with elbows facing forward. Tighten the abs as you bring the elbows as far as you can to the legs while maintaining your balance and inhale, then as you breathe out, sit back up tall in the chair. Repeat this movement eight to ten times and rest.



By Brandon Fisher

Brandon's Banana Bread

Ingredients:

- 1 cup granulated sugar
- 8 tablespoons (1 stick) unsalted butter, room temperature
- 2 large eggs
- 4 ripe bananas
- 1 tablespoon milk
- 1 teaspoon ground cinnamon
- 2 cups all purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt



Preparation:

- Preheat the oven to 325 degrees F. Butter a 9 x 5 x 3 inch loaf pan.
- Cream the sugar and butter in a large mixing bowl until light and fluffy. Add the eggs one at a time, beating well after each addition.
- In a small bowl, mash the bananas with a fork. Mix in the milk and cinnamon. In another bowl, mix together the flour, baking powder, baking soda and salt.
- Add the banana mixture to the creamed mixture and stir until combined. Add dry ingredients, mixing just until flour disappears.
- Pour batter into prepared pan and bake 1 hour to 1 hour 10 minutes, until a toothpick inserted in the center comes out clean. Set aside to cool on a rack for 15 minutes. Remove bread from pan, invert onto rack and cool completely before slicing.



Goddard House's Gertrude Glode Inspires Banana Bread Baking By Brandon Fisher

Gertrude (Gert) Glode of Goddard House recently inspired me to bake a banana bread for our resident "banana lady". Every week Gert and I catch up while she shares her bananas with me. At the end of last week, I had a handful of extra bananas leftover, so I decided to "pay it forward" and do something with those bananas. Monday morning I arrived with freshly baked banana bread for Gert and myself. Gert was thoroughly delighted to have a couple slices of this treat and commented, "your mother definitely raised you right—thank you for this".

Goddard House in Partnership with Artists for Alzheimer's Presents:

It Takes a Village: Brookline Walking Club
Nature Explorations in Your Own Backyard



Forest Hills Garden Cemetery

Friday, October 17th

**To RSVP please contact Sally at
Sutton@thehearth.org or (518) 932-9803**



This inclusive program welcomes people of all ages. People with dementia and their care partners are encouraged to join us! We will meet at Goddard House, 165 Chestnut Street, Brookline at 10am and depart promptly at 10:15 and will return around noon for lunch. Van transportation is available from and back to Goddard House from The Forest Hills Cemetery. The van will stay with the group. You may also meet us there at a landmark to be announced. Participants should be comfortable walking for about an hour and should bring any necessities such as water, sunscreen, a hat etc. This will be the last walk of the season and we will resume next spring.

Two Centenarians Celebrated their Birthdays in Olmsted Place

By Cindy Allard

August was a very exciting month on the birthday front in Olmsted Place. Grace Mancini and Helen Allen turned 104 and 101 years of age respectively. They both had family and friends join them at each of their celebrations. Neither one wanted a fuss made about them but were thrilled to be able to share cake and ice-cream with their friends. Can you imagine living to that age and living well at that? They both have great attitudes and enjoy life each and every day.



Grace and her nephew, Ed Law, MD



Helen and her daughter, Lorraine Paulino

Grace was so appropriately named; she is gracious in all of her interactions with residents and staff alike. She is committed to and excels in exercise daily. Everyone often refers to her as "Amazing Grace" for so many reasons. Ed and his wife Peggy joined Grace's celebration.

Helen's quick wit and love of life amazes those around her. She is so easy going and loved by all. Helen was joined by her daughter, Lorraine on this day. She was able to attend a large family gathering later that week.



Help Us Welcome Liz Kelly & Anna Wolen!

