

the Goddard Times

Program Ch-Ch-Changes

by Kristina Lessard

Come September, you will begin to notice some changes starting to happen within the Goddard House Programming Department. But don't worry – they're all changes for the better!

To start, Goddard House residents will begin to see somewhat new faces running the day-to-day programs. We thought it would be a great idea to introduce Traditional program staff to Olmsted, and vice versa! We have so many wonderful, talented people on staff that we'd like to share their wealth of skills, knowledge and experience with all Goddard House residents. Among them we have musicians,

dancers, artists, gardeners and trivia buffs – to name just a few! I think our residents will really enjoy getting to know the wonderful people we have working here, and I know the program staff will enjoy getting to know our fantastic residents! Pretty soon, we will be hanging up some pictures and biographies for each program staff member to help everyone get to know them a little bit better, so feel free to stop by next month and read a little bit about them.



Resident Tony enjoys an afternoon of painting in Nancy Marks' Open Art Studios.

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With the changes in program staff will also come changes in the variety and quality of programming. Of course, we will still have our old favorites – trivia, concerts, exercise, art – but we will also have the resources to run concurrent, as well as more in-depth programs. For example, if we have a music program running alongside an exercise program, residents will have a choice to attend either one, depending on how they're feeling in the moment! Additionally, the staff will now be working together as one team, the programming will become more cohesive over the course of a day, week, or month. Our mission, as the programming team, is to provide residents with more thoughtful, prepared programming that will cater to the wide variety of interests held by our wide variety of residents.

I understand that changes can be a bit unnerving, so if anyone has any questions, comments, concerns, or suggestions, please don't hesitate to reach out to me. I will be happy to talk them over in more detail!

Twist and Shout, It's a Cookout

By Michaela Barrows

On August 6th, Goddard House residents, families, staff and guests gathered at the Annual Family Barbeque. The early afternoon rain showers did not put a damper on the festivities, which were held under covered canopies in the backyard and throughout the first floor. We welcomed back Studio Two, a Beatles Tribute band, as the featured entertainer. An uncanny resemblance to the original, many remarked that their performance brought back memories of years past. Studio Two's upbeat tunes were engaging and prompted listeners to dance and sing along with their tunes. To honor the era of the Beatles the barbeque had a 1960's theme.

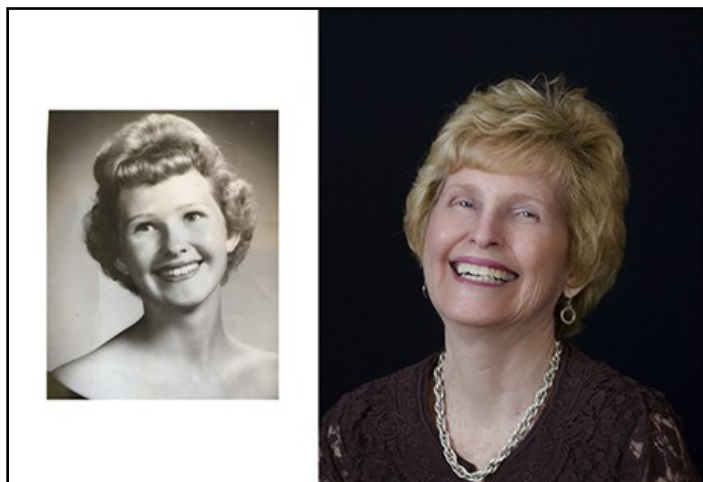
Enjoy some photos of the BBQ:





A Call to Goddard House Women! Participate in the Reunion Project!

By Ginny Mazur



Goddard House, along with the Brookline Council on Aging and Center Communities of Brookline/Hebrew SeniorLife, will participate this fall in the Reunion Project, created by Brandeis University Women's Studies Research Center scholar, photographer/writer Lora Brody. We hope you will consider being part of her exciting project that uses portrait photographs and writing to allow women (age 65 and older) to travel back in time to have a conversation with their teenage or twenty-something selves. It's easy, fun and, most of all, gives older women a chance to remind others that we still have a lot to share.

