

the Goddard Times



GODDARD HOUSE

UPCOMING EVENTS

FRIDAYS, JULY 12, 19 & 26

In July we begin an 8-week program with Bob Linscott from the UMass Medical Center for Mindfulness entitled, “Introduction to Mindful Aging” from 11:00 A.M.–12:15 P.M. in the Goddard House Library. We will sample different practices like meditation, mindful self-compassion, chair yoga, tai chi, and a new singing practice, Kirtan Kryia, that supports memory and brain function. The class is both experiential and discussion based. Guided recordings are provided to practice at home.

Participants do not need to have any prior experience with mindfulness or meditation.



Please join us for refreshments and a lively conversation about Goddard House at one of our upcoming

WORLD CAFÉS

RESIDENTS & FAMILIES

Wednesday, July 24th • 6:45-8:30 P.M.

ASSOCIATES

Wednesday, July 31st • 1:30-3:00 P.M.

Residents & Families, RSVP at the front desk

RESIDENT PROFILE



If you are ever looking for a dancing partner, **Trish Manly** is the one to ask! She always has a smile on her face and makes everyone else smile too. Trish was born in North Carolina and lived in many different states growing up due to her father’s job with the Coast Guard.

Trish said that she enjoyed being able to visit different places and meet new friends along the way.

After earning her degree in English and education, Trish taught for a little bit but realized the job wasn’t quite right for her. She enjoyed working with children but decided that she would rather stay home with her own two kids.

Trish has always been a lover of the arts. Whether it be singing, dancing, or painting, Trish does it all with a huge smile on her face (see her at left during a Creative Arts program). She also loves spending time with her friends and taking trips to various museums and restaurants.



Here at Goddard, Trish has kept up with her love of music by participating in the Olmsted Choir and music groups. She has also been a featured artist through Opening Minds Through Art (OMA).

We are so lucky to have Trish’s friendly face here with us in the Goddard House family!

-Olmsted Program Director Kristen Cipriano

Goddard House Nominees for the SLR Star Awards!

by *EnrichedLIFE* Director **Erica Curcio**

We are so proud of all of our nominees for the Senior Living Residences Star Awards, who exemplify the SLR Right Values! Read more about them and why they were selected!



Resident Quality of Life
SANDRA APPIAH

Dining Associate **Sandra Appiah** (pictured with residents Theresa C., Mary C., and Bridgina B.) is appreciated for her contagious, positive attitude; caring personality; winning smile and interest in getting

to know the residents she interacts with daily in our Dining Room. To say that Sandra enhances the dining experience for Goddard's residents is an understatement. "Neither snow nor rain" can keep Sandra from the work she loves—she is a responsible and reliable team member with an admirable work ethic and enviable interpersonal demeanor.

Sandra says, "It makes me happy to be nominated. It shows me I am recognized for the good work that I do. I'm proud of this and it makes me want to work harder. I love my residents and I know they love me. I love working at Goddard House."



Integrity
LUCE CHERY

Lead Olmsted Resident Care Associate **Luce Chery** (pictured with Phyllis R.) is a gentle but powerful presence. She sets a standard as a model of responsive and responsible care partnering and assistance to fellow associates whenever needed.

A family member shared that it eased his heartache to know that his parent is cared for by a team of associates led by someone who is always advocating for compassionate care and understanding for each and every resident.

Luce says, "It makes me happy to be nominated because I know everyone can see I like what I'm doing. I love taking care of the residents. We become a close family. This nomination is not just for me; it's also for the floor of associates I work with. I've been in this field for 15 years and I'm always happy to be with them. We sit and they explain their lives, education, work life, and raising kids."



Valuing Associates
EUGENE MBUKANMA

Dining Room Supervisor **Eugene Mbukanma** (pictured with Agnes R.) is a tremendous team player! He recently won our Associate of the Quarter and all the staff in the room stood up and cheered for him. Every associate

in every department knows how deserving he was for the award and it showed in their reaction. Eugene does not have an easy position as the dining room supervisor. He is responsible for keeping the residents satisfied with their service as well as the food. He must balance this with the responsibility to his staff. He leads his dining team towards excellent service by supporting them and showing respect towards them. Eugene says, "I feel happy and privileged because not everyone got nominated. I was also surprised by this award. It shows that whatever good we do around is noticed and we should keep doing what we are doing. I'd like to thank my fellow associates for great teamwork and to the residents for always being happy and accepting our service. They really make it easy for us."