By Ginny Mazur, Liz Kelly & Anna Wolen

Goddard House welcomes Lesley University Expressive Arts Graduate Student interns, who will be working in the program department through mid-May 2015. Here's an introduction from Liz and Anna:

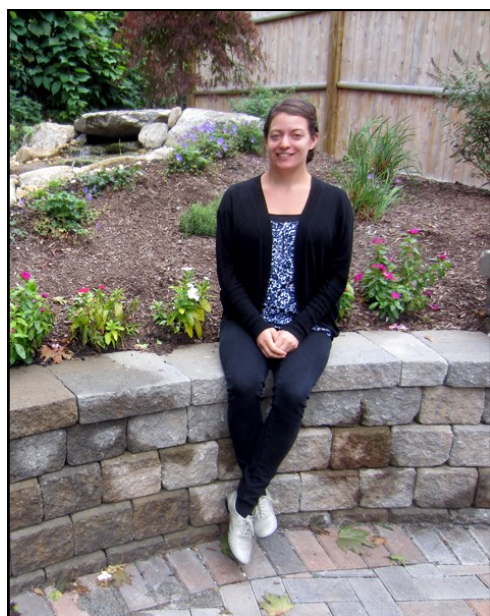
Liz Kelly

Hi I am Liz. I am so excited to be an intern with Goddard House this year! Currently, I am in my second year as an Expressive Therapies graduate student at Lesley University in Cambridge, MA. I love variety and the Expressive Therapies program allows me to explore many artistic formats, which can include visual arts, drama, poetry, storytelling, music, dance and movement, all while getting to know so many interesting people. I like to paint, make collages, write poetry, sing, play with sounds, instruments, dance a little, be theatrical and silly, most of all I enjoy connecting heart to heart with people. I have previously interned with individuals who were experiencing homelessness, as well as women who are incarcerated, and elder members of the LGBT community. I also have worked with people who were experiencing chronic mental illness and I love working with children as well. Each individual and community has taught me something I didn't know about myself, cultures, society, perspectives, and the importance of connection for all people no matter how different we seem to each other on the outside. I truly believe there is an artist inside all of us, no matter our level of skill. I look forward to running groups at Goddard House and am open to suggestions, so please say hi!



Anna Wolen

Creativity and the arts have always held a special place in my heart. I have always been curious about how creativity can help heal the body, mind and spirit, which led me to pursue a career in Art Therapy. I currently attend graduate school at Lesley University, where I am studying Expressive Arts Therapy with a specialization in Art Therapy. I graduated from The Art Institute of Boston in 2010 with a BFA in Graphic Design. I have also studied ceramics, painting, printmaking and photography. I currently work at a pottery studio in Cambridge, where I am able to help people of all ages execute their artistic visions. I am very excited to spend the year learning from the residents and hearing their unique stories.



Featured October Events!

Please Join Us!

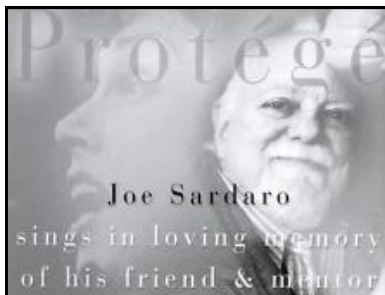
We ask that Residents' families, friends and community guests RSVP
by calling Jennifer Bourgoin at 617-731-8500 ext. 152



Magician Jack Ryan

Tuesday, October 7th at 3:30pm

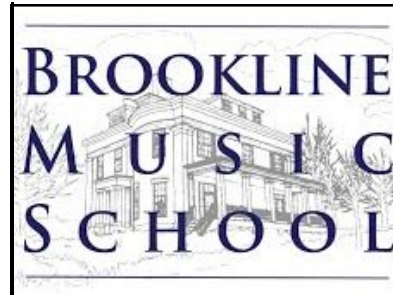
Professional magician, Jack Ryan, is the Past President of the Society of American Magicians in Boston, which was founded by Harry Houdini in 1922. Come see his captivating performance that will include a combination of sophisticated magic, ESP, humor and audience participation.



Concert with Joe Sardaro

Sunday, October 19th at 3:30pm

Since 1960, Joseph Sardaro has been the protégé of the legendary swing singer Anita O'Day. Join him and his trio as they perform tunes from the Great American Song Book. Come join us for an exhilarating concert as Joe wraps his voice around melodies while the Trio gives a toe-tapping rhythm to each song.



Concert with Brookline Music School

Saturday, October 25th at 3:30pm

Brookline Music School seeks to awaken and nurture musical interest, appreciation, and artistic excellence in a stimulating way. Try not to miss this melodic concert performed by faculty members, but if you do, they will be back once a month to serenade us with their vivacious songs.

Goddard House Updates



Stay tuned for photos from the 2014 Walk to End Alzheimer's!

<http://act.alz.org/greaterboston>

For more information visit: www.goddardhouse.org



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