

The Goddard Times



September 2014 Issue

Presenting Claudia Eliaza; Vocalist & Director of Music Therapy

By Brandon Fisher

Claudia Eliaza is a vocalist and Director of the Music Therapy Program at the Boston Community Music Center. Claudia and her band performed an inspiring and uplifting concert for the residents at Goddard House and the community of Brookline. As a Director at the Community Center Claudia oversees the entire department and offers music therapy services for people with a wide range of abilities and disabilities. She works with seniors and children on social involvement and staying connected by utilizing music and movement. Her work has the goal of improving communication, attention span, memory, speech and language development and motor skills. After her performance I interviewed Claudia to find out more about this exuberant songstress and vocalist!

1. How long have you been singing and what got you interested in it?

As a child I was very active in the children's chorus and that love for music continued to grow. I discovered jazz music in high school and was hooked from the very first moment I heard it. Listening to jazz greats like Ella Fitzgerald, Sarah Vaughan and Shirley Horne opened my ears in a way that



Claudia Eliaza

I had never experienced. Their voices were so colorful and full of expression. I loved the stories they told through song.

2. Who influences you the most when it comes to singing?

I draw influences from so many different musicians. I'm inspired by tone, timbre and colors of voices. Ella inspired me by her incredible ears. She hears chord changes and is able to create impressive melodies through them. She's well deserving earned the title "Queen of Scat". Her scat singing was impeccable and always musical. Chet Baker inspired me through his clean and simple tone. I love how honest he sounds in his recordings. I'm also influenced by the teachers I was fortunate to work with over the years. They've helped me to grow as an artist. They gave me homework which included working on phrasing, listening to instrumentalists, and dissecting lyrics. This is key. One owes it to the integrity of the song to understand what the lyricist was conveying.

3. Which genres do you relate to most when you sing?

Aside from being a jazz vocalist, I am also a music therapist. I actually

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direct a program in the South End of Boston at The Community Music Center of Boston. I meet all kinds of interesting individuals from all walks of life. Just as we are unique as people, so are the musical preferences of the clients I work with. This means that in order to be the most effective therapist, I need to be well versed in several styles to meet the needs and tastes of clients. I try to find ways to relate to all of it.

4. Do you have a favorite venue you've sang at? What made it memorable?

I've sang in quite a few memorable places. Carnegie Hall would have to be one of my most memorable achievements. Particularly because I felt so honored and blessed to share the same stage with some of my biggest inspirations such as Billie Holiday and Miles Davis, . It was quite an emotional experience and I was fortunate to do it twice! I have also sung in some prestigious halls in Russia. I loved singing there because I'm reminded about how fortunate I've been to share my music with audiences I never imagined reaching.

5. How was your experience singing at Goddard House?

Performing at Goddard House was such a wonderful experience. We were so well received and the community seemed to really enjoy and relate to the tunes we performed. I consider the stage to be such a sacred and intimate place. The feedback we received after the show was so moving. Some folks shared that they hadn't heard some of these tunes for decades. I love that it was a trip down memory lane for many. I also enjoyed looking out into the audience and seeing a mix of generations. It warms my heart to see children in the audience enjoying jazz music.

6. What have you been doing currently with music?

I am currently sharing the art of music whenever and however I can. As a music therapist, I get to share the joys of music each and every day. I work with some incredible individuals who often teach me new things about the possibilities of music. I can honestly say that my job often times doesn't feel like work because I am living and breathing what I love! Music is my life's calling.

7. Any plans set up for the future?

In the near future I'd like to record my first solo album. I feel that I have a message to share and I need to get it out there. I'm currently in the creative process of writing my music for it. I want to continue to spread the message of love, hope, community, honesty and truth all over this planet. While working on my album, I'm going to continue as music therapist and performing. My dream after college was to not get a typical 9-5 job. I really wanted to use my degree and support myself through music. I'm grateful to say that I've been doing just that.