Please join Lora at Goddard House on Thursday, September 15th at 3:00 p.m. to hear her describe the project and answer questions about it. Learn more about how you can participate.

- All participants will receive a fine art photograph of themselves.
- A photo from your younger years is strongly encouraged, but not essential, for you to join in the project.
- Participation is limited so please come to this meeting to learn more.
- Family members are also welcome to attend to facilitate their relative taking part in the project or to take part in it yourself if you qualify by age.

A short video about the project can be seen at <http://www.thereunionproject.org>

About Lora Brody:

Photographer and writer Lora Brody is best known for her photographic images of Red Sox fans as well as a series of photographs that document the final decade of an iconic snack shop at Provincetown's Herring Cover Beach. Her photos have been published on the cover and in feature articles in The Boston Globe Magazine, The Cape Cod Times and Horticulture Magazine. A celebrated writer, she is author of twenty books relating to food and cooking. She is currently a visiting scholar at the Women's Studies Research Center at Brandeis University where she is working on the Reunion Project about aging as documented in both image and text.



Celebrate the first day of Fall (September 22nd)
with a delicious—and healthy—smoothie!

Apple— Cinnamon and

Submitted by
Executive Chef Nick Po-
linsky

Prep Time: 10 minutes

Total Time: 10 minutes

Serves: 1

Ingredients:

- 3/4 teaspoon cinnamon, plus more for garnish
- 1 sweet apple, cored and peeled
- Half of a ripe banana
- 2/3-3/4 cup unsweetened vanilla almond breeze milk
- 1 tablespoon creamy roasted almond butter
- 1 ice cube

Preparation:

1. Combine the cinnamon, apple, banana, honey 2/3 cup almond milk, and almond butter in a high-powered blender. Blend, starting on low and moving to high, for 2 minutes, or until all the girth on the apple is smooth
2. Add the ice cube and the chia and blend again. Add a little more of the almond milk if you like your smoothie on the milky side. Serve, sprinkled with cinnamon.



Goddard House Artisans at the Brick Wall Kitchen

By Kristina Lessard

Throughout the month of August, residents who take part in our weekly Open Arts Studio had their artwork hanging on the brick wall in – you guessed it! – Brick Wall Kitchen, located right up the road on Cypress St. Open Arts Studio welcomes experienced painters and first-timers alike, as long as you bring an open mind and a creative spirit. Led by local artist Nancy Marks, our artists explore their creative sides through painting, collaging and mixed media works of art. “I’m so proud of their growth, and all of the risks they’ve taken in their art,” Nancy stated.



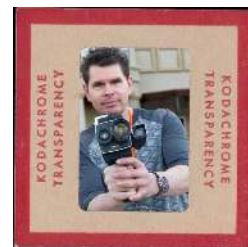
A number of the residents gather at the Brick Wall Kitchen to dine in front of their pieces.

Residents were excited to be able to share their work with the community, and offered some feedback about the experience. Arlene explained, “it was exciting to see my artwork in another venue, what a feeling of accomplishment.” And Doris shared, “for me, it was a big thrill because I don’t consider myself an artist—but there it was hanging on the wall.”

If you missed the exhibit, don’t worry—the art will be displayed on the walls of Goddard house now that the Brick Wall exhibit is over. However, our residents have made quite a name for themselves outside the walls of Goddard. Frank Shear, the owner of Brick Wall Kitchen, enjoyed our residents’ art so much that he is looking forward to planning another exhibit next year!

Join us for an Exclusive Public Screening of *Reel in the Closet* with Director Stu Maddux **Wednesday, October 19th, 7:00pm at the Coolidge Corner Theatre**

We’d like to invite you to an intergenerational and educational event to inspire and promote dialogue for equality and inclusion. From the director of the award-winning *Gen Silent*, comes *Reel in the Closet*, a feature length documentary that lets us connect with LGBTQ people over the past eighty years through the rare home movies they left.



