

# The Goddard Times



October 2015 Issue



Team Goddard, led by Executive Director John Moniz III, participated in The 2015 Walk to End Alzheimer's at North Point Park

## We Walk the Walk!

By Lance Chapman and Michaela Barrows

On Sunday September 27th, in two city parks nestled under Boston's iconic Zakim Bridge, 6500 people were seen wearing purple. This sea of purple was a sure sign that The Walk To End Alzheimer's Disease had come to town. Over the past six months teams have been gathering steam and raising funds and getting organized for this great annual event. Here at the Goddard House we've been strategizing and fanning enthusiasm for staff, residents and families to get involved --- because...Here at Goddard House, "We Walk The Walk!"

For the last 3 years Team Goddard House has shown an increasing presence at the event. A group of our most fabulous and generous residents have been meeting weekly to craft hand-made bracelets with a purplish theme. These bracelets are then sold on the day of The Walk. This year we once again had a frenzy of sales of these hand-made treasures. We even had folks coming over who not only had purchased these bracelets at previous events but several people were wearing their bracelets in the spirit of Walk Day.

We Walk The Walk is an important theme for us here at Goddard House. With a large number of residents and families in our midst, needing our help and care each day — we walk the walk. With a number of Goddard House staff people here who have a loved one with Alzheimer's Disease in their lives — we walk the walk. Because Alzheimer's disease is the sixth leading cause of death in the United States — we walk the walk.

It's not too late to get involved either. We can accept donations for the walk for another 30 days. Last year an additional \$100,000 was collected from donors after the walk took place.

**(Continued on Page 2)**



## We Walk the Walk (Continued from Page 1)



Alice, Ginny, Bridgina, Katie, Jenna, Delaney, Michaela and Brandon pose for a quick photo at North Point Park at the close of The Walk

If you'd like to contribute to this year's total and help us reach our total goal for the Boston Area to raise \$1.4M dollars, please send your check made out to:

**The Alzheimer's Association** and send it to us at  
**Goddard House**, 165 Chestnut Street in Brookline, MA 02445

### Today is My Inspiration

**By Bridgina Benson and Ginny Mazur**



Bridgina, Katie, Jenna and Michaela showcasing the hard work of the Goddard House Artisans for the Alzheimer's Walk

"How do you like working here at the Walk to End Alzheimer's?" a woman asked me as she bought our bracelets. Without thinking, I replied back, "I'm not working! I love doing this!" Honestly, the Walk and all the work we Goddard House Jewelry Makers\* do leading up to it makes me so proud. It picks me up and I feel great to be making a meaningful contribution and meeting so many wonderful people who are doing the same. We raised just under \$500 this year from bracelet sales from the Alzheimer's Association

I'm especially inspired because this was my third year at the walk. People who came up to the Goddard House Tent remembered me and the project from the years before. One lady made me laugh by saying that she woke up that morning with our bracelets on her mind, making sure that our tent was her first stop so she could choose "from the best of the batch." I like that!

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Actually, it's made me want to get involved in other volunteer opportunities throughout the year. I'll be talking to Jenna about that, so be sure to stay tuned!

## **Nourishing the Spirit in Assisted Living**

**By Joanna Baker**

I consider this time in my family's life a spiritual time – disagreements from the past are behind us. We live in the 'now'. We appreciate what we have because we recognize that luck contributes to the health and abundance we enjoy.

Watching my dad adjust to life in assisted living teaches me that visiting on the front porch now and then is absolutely delightful, but in order to thrive, one needs more than just decent food, a place to sleep and properly administered medications. Health and equanimity come when we nourish and honor the spirit of each person.

It is human nature to yearn for connection and community; to be embraced; to enjoy intellectual exchange; to connect with one's cultural or spiritual heritage; to imbibe or create works of art, perhaps in the form of literature or music; sculpture or painting; and to explore nature's beauty, perhaps by visiting a pond (Jamaica), an arboretum (Arnold) or a sanctuary (Habitat). The spirit within us is nourished through such encounters with beauty in all its manifestations.