8. What do you do as a music therapist?

As a music therapist, I use music creatively to help clients address a number of non-musical goals and areas of personal development. These include improving cognitive functioning, socialization, physical and psychological needs, communication (expressive and receptive), fine & gross motor skills, and spirituality. After assessing the strengths and challenges of each individual, a treatment plan is implemented and therapeutic goals and objectives are set. The music is the vehicle used to address these areas. I use a lot of client-preferred music, as this is generally music that an individual can relate to. For those who are non-verbal, or don't know what their preferences are, together we explore different styles and see what resonates.

Depending on the needs of the individual or group, we can use music to move to and promote healthy movements, analyze lyrical content, compose music, engage in song writing, use music to activate the mind and recall memories through reminiscence, use instruments like the harmonica or recorder to help increase breath support and circulation, improving range of motion or gross motor movements by striking drums and or other instruments. Music therapy provides avenues for communication that can help those who find it difficult to express themselves in words. The possibilities in which music can be used are endless.



Photos from The Goddard House Summer Jazz Concert Series



Interview with Rahim Lee– Our New Maintenance Director

By Lawrence Mayo

1. What is a day in the life of Rahim like here at Goddard House?

The Maintenance Director maintains responsibility for all maintenance and housekeeping functions within the Goddard House Community. My responsibilities are overseeing staff, payroll, operational expenses, supply and capital expenditures. I'm also responsible for communication and coordination with staff and vendors to be able to accomplish repairs and alterations to the building and equipment systems. The Maintenance Director provides technical support, product information, research, quality assurance guidance and establishes and monitors a preventative maintenance program that will promote a sense of well-being and ease for residents and staff alike.

2. Where are you from and what do you like to do for fun?

I'm from Boston, MA in the Dorchester section of the city. I like going to karaoke with my friends, playing hockey & baseball, hanging out with my children, cooking, drawing, singing, writing and producing Hip Hop/R&B music.



Rahim Lee

3. Where were you before working at Goddard?

I've worked a total of six years in assisted living; four years at Waltham Crossings Benchmark Assisted Living and two years at Traditions of Wayland. At both communities I worked as a Maintenance Technician.

4. I've heard you do some sportscasting and hockey – what does that entail?

I work part time as a scorekeeper for an independent men's league known as *Stinky Socks Hockey*. The scorekeeper's responsibility is to take attendance of league players and observe on ice behavior as well as skill level between the players to keep the competition level, fair and even. Also as an added bonus I play music between plays and announce the players that score goals and assists. I'm also a full-time hockey player within this league. We do charity work as a league for the Boston Bruins Foundation.

5. What do you enjoy most about working here and how do you think you can excel here?

One of the things I like most about working here is that it's close to my home. In case of emergency I can get here in a timely fashion. I have a great maintenance & housekeeping staff that works as a team to get any task completed. What I bring to the table besides my assisted living experience, is my 12+ years of construction knowledge to help with projects within the building. I hope to develop my work as the job goes on to become an excellent Maintenance Director.

6. What are your favorite parts about the job and what do you enjoy most?

I love having access to a plethora of tools at my disposal for all our projects – it's like a dream come true. I really enjoy building things that will last for years to come. It gives me a sense of pride and accomplishment.

7. What inspires you for your career?

My inspiration towards my career path is to learn more & more as the days progress to be one of the elite at what I do. Blue collar worker to the heart!

8. Do you have any tips or advice for your readers?

My advice to all my fellow colleagues is let's work together as a team. Whether we're maintenance, housekeeping, kitchen staff, or PCA's we're all in this together. If we all work together we will stand out from all the others.