Please join us at the Coolidge Corner Theatre on Wednesday, October 19th at 7:00pm for an exclusive public screening of the film and Q&A with Director Stu Maddux. \$10 tickets are now on-sale at www.coolidge.org or at the Coolidge box office. Proceeds will benefit local LGBTQ organizations.

This special evening also includes a pre-screening reception at the Brookline Senior Center from 5-6 p.m., 93 Winchester Street Please RSVP to 617-730-2770 to attend as space is limited.

Dial M for Matilda

By Jenna Henning

September marks the year anniversary of the Goddard House art gallery, which has transformed the once blank walls into a vibrant display of talent for a variety of mediums. The gallery, which is the brainchild of Executive Director John Moniz III, serves as a conversation starter for residents, staff and visitors, who discuss the various visual elements of each piece.



We are holding a dedication ceremony for the newly named *Gallery M* this month. The name honors Matilda Goddard, who served on the Board of Trustees at Goddard House (whose namesake is owed to her surname) for 51 years! At the entrance of the gallery, you will find a dedication plate aptly titled *M is for Matilda*. It explain that this gallery “serves as a humble tribute to Matilda and the creative and giving spirit she possessed — one which we hope to never forget.”

Residents, family and staff are invited to a special “Gallery M Dedication Happy Hour” on Thursday, September 15th at 4:00pm in the Living Room. And all are welcome to stop by Goddard House during the month of September to visit *Gallery M* and see this month’s featured artist, The Boston Camera Club (BCC). BCC is a non-profit organization dedicated to the advancement of photography as an art and science. Their exhibition opens on September 1st.



Residents Milt and Charlie sit on a bench in Gallery M.



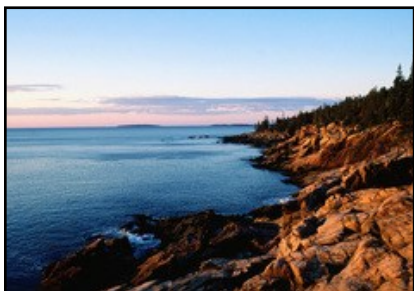
Resident Joy and Music Therapist Deb discuss the artwork.



Featured September Events!

Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Kristina Lessard at 617-731-8500 ext. 110



Journey to the Mid-Coast of Maine with Michael Perry

Wednesday, September 7th at 11am

Join Freeport, Maine's Michael Perry for a colorful slide show journey down the Mid-Maine Coast from the shipbuilding city of Bath on the Kennebec River to the hills of Camden overlooking Penobscot Bay. Come celebrate the beauty of Maine with a seaside vacation all from the comfort of home!



Concert with Alan Pearlmutter and Linda Poland

Saturday, September 10th at 2pm

Music from movies empowers their drama and emotion. What would a movie be without a musical score?

Pianist Alan Pearlmutter and clarinetist Linda Poland team up to perform theme songs from great movies. Experience an afternoon of such classics as *Singin' in the Rain*, *I'm in the Mood for Love* and more!



Classical Concert with Dieter Weslowski

Thursday, September 29th at 7pm

Dieter Weslowski is a trained classical musician. He sang in the Pittsburg Opera Chorus. In 1998, he began teaching in the Summer Program at Berklee College of Music. This evening he will move seamlessly through he world of classical vocals as well as jazz and blues songs. Enjoy!

Join Us for the 2016 Walk to End Alzheimer's Cambridge, MA — Sunday, September 25th 2016

Held annually nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

To join Team Goddard or donate to our team, please email Marketing Director, Lance Chapman at lchapman@goddardhouse.org or place your name on the sign-up sheet next to the Marketing Office.



For more information visit: www.goddardhouse.org



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