Who among us would not want a life brimming with an abundance of textures, tastes, sounds, and sights? Our loved ones who no longer live at home deserve the same beauty, variety and community that those of us who still live independently enjoy.

When I visit mom or dad, I visit them in their home. Granted, it is a home with staff not chosen by my parent, but I hope it will exude beauty, generate calm and encourage exploration by both residents and visitors.

I want the shared spaces to promote conversation and interaction, in addition to being attractive, clean, well lit and free of potential hazards. Thanks to John Moniz and his team, my father's home grows more intriguing with each passing month. Photographs and chickens, flowers and fish, performances and art exhibits – it's all good.

I see the assisted living community as an extended family - it includes every member of staff – and each of us deserves respect. This enterprise unites us in spiritual work. Whatever god we do or do not believe in, it is an honor to be part of one another's lives as we care for and cherish our residents.



Joanna Baker and Ed Baker

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## **Rosh Hashanah 5776 at Goddard House**

**By Tim Donoghue**



On Sunday the thirteenth of September we held the Annual Rosh Hashanah Celebration at the Goddard House. Dining staff made sure that each table was set up with beautiful flower arrangements and were accompanied with blue and white linens. We hosted 50 residents and family members in our three dining rooms. The night began with the sounding of the Shofar, courtesy of Joanna Baker, followed by prayer. Every table was set with the traditional apples, honey and challah bread.

Matzoh ball soup was served to all the guests, followed by the entrée for the evening, braised beef brisket paired with zucchini, tomatoes and savory kugel. Throughout the evening everyone enjoyed live Klezmer Music, performed by the Shirim Klezmer Orchestra, who played traditional songs such as Shana Tova, Bif' Rosh Chageinu and other classics. As the night drew to a close, we celebrated with honey cake for dessert and thanks for the wonderful company.



## Goddard House Residents Journey to the Seacoast of Maine!

By Michala Krug

On Tuesday September 29, Goddard House residents and staff traveled to the picturesque town of Ogunquit, Maine. The Ogunquit trip was the brainchild of Executive Director, John Moniz, who hoped to gather together a larger portion of our community for a more ambitious excursion than usual. The chance to travel to another state – at such a beautiful time of year – would provide a special sense of getaway and adventure.

Our first stop in Maine was the iconic Nubble Lighthouse, which was shrouded in beautiful morning fog when we arrived. Residents were eager to leave the bus and take in the salty ocean air and striking coastline.

Our next stop was Perkins Cove, a quaint and peaceful town center with waterfront restaurants, cafes, art galleries, candy shops, and clothing boutiques. Our lunchtime locale could not have been nicer – a room with lovely white molding and picture windows overlooking the ocean and stunning rock formations. Everyone was thrilled to partake in fresh seafood for lunch; the most popular order was undoubtedly the lobster roll.

After lunch, we poked around the local shops, ate ice cream, and admired Maine's incredible coastline.

On the way home, I asked residents and staff to share with me their favorite parts of the day. Resident Katharine Swanner reflected, "It's beautiful to come to Maine at this time of year, when fall is just beginning and the leaves are turning and the air is cool. The smell of the ocean is sweet. The lobster was incredible, and now we are going home full and satisfied and relaxed. We will have nice dreams tonight." Clementine Brown especially enjoyed seeing the lighthouse enveloped in fog, as well as the view from lunch, "which showed different kinds of birds, green against blue, waves over the rocks. It was magical."

Tammy Goodhue, one of Olmsted's lead PCA's, reflected, "There are some days that make this job really special and today is one of those days. Seeing our residents smile and having a great time is what it's all about."

Social Worker, Marie Curcio, observed the "increasing pleasure of folks as the sun came out and they were really taking in the beauty." When I asked resident Barbara Arnold about her favorite part of the day, she simply replied, "the entire day... And don't think I'm exaggerating. Don't think I'm just talking. I had a great day."



Bridgina, Peggy, Dian, John, Adele, Jenna, and Katherine



Bridgina and two friends we bumped into!