Apple Upside Down Cake

By Kenneth Yarvitz,
Food Service Director

Ingredients:

- ½ cup butter
- ½ cup brown sugar
- 2 medium apples, peeled, cored, and cut into ½ inch slices
- 2 eggs
- 2/3 cup white sugar
- 1/3 cup apple juice
- 1 tsp lemon extract
- 1 cup cake flour
- ½ tsp baking powder



Preparation:

- Preheat oven to 350 degrees
- Place butter in a 9 inch round cake pan. Heat in oven until melted. Sprinkle in brown sugar. Stir until well moistened. Arrange apple slices in a circular pattern on top of brown sugar-butter mixture. Press apples firmly into mixture. Heat pan in oven until sugar starts to bubble. Set aside.
- Beat eggs and sugar until light and fluffy. Gradually beat in apple juice and lemon extract. Sift cake flour and baking powder together. Add to mixture, stirring until smooth. Pour batter over the apples.
- Bake 35 to 40 minutes, or until toothpick inserted in center comes out clean. Remove from oven and invert on a serving platter. Let pan stay over cake for 5 minutes before removing. One cake serves 8 – 10 people



Goddard House Introducing Dapper Staff Uniforms

By Brandon Fisher

Pictured on the left, from left to right, are Santa Rodriguez, Marie Decrosse and Ipoderme Lapierre wearing Goddard House's new staff uniforms for all dining and PCA staff members. Executive Director of Goddard House, John Moniz III, recently purchased these uniforms for a more polished, updated look among staff. Ipoderme mentioned that, "I love the new uniforms because they are comfortable, bright, and cheery. All of the residents have noticed and said we look really nice."

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

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



Jamaica Pond

Friday, September 19th
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 nearby Jamaica Pond. 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, bug spray, sunscreen, a hat, etc.

The Walk to End Alzheimer's

By Marie Curcio, MSW, NHA

This year's **Walk to End Alzheimer's** will take place on Sunday, September 28th at the Paul Revere Park in Boston. Thousands will gather to show support for the millions of individuals and family members who face the challenges of Alzheimer's disease every day. This event raises money to support the Alzheimer's Association efforts to provide support, research and enhanced care for those affected by the illness.

John Moniz, Executive Director of Goddard House Assisted Living, has been a major supporter of the Association's work and this year Co-Chairs the Sponsorship Committee for the

Greater Boston Walk to End Alzheimer's. I had the opportunity to interview John and learn more about his commitment to this important work.



Marie: What prompted your involvement in the efforts of the Alzheimer's Association of MA/NH to **Walk to End Alzheimer's**?

John: My motivation is both personal and professional. My experience as Executive Director of Assisted Living Communities (past and present) offering Memory Support Programs has taught me that the dedication of family members and care partners is steadfast and unwavering. I have been witness to the most poignant moments of conversation and connection by individuals with this disease and have come to appreciate what it means to live "in the moment". On a personal note, I lost my beloved grandmother, Olivia Moniz, to Lewy Body disease several years ago and being a part of her journey has set me on the course to do all that I can to end this disease.

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The Walk to End Alzheimer's (Continued from Page 6)

Marie: What is the role of "Co-Chair of the Sponsorship Committee"?

John: I help raise corporate awareness and recruit companies to support the **Walk to End Alzheimer's**.

Marie: What will Goddard House be doing to support the efforts of the Alzheimer's Association?

John: The Goddard House Team is forming to join the Walk and members are busy fund raising with family and friends. We expect to raise several thousand dollars again this year. We have partnered with the Brookline Senior Center to support the Association and, once again, our own Goddard House residents have created beautiful hand-made bracelets in varying shades of purple to raise money at the Walk. All proceeds from sale of the bracelets will be donated to the Walk to End Alzheimer's. Our residents donated \$600.00 to last year's Walk to End Alzheimer's and we are so proud of their decision to again support this cause.

Marie: What can you tell us about the Walk location? I understand the location has changed.