Olmsted Resident Care Manager **Viola Baker** (pictured with Elaine G.) listens carefully—to residents, associates and family members—and responds with sensitivity. She has worked tirelessly to help transform the culture of our Memory Support Neighborhood to a genuinely caring community that places the residents at the heart of our supportive efforts. She sets the bar high for associates from the very start of a new associate’s orientation; she teaches the value of relationships and connections by encouraging associates to get to know the residents and family members and to enjoy each moment. *Of her nomination, Viola says, “It makes me feel very happy that they appreciate me.”*



Discovery
VIOLA BAKER

A few months ago, EnrichedLIFE Assistant **Rebecca Margolin** (pictured with Doris R. and Josephine L.) came up with an idea to create an evening program called Tea & Chat. The concept was to create a tea shop atmosphere where Rebecca would introduce teas to residents and they could take the hour to converse with one another after dinner and before the evening movie. She brought in her own mugs and tablecloths from home to promote a homey, welcoming atmosphere. Since its inception, this group has become a favorite of many residents.



Spirit of Innovation
REBECCA MARGOLIN

Often times you’ll hear residents talking about tea and what they’re going to bring to the group to share with other residents. Rebecca started this group as a way to promote socialization and share her love of tea, but it has become something far greater. It’s a place for autonomy, sharing, and creating relationships.

Rebecca says, “I feel happy and honored to have been nominated, and I’m excited to continue as part of the loving and caring group of staff and residents here at Goddard House!”

When you hear someone talking about the movies at Goddard House, more often than not you’ll also hear the name of Resident **John Kaufman**. All the residents know who he is and the movie



Resident Spirit
JOHN KAUFMAN

experiences here would not be the same without him. John manages our Netflix and runs the group Reel to Reel here at Goddard House. His dedication to enhancing our community is one of the many reasons he was chosen as our Resident Spirit nominee.

John says, “It feels validating being nominated by Goddard House itself. It just means everything to me because this is the place I live, this is my community and these are the people I interact with on a daily basis. It’s nice when you can take your interests and share it with the community.”

Goddard House has earned the **2019 Trailblazer Star Award** for Connection to the Greater Community! “Nobody does Outreach like Goddard House does,” said SLR’s Peter Mullin, who cited our first annual Mini Walk to End Alzheimer’s and our recent SAGECare Platinum Certification, making us the first assisted living in Massachusetts to complete this training on LGBT older adults.

Porchfest Brookline & The Fellas Four

by Assistant Executive Director **Lance Chapman**

The Porchfest tradition began in Brookline just four years ago and has been around for a decade in some nearby towns. A Porchfest is a day in which local porches, decks, and patios get turned into mini musical stages for one afternoon each year. The Goddard House Gazebo is our stage for the event, which is a wonderful opportunity to entertain residents and friends.



Lance on drums and Rick Hollowell on bass at Porchfest

This year we hosted four musicians known as The Fellas Four. Guitarist **Wayne Humphrey**, originally from Wayland, says, “The residents are very much in the moment with us when we play Goddard House.” Hailing from Cambridge is guitarist and lead vocalist

of the band, **Glenn Beauchemin**, who states, “The audience here is one of the most welcoming and engaged groups I’ve ever had the pleasure of playing for.” Bass player **Rick Hollowell** is locally the most famous member of the group. As former bass player in the 1980’s for The Trademarks, you can find YouTube video clips of a young Rick in a skinny tie playing great bass lines and pop riffs. Rounding out the group is me, **Lance Chapman**, on drums.

The Fellas have all been friends for more than 35 years, and play a mix of vintage pop and rock tunes such as *Green River* by Creedence Clearwater Revival, *To Love Somebody* by The Bee Gees, and 1970’s Hit, *Candida* by Tony Orlando and Dawn. The Fellas’ secret sauce also includes a blend of some Hank Williams tunes, some Beatles hits and a little Elvis Presley for good measure. The Fellas’ music seems to weave a good mix of feel good tunes and between song laughter to make a late spring Saturday afternoon settle into a fun time for all. We hope to get an invitation to come back and play at Goddard House again very soon!

A Look Back at Pride Month: A Resident’s Observation

by Resident **John Kaufman**

Taking part in the Goddard House flag raising ceremony was, for me, an extremely moving experience. If Goddard is about anything, it’s about community. To live here is to experience a wide range of opinions, experience, backgrounds and attitudes. Yet, instead of that diversity causing



people to drift apart, the opposite is true. Over time, one discovers a wide-ranging

group of friends with whom one can share and from whom one can learn.

In this divisive time, people are all too often encouraged to reject anyone who seems “different” from themselves. The Goddard experience serves as a valuable antidote to those limiting ideas. By becoming SAGE certified, by proudly raising the rainbow flag, Goddard has issued a declaration that here, everyone is welcome. While we honor and respect the individual, we reject negativity and prejudice.

In this place, one finds a generous welcome no matter what one’s personal orientation may be. Goddard is proving that elders can help lead society to a more accepting and positive future.

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NEWSLETTER CONTRIBUTORS

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