



Goddard Times



GODDARD HOUSE



*A*s we enter the lovely month of June, here at Goddard, we are filled with a great sense of hope! The warmer weather has

arrived and we are safely enjoying time outdoors as part of our EnrichedLIFE programming. We are joyfully celebrating our special moms and dads, and residents are reuniting with families through window visits. Our hope is renewed each day as our Goddard team—residents and associates alike—work together in the goal of keeping our community safe and healthy. We know that we will get through this step-by-step, and side-by-side (six feet apart)!

Happy reading!

*“Hope is the thing with feathers
that perches in the soul—
and sings the tunes without the words—
and never stops at all.”*

Emily Dickinson

OUTDOOR TIME!

Our garden is blooming! Residents enjoy the sun and reconnect with one another in the fresh air.



Top row, left to right: **Marilyn G., Kathy M. and Josephine L.** Second row: **Sally C., Joy R., and Mary M.** Third row: **Ann S., Susan F., and our lovely garden.** Top left of this page: **Anne Marie D.**

Quarantine Gardening

by *EnrichedLIFE* Director **Rebecca Margolin**

After the initial shock of quarantine began to fade, we asked ourselves, How can we support our residents so that they may continue to thrive in this community? “Become a gardener during the quarantine!” said Community Art Therapist **Erica**

Curcio. Residents, some seasoned gardeners and some skeptical first-time planters, carefully pressed forget-me-not and marigold seeds into tiny pots of soil. Delicate indoor gardens began to grow.

Weeks later, spring is finally here. We tentatively escort residents outdoors for a breath of fresh air and a visit with a friend.

And, there in the back garden, sits a dainty window box of forget-me-nots, proof that with care and a little sun, we can still flourish in this most difficult time.

If you would like to start your own indoor garden, we have plenty more kits!



Gardeners, clockwise, from top left: Anne Marie D., Linda S., Elaine S., Etta E., Shirley B., and Arthur F.

CREATION!

written by Resident Arlene W.

Breathe. Feel the energy. Feel the tranquility. Think...refreshing blue water...sustainable provisions for life...seeds...renewal...our gifts from our Father...our Creator...our Friend? You Decide...



Welcome Change

written by Resident John K.



LANCE ACCOMPANIED ME OUTSIDE to the back garden where I got a chance to sit and chat, at a safe social distance, with Michael S. After seven weeks in my apartment, I almost forgot how delicious is a cool breeze and how sweet the sound of birds. Getting to feel the warmth of the sun, even for a short

time, reinforced the idea that this will end sooner or later.

I returned to my room to discover that my sister had sent another book I had requested. She's been monumentally generous; sending new reading material whenever asked. I find it particularly relaxing to sit, with a hot cup of British tea, lost in the lives of people about whom I'm curious. I read mostly non-fiction, especially biographies.

Each day, I eat breakfast, catch up on email and check in on my virtual Facebook friends. After watching Youtube during lunch, I take a nap then wake and watch a movie. By the time it's over, it's dinner time and following that, some reading or writing a review of the film I've just seen. I miss going out to eat and going to the movies. Closer to home, I miss sitting on the front porch, in the midst of lively conversation, as twilight colors the sky. Yet, I know, I'll soon be doing all of those things. As Katharine Hepburn often said, "Keep a-go'in'."



Birdsong Heard Again

written by Resident Alice C.

Better influences
Reach Daylight
Singing out "New Green"!
Happily expressing a reactive
dimension.
Ample gratitude
infiltrates Newness

Black holes are the potholes of the universe

written by Resident Alice C.

Beyond life, actions collect, keeping
harmony or leasing each success.
A real experience takes heart, expands
potentials or threatens
haughty observers, letting each season
operate fully.
To have expanded universes necessitates
intuition
Very elegant reasoning, some empathy.

These poems are incipigrams, a method of writing designed by Alice. An incipigram uses a text, e.g., a seed sentence, phrase or name by using each letter in the phrase in sequence to start a new word in an expanded text.



*Left to right: **Sandy C.** loves looking at photos of babies, especially of her granddaughters!
Rosalyn S. is thrilled to receive letters and cards from family members. She usually gets five letters each week!*





Thank you, Goddard Families!

You've sent gifts of masks and food, cheered us on and sent words of encouragement, and supported our new visiting procedures. For this and more, we thank you!



*Top row, left to right: Executive Director **Carolyn Sandel**; Resident Care Associate **Patsy Johnson** and family member **Gerry M.**; Assistant Executive Director **Lance Chapman**. Second row: Resident Care Associate **Fardusa Guled** and **Gerry**; Resident Care Associate **Oxane Leveque**; Dining Associate **Carlton Boswell**. Bottom: Director of Building & Grounds **Lito Mutia***

MOTHER'S DAY

The women of Goddard House were each presented with a flower, a delicious eclair, and a Mother's Day note. Families also brought flowers, sweets and cards to be given to loved ones!



*Clockwise, from bottom left: **Linda S.**; **Shirley K.**; **Linda B.**; **Marie S.**; **Ethel G.**; below: the Mother's Day cart of flowers and eclairs!*

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NEWSLETTER CONTRIBUTORS

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and

**The Residents of
Goddard House**



**GODDARD
HOUSE**

ASSISTED LIVING & MEMORY SUPPORT

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