John: Yes - it's very exciting! The Walk will take place in Boston, near the new Spaulding Hospital and the new venue is just beautiful! Paul Revere Park is a scenic spot on the water and, once again, we expect thousands to gather in support of the effort to **End Alzheimer's**. Readers can register online or at the Park from 8:30am to 10:00am on the 28th and may start to walk at any time after check in. You can also **call Lance Chapman at (617-731-8500 ext. 105)** to arrange to meet up and walk with Team Goddard House on the 28th. The distance walked can be determined by your own comfort level. I encourage our readers to consider how you might best support this worthy cause.

Join us on September 28th. **Let's make a difference together.**



Creative Visions: 40 Years of Expressive Therapies at Lesley University & Throughout the World

By Ginny Mazur

Since Goddard House opened our doors in 1996, we've partnered with Lesley University to train expressive arts therapy graduate students here at Goddard House. We also employ over half a dozen expressive therapists (music, movement, art, storytelling, media...) at Goddard House, me included! I'm an art therapist and worked for over a decade at organizations including

Goddard House, Faulkner Hospital Department of Psychiatry, South End Community Health Center and Dimock Community Health Center in addition to teaching at Lesley.

"We took the arts and integrated them with service to people in need...in keeping with what Lesley continues to do to this day," say Professor Shaun McNiff, founder of Lesley's Expressive Therapies program. Here at Goddard House, in our wellness-based community setting, the role of expressive arts is to foster creative expression, engagement and to bring meaning to the lives of older adults who make our Assisted Living community their home. We make use of all of the arts modalities noted above. It's been exciting to watch our field develop over the years and the field of aging is an area of tremendous growth for the expressive arts.

This fall on September 20th, Lesley University, located in Cambridge, will host an international conference of expressive therapy alumni as the program celebrates its 40th anniversary to demonstrate its diverse and creative graduates. We'll be there and plan to present our Goddard House ARTZ walking club program, "Nature Adventures in Your Own Backyard". Goddard House salutes Lesley University Expressive Therapies Department and wishes all the faculty, alumni and students who have contributed to Expressive Therapies at Goddard House, a Happy and Creative 40th Anniversary!

September Welcome to Incoming Lesley Expressive Arts Students

Goddard House will welcome two Lesley University Graduate Student Interns, Anna Wolen (art therapy) and Elizabeth Kelly (expressive therapies) in the second half of September. Both Liz and Anna will intern for the full academic year through May 2015.

Featured September Events! Please Join Us!

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



Comedy Routine with New Tricks

**Saturday, September 6th at
3:30pm**

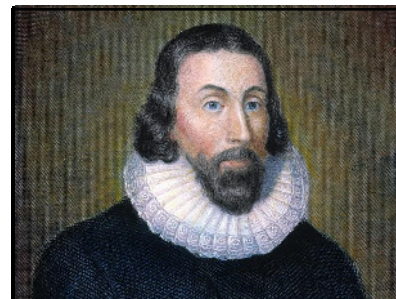
Described as "the fine wine of improv", New Tricks is the first over 50 improv troupe in New England that will provide comedy vignettes based on audience suggestions, play improv games and present true-to-life monologues. Come have some fun with this lively troupe!



Concert with the Patrice Monahan Trio

**Sunday, September 21st at
3:30pm**

Infectious melodies and percussive grooves create for a smooth, sophisticated ambiance with Patrice's clear and beautiful vocals. PMJ has been together since 2009 bringing their confident enthusiastic rhythm section to many events, including this Sunday afternoon concert!



Rose Doherty: Discover Boston's Forgotten History: 1630-1775

**Monday, September 29th at
3:30pm**

In this illustrated talk, you will learn about Boston's formative decades, see the important sites in the town, and learn what Bostonians cared about and how they lived. Join us as we learn about Governor John Winthrop, Anne Hutchinson, William Blaxton, and many more notable figures!

Goddard House Updates



If you haven't already registered, join Team Goddard House in Brookline for the Walk on September 28th, 2014 at 10:00am, DCR Paul Revere Park in Boston. You can register by calling Lance Chapman at (617)731-8500 ext. 105 or by typing in our team name at:

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

For more information visit: www.goddardhouse.org



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