Pat and Barbara

## **Dance and Movement Therapy on Olmsted Place**

**By Audrey Albert King**

*Exercise and movement are an important activity every day in the Olmsted Place community. Residents enjoy exercise groups with Forever Fit along with a variety of movement and fitness offered by our own program staff. As Olmsted staff member and Dance and Movement Therapist Audrey Albert King writes below, movement can also create opportunities for self-expression and engagement.*

The Expressive Arts Therapies are specialty programs that Goddard House offers to encourage creative expression and empowerment, and to foster connection, joy and meaning. Dance/Movement Therapy is especially vital for residents here in Olmsted because, it allows participants to live in the moment, be present, and feel fully alive in body/mind/spirit. When a person is fully involved in an experience that is engaging them on all these levels, a sense of self and belonging develops. Peace and calm can result.

*"When the soul of a person is engaged there is aliveness, energy and presence"* recalled Gabrielle Roth.



Joe and Audrey

Props are a unique feature to Dance/Movement Therapy that are great fun for Olmsted residents and can enhance movement. Colors can be used to attract the eye, especially for older adults who may be struggling with vision impairment. The material of a prop elicit different movement qualities. For example:

Scarves are light, airy, translucent, and easy to hold, promoting graceful, flowing movements. Group members will use them to extend their reach space in order to create and accommodate bigger movement. It's striking to see all the different colors swirling around the circle as if the group is freely painting wide brush strokes of color. This imagery and sensory input can stimulate memories, promote self-expression, and can create a sense of connection and group cohesion. As a Dance/Movement Therapist, I am able to use props, like the scarves, as a tools to connect with residents, especially if they have trouble expressing themselves verbally so that I can acknowledge that they are seen, valued and appreciated.

Every week, renowned Dance and Movement Therapist Donna Newman-Bluestein leads a session with Goddard House residents. She is the inventor of a one-of-a-kind prop called the Octaband, which I also use at Goddard House. It is brightly colored, stretchy, and accommodating, so that everyone gets to hold a band. The entire group can feel each other's presence through the degree of tension felt in the Octaband. The group members are close enough in proximity to see each other's faces and feel like they are part of the whole. This, in itself, creates its own small community when participants move together. The Octaband stimulates reaching, stretching, strength building, play, team building and group expression.

These are some examples of how we engage one another in dance-movement therapy. The group is held on every Sunday at 10 a.m. and 1 p.m. on both floors of Olmsted Place (the times rotate for each floor from week to week.) Stop by Olmsted Place for more information and if you'd like to join us!



Mary Jane and Audrey



Donna and her Octaband



Linda and Diane



## **Goddard House Gallery Opening**

**By Jenna Henning**

Goddard House is thrilled to announce the official opening of its art gallery – this Saturday, October 3rd at 1:00pm. The first artist featured will be our very own resident Lynn Liberman.

The following is taken from Lynn's resume: Born in Norwich, Connecticut, Lynn began her studies at a very early age, in the Saturday morning art classes for children at Slater Memorial Museum. She continued her studies in painting and drawing at Rollins College in Winter Park, Florida, from which she graduate with a Bachelor of Arts degree. After a period of several years, which she devoted to raising her daughter, she returned to painting and drawing, enrolling in classes at the Philadelphia College of Art (now University of Arts), the Woodmere Gallery, the Norristown Art League, and the Whitemarsh Community Arts Center. Lynn has exhibited her paintings in over 23 galleries, mostly in Philadelphia. She has been awarded multiple prizes from the Plastic Club, Norristown Art League, and Woodmere Art Gallery.

Lynn's work includes beautiful still life paintings of persimmons and butternut squash, exquisite paintings of flowers, and so much more. About her paintings, Lynn states "Painting, for me, is a language, a visual language, passed from a painter to canvas, from canvas to viewer...it is a language to be shared." We hope you come and take part in this sharing of visual elements, taking into consideration what each color and form means to you.



