



the Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

THURSDAY, MAY 9

A talk by Dr. Robert Stern of the BU Alzheimer's Disease Center entitled, "Memory, Alzheimer's Disease & Dementia 2019: Reasons for Hope" at 6:00 P.M. *Public is welcome!* RSVP to pbarrows@goddardhouse.org or 617-731-8500. Residents should sign up at the front desk. Limited seats remaining.

WEDNESDAY, MAY 29

A trip to the American Repertory Theater to see the 11:00 A.M. performance of *We Live In Cairo*. Residents should sign up at the front desk.

FRIDAY, MAY 31

LGBT Flag Raising Party at 2:00 P.M. will kick off our PRIDE month. *Public is welcome!*



A team from Goddard House will be presenting "Let It Shine! Making Art to Create, Engage and Empower" at A Map Through the Maze, the 2019 conference for Alzheimer's care professionals, on May 22.

RESIDENT PROFILE



If anyone wants to know what's going on at Goddard House, **Mimi Holmblad** is the one to ask! Mimi (pictured at left with our Farm Friend, Dandelion) has been living with us for over six years and is always willing to share her stories and experiences with anyone who asks. I was lucky enough to sit down with Mimi on a beautiful sunny afternoon and talk with her about her life.

Mimi grew up on a farm in a rural town in Wisconsin. She mentioned her family helped to raise many different types of animals such as chickens, pigs, cows and ducks. One of her favorite parts about living on the farm was being around the animals and gardens. After getting married, Mimi and her husband moved to Massachusetts where she started working in the mental health field. As we were talking about this, she explained that she loved being able to help people enjoy life and work through their problems. Some of her best memories also include spending time with her daughter Jean and son-in-law Bob.

Here at Goddard, Mimi hasn't slowed down a bit! She has been a member of numerous groups here such as our Opening Minds Through Art program and the Olmsted Choir. Some of her favorite programs are ones that showcase her musical and artistic talents. She is also always up for a lunch or museum outing! We are so lucky to have such an outgoing and friendly person here with us at Goddard!

-Olmsted Program Director Kristen Cipriano

Back to the Farm...at Goddard House

by *EnrichedLIFE Director Erica Curcio*

Our partnership with Green City Growers is now in its seventh year. We are so excited to see where this award winning program takes us next. The Goddard House Farm, now consisting of seven raised garden beds, six chickens in our hen house, some



Residents helping on the farm

young fruit trees and blueberry bushes and well as our indoor organic herb garden, is heading into another season of Farm-to-Table food for our community. On April 2nd we had the pleasure of meeting our new Farmer, Claire Penney from Green City Growers, to help us kick off the growing season! She gave us a wonderful presentation that outlined the process of our community garden. We started with learning the fundamentals of gardening beds. Did you know that Green City Growers uses cedar



Mal O. with Lincoln School student volunteer

for all their gardening beds because cedar doesn't need staining or treatment? It is a wood that can withstand all the different weather conditions New England presents to us! Green City Growers has been working with Goddard House since 2013. According to Farmer Claire, we've grown over 1,000 pounds of produce in the last five years! Can you believe that? A general follow-up question to that statement is, where does all


that produce go? We eat it! Our Director of Dining Experience Andrew receives it and then puts it into our meals! The Goddard House dining experience is truly Farm-to-Table!

Green City Growers restarted our gardening season in April and will be here to maintain our indoor and outdoor gardens with us until the Fall. While they're here we will learn about and participate



One of our Fine Feathered Friends

in planting and harvesting. If it is raining or too cold outside during Claire's visit, we will work indoors with her on garden-based programs. These visits take place on Tuesdays from 10:00 to 11:00

A.M. If you're interested in learning more, please see Erica! We hope you'll join! 



Executive Director Carolyn Sandel (left) and Olmsted Resident Care Manager Viola Baker (right) with Luce

Congratulations to
ASSOCIATE OF
THE QUARTER
Resident Care
Associate

Luce Chery

who exemplifies our core values of
Compassion,
Respect,
Collaboration,
Responsiveness,
Excellence,
Innovation, &
Transparency!



Reasons for Hope

by Community & Academic Arts Advisor **Ginny Mazur**

As we age, we may find ourselves worrying about our memory. What time was my appointment? What was her name again? With more than 41 million Americans over the age of 65 in the United States, the question becomes how much (or, perhaps, what type) of memory loss is to be expected as one gets older and what should trigger a visit to the doctor.

It's important for all of us to stay updated on emerging news and research related to memory, Alzheimer's disease and dementia. Join us, in collaboration with the Boston University Alzheimer's Disease Center for our 2019 lecture with Dr. Robert Stern.

This interactive educational presentation, combining humor and science, will cover the basics of normal memory, Alzheimer's disease and related neurodegenerative disorders, including important warning signs, steps towards prevention, and the latest research. Questions and answers will follow.

Dr. Stern is Professor of Neurology, Neurosurgery, and Anatomy at Boston University School of Medicine, also serving as Director of the Clinical Core of the BU Alzheimer's Disease Center. He is also an internationally recognized expert on the effects of head-injury in athletes.



Alzheimer's Disease Center

Join us for a program featuring Dr. Robert Stern, Director of the Clinical Core of the BU Alzheimer's Disease Center.

Memory, Alzheimer's Disease & Dementia 2019: Reasons for Hope

Thursday, May 9, 2019
at Goddard House Assisted Living
Reception: 6:00 P.M.
Talk with discussion: 6:30 P.M.

An interactive presentation covering the basics of normal memory, Alzheimer's disease and related neurodegenerative disorders, including important warning signs, steps towards prevention, and the latest research. Join Dr. Robert Stern for an educational presentation combining humor and science, with questions and answers to follow.

Event is free of charge and open to the public. Limited seats remaining. Call 617-731-8500 or email pbarrows@goddardhouse.org to register.

CREATIVE ARTS

Olmsted residents love taking part in our Creative Arts program!



Left to right: Marlo A., Barbara M., D.P., and Karen W.

EXCELLENCE



INNOVATION



TRANSPARENCY



Canvas Come to Life



*Creating three-dimensional flower canvases are (top row, left to right): **Kitty S., Mary C. and Marie S.** Second row: **Linda B., Lynn L., and Clementine B.** Bottom: **Marian M. with her son Gerry***



ASSOCIATE PROFILE



Ever wonder who that smiling person in “Lance’s” office is?! Her name is **Heather Waldrep** (pictured at left with resident

*Bridgina B.) and I am here to tell you more about her! Heather is our new executive assistant to Executive Director **Carolyn Sandel** and CEO **Candace Cramer.***

Heather started at Goddard House this past December after moving with her family from Birmingham, Alabama! They moved here because Heather’s husband is a worship pastor and they are starting a new church in West Roxbury.

In the afternoons, you may have seen Heather’s daughters visiting. Eliza is the eight-month-old she lets everyone gush over during happy hour and Cora is a four-year-old ray of sunshine! When I asked her about her daughters Heather said, “it is a privilege and an honor to be their mother. I love watching them learn and grow.” A little fun fact—Cora loves riding the bus more than in the car! She calls riding the bus “an adventure.”

Heather, we are so happy to have you here! You are a great team player and have so many innovative ideas for our community! Be sure to say hello to Heather next time you see her in the community!

-EnrichedLIFE Director Erica Curcio

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NEWSLETTER CONTRIBUTORS

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**GODDARD
HOUSE**

ASSISTED LIVING & MEMORY SUPPORT

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