

Hitting the High Notes

SHIRLEY OWENS-HICKS & STAN STRICKLAND

*R*etired MA State Representative, Shirley Owens-Hicks and Jazz Great Stan Strickland wowed the audience with an impromptu rendition of "Stand by Me" at *Hit the High Notes*, the recent Goddard House benefit concert for music therapy at the Larz Anderson Auto Museum. In Touch asked each of them to comment on the role of music in their lives:



SHIRLEY:

I come from a singing family. My father, a Baptist pastor, had a rich, strong voice that gained him wide popularity as both a preacher and a singer. My four older brothers sang professionally as the Owens Brothers. My sister and I grew up singing duets at church and my mother sang as well.

Gospel music is my first love. Richard Smallwood, Yolanda Adams, and Rev. James Cleveland are inspirational. I also enjoy R&B and oldies. Gladys Knight and Aretha Franklin are my favorite singers.

I sing with New Hope Baptist Church Sanctuary Choir and Mass Choir. Currently, I am on leave from New England Conservatory of Music's Community Gospel Choir and its Millennium Gospel Choir due to a recent illness during which I recuperated on the rehabilitation unit at Goddard House in Jamaica Plain.

Music is my passion, my joy! It's indescribable! It's awesome! It lifts



STAN:

My work as an expressive therapist is with emotionally disturbed children through the MA Dept. of Mental Health. Each year we produce a multimedia, multi-cultural performance at the Citi Wang Theatre. I love this work because it allows me to bask in the joyousness and beauty of children and to share my love of music and dance. It also renews my faith in the resilience of the human spirit and encourages me to face my own challenges.

I discovered some time ago that performance, teaching, and therapy were all interconnected. While performing, I try to share the insights of my life experience and suggest to the audience that there is a creative spark within each of them. My experience has been that live music can bring people into the moment and help them feel the power of community.

I became a musician by singing and dancing around the house as a little boy, thinking that people came to our house because they had heard about me. I became a music therapist through my work with dancers, which led to my discovery of the expressive therapy program at Lesley University. It was a perfect fit as it allowed me to explore my keen interest in self-inquiry and self-expression.

Hit the High Notes reminded me that music is the elixir that quenches our thirst for human connection.



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Shirley Owens-Hicks

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my spirits...it allows me to soar! I sing when I'm happy; I sing when I'm sad; and if I sing when I'm sad, I become happy. Many years ago, I came to believe and articulate that singing serves as my therapy. It was interesting to me, therefore, to learn at the fundraiser concert that music therapy is a recognized source of healing. I hadn't known that before and was excited to hear that affirmation. The fundraiser was wonderful! Actually, now that I think of it, the evening was therapeutic in and of itself - highly enjoyable, pleasant, comfortable, and peaceful. I have much for which to thank Goddard House, and the fundraiser concert is definitely on my list.



Pam Swift and her mom

PAM SWIFT: THE BLUE SUEDE BOPPERS BASSIST & GODDARD HOUSE FAMILY MEMBER

I credit my mom, Pam Swift Sr., as the inspiration for my life in the arts. Now living at Goddard House in Brookline, she trained in dance and was involved in the arts her whole life. She and my father started a community theater troupe in Hingham and all aspects of performance interested me. I struggled in school early on but excelled in the arts, going on to study dance, theatre, and voice; and later became an expressive arts therapist. I joined the Blue Suede Boppers 23 years ago when I was a newlywed. My husband, Howie Tarnower's new band needed a bassist, so he taught me to play. The band had such a fun time performing at *Hit the High Notes*. Today I combine my skills and experience in my job as administrative director of a summer arts program at the Park School. Every year, we see students with low self-esteem and after a summer in the arts they discover new friends, talents, and confidence. I see the arts, not as the icing on the cake, but as the cake itself! Mom thrives at the Olmsted Program for memory impairment at Goddard House in Brookline because of music therapy and all of the other amazing arts-based programming there. Despite Mom's memory loss, she still knows the lyrics to every song!



Pam Swift

APPLAUSE FROM GODDARD HOUSE FAMILIES AND FRIENDS MUSIC COMMITTEE



Anne Elvins, Marilyn Ray Smith and John Grace

Goddard House family member, John Grace, enjoys the concert with Anne Elvins and Marilyn Ray Smith. Grace commented, "This is not just a celebration of music, it's a celebration of Goddard House itself, and the wonderful mix of people that make this such a caring community."



Diane Brody & Dan Discenza, Goddard House in Brookline family members, enjoy the evening.

MUSIC THERAPY IS A FORM OF COMPLEMENTARY MEDICINE THAT ENABLES OUR FRAIL RESIDENTS AND THOSE WITH DEMENTIA TO REACH OPTIMAL LEVELS OF FUNCTIONING AND WELLNESS. A NON-REIMBURSABLE SERVICE, MUSIC THERAPY IS FUNDED ALMOST ENTIRELY BY DONATIONS.

**A NOTE FROM OUR *HIT THE HIGH NOTES* EMCEE:
BOARD TREASURER EMILY DUHAMEL BROWER**

Many thanks to those who supported *Hit the High Notes*, our celebration in support of music therapy at Goddard House and our first fundraising event of this magnitude. It was a fun and inspiring evening that brought in over \$20,000 from sponsorships, ticket sales, and donations, along with \$8,500 of in-kind support to benefit our clinical music therapy programs. We are grateful to our event sponsors and to all who participated for your generosity.



Emily & Monty Brower

SPECIAL THANKS TO NEW HOPE BAPTIST CHURCH



Margaret Clark, Carmen (Goddard House Skilled Nursing Center Admissions Director) & Phillip Wornum, and Mary Gaskins, all of New Hope Baptist Church

New Hope Baptist Church of Boston lent talent and support on many levels to *Hit the High Notes*. The church sent volunteers to assist with the event, offered financial sponsorship, and created elegant floral arrangements.

A MONTH OF HIGH NOTES!

Goddard House in Brookline resident, Floyd Crellin, stepped out at *Hit the High Notes* to celebrate two of his life-long passions – dancing and antique automobiles. Crellin's celebration didn't end there – he went on to host a party later in the month for the Goddard House in Brookline community in honor of his 99th birthday.



*Danielle O'Brien,
Goddard House staff
and Floyd Crellin*

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HIT THE HIGH NOTES
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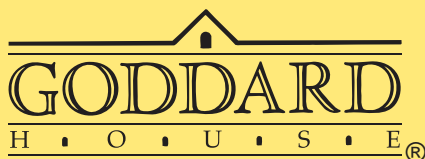
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**RILEY OKUN NAMED
ACHCA PRESIDENT,
MA CHAPTER**



Denise Riley Okun, Executive Director at Goddard House Skilled Nursing & Rehabilitation Center in Jamaica Plain, was named President of the MA Chapter of the American College of Health Care Administrators (ACHCA) at their annual 2010 meeting this spring. Membership is open to administrators in the field of long-term care, sub-acute care, and assisted living, and is supported by associate members in affiliated professions.

Congratulations, Denise!



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GODDARD HOUSE DOES IT AGAIN!

Goddard House Skilled Nursing & Rehabilitation Center received a perfect score, deficiency free 2010 survey for the second consecutive year from the MA Department of Public Health under the leadership of Denise Riley Okun, Executive Director and Jim Sugrue, Director of Nurses. With over 450 regulations to be met on every level of care including clinical standards, resident rights, infection control, dietary, quality of life, environment, and administration - congratulations go to every single Jamaica Plain employee.



For on-line tours, visit us at www.goddardhouse.org

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Address service requested