Lynn and Michaela admiring Lynn's work

The gallery will be open from 9:00AM-6:00PM for public viewing

### **Please Join Us For the Last Walking Club of the Season!**



### ***It Takes a Village: Greater Boston Walking Club Nature Explorations in Our Own Backyard***



**Arnold Arboretum**

**Friday, October 16<sup>th</sup>**

**RSVP to Dee Brenner at (781)879-7237  
OR Brenner@imstillhere.org**



This inclusive program welcomes people with dementia and their care partners. The walk includes information about the area and a chance to share stories. Van transportation is now available – please call a week prior to walk to request pick-up from Brookline Senior Center or 100 Centre Street at 9:30 a.m. Vans leave Goddard House at 10:15 a.m. Complimentary lunch follows the walk at Goddard House at noon. Call for information and to coordinate. Reservations are limited.



**Cummings  
Foundation**

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# Whippin' Up Waffle Wednesdays!

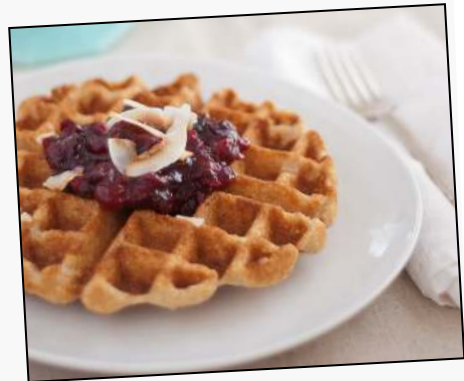
During the month of October Executive Chef, Nick Polinsky, will be featuring Whippin' Up Waffle Wednesdays during dinner where he'll showcase a different waffle each Wednesday of the month. On October 7th, we'll kick it off with a Multigrain Waffle with Warm Apple Cranberry Relish. The following waffles will be; Pumpkin waffle with Walnut Maple Cream, Banana Split Waffle, and then we'll close it out with a bang — a Waffle Brownie Sundae!

*Submitted by Chef Nick Polinsky,  
Food Service Director*

## Apple Cranberry Relish

### Ingredients:

- 3 large Granny Smith apples
- 3tbs butter
- 1/4tsp ground ginger
- 1/2tsp ground cinnamon
- 1tsp vanilla extract
- 1/4cup orange juice
- 1tsp grated orange zest
- 3/4cup maple syrup
- 1/2cup dried cranberries
- 1/2cup chopped pecans



### Preparation:

- Peel core and chop the apples into 1/4" pieces. Combine the chopped apples with butter, cinnamon, vanilla, orange juice and 1/2 cup maple syrup in a sauce pan.
- Cook over medium heat for about 3minutes. Add cranberries to sauce pan. Cook 5-10 minutes or until apples are tender and the cranberries have softened up.
- Remove the apples and cranberries with a slotted spoon and set them aside in a bowl. Simmer the apple syrup mixture until thick, stirring frequently. Remove from heat and stir in the remaining maple syrup. Add the pecans and orange zest to the apple cranberry mixture.
- Whip up your favorite multigrain waffle recipe and serve hot. Enjoy!

# Featured October Events!

# Please Join Us!

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



## FROM THE TOP

### From the Top Kick Off Performance

**Thursday, October 8th at 7:00pm**

From the Top shines a light on diverse young people ages 8 to 18 by sharing their stories and performances. Join us on Sunday for a performance featuring Nick on oboe, Julianne Mulvey on bassoon, Mai Nguyen on flute, and Yui Kitamura on piano. Be sure not to miss these talented artists!



### Concert with Piatigorsky Foundation

**Monday, October 12th at 11:00am**

Since 1990, The Piatigorsky Foundation has presented more than 3,775 performances, introducing the joy of live classical music in communities throughout the country. In this concert artists will share anecdotes and insights into the works they will perform.



### Lecture with Nathan Troup

**Tuesday, October 20th at 2:15pm**

Join us as we learn about Stage Director Nathan Troup. Nathan's directing credits include The Rape of Lucretia, Transformations, L'enfant et les Sortilèges, L'heure espagnole, La voix humaine, Flower and Hawk, and Riders to the Sea at Boston's Museum of Fine Art. If you're a lover of the arts, you will love Nathan Troup!

### **Vol. 3 No. 10 – October 2015**

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## Goddard House Updates

**Stay tuned for more information about our  
Annual Halloween Party**

**Saturday, October 31st at 3:30PM**



**For more information visit: [www.goddardhouse.org](http://www.goddardhouse.org)**



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