



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

Living Musically with Parkinson's

A virtual program to be held on Thursdays from 11:30 A.M. – 12:30 P.M., starting February 4th

Come experience the positive effects of music on the symptoms of Parkinson's in this 12-week musical program on Zoom. Learn techniques, songs, and concepts to strengthen and uplift your body, your brain and your mood. Practice vocal exercises to help breathing, speech, and swallowing. Build knowledge, community, self-compassion and resilience through sharing symptoms and strategies in a small group.



Musician and neuroscientist Joshua Min specializes in working with older adults, and those living with Parkinson's, to help improve their quality of life through the power of music.

Living Musically With Parkinson's is offered as part of **Parkinson's in Motion @ Goddard House**, a new, innovative program, free and open to older adults living with Parkinson's, their family members and caregivers. *For more information and to register for this free virtual program, contact Erica Curcio at 617-731-8500 or ecurcio@goddardhouse.org.*

RESIDENT PROFILE



Arthur Fredheim has been a resident of Goddard House for over a year now. He was born in Brooklyn, New York, and also lived in Norway and Staten Island, and more recently in the Greater Boston area.

Arthur is a proud father of three daughters and one son, and a grandfather of nine! Summers were spent in Maine, fishing, swimming and hiking with his wife and family. Arthur enjoys the mountains, the oceans, and sunshine and is always ready for some fresh air. In the nice weather you'll often find him walking or taking in a concert in the back gardens of Goddard.

Did you know that Arthur had a career as a criminal investigator? He worked for the Treasury Department, traveling to wherever the job took him. Arthur truly loved his work in this field, recalling that it was always interesting, filled with action, and required him to have endless curiosity and a questioning mind. These days he's always up for a friendly conversation or stopping in for a round of trivia. Arthur, thank you for bringing your inquiring mind to Goddard!

-EnrichedLIFE Director Rebecca Margolin

Parkinson's In Motion In-House Education Program

NEW AT
GODDARD
HOUSE!

Parkinson's In Motion In-house Education Program kicked off on December 9, on Zoom, with 50 Goddard House associates attending the half-hour Parkinson's 101 presentation from Massachusetts General Hospital Neurologist, **Dr. Grace Crotty**. The In-house Education Program provides Goddard House associates with education and training about Parkinson's disease, its symptoms, and how best to care for residents who may be living with the disease.

Speakers range from medical experts, people living with Parkinson's, and caregivers. All programs are recorded on Zoom and archived for future training. We are excited to share the schedule for the first quarter of 2021 below.

PD Symptoms of the Newly Diagnosed

Wednesday, January 13 2:30–3:00 P.M.

Dr. Okeanis E. Vaou, from St. Elizabeth's Hospital, Director, Movement Disorders & Deep Brain Stimulation; Assistant Professor of Neurology, Tufts University School of Medicine and Boston University School of Medicine

Do's and Don'ts for Caregivers

Wednesday, February 17 2:30–3:00 P.M.

Diagnosed with Parkinson's four years ago, Marilyn Neault, a Research Patient Advocate with the Parkinson's Foundation and former doctor of pediatric audiology at Children's Hospital, speaks about her experience and her do's and don'ts for caregivers.

My Dance With Parkinson's

Wednesday, March 17 2:30–3:00 P.M.

Stacey Lee, Founder of the Wellness Works Program: Managing Parkinson's Disease at Beth Israel Deaconess Medical Center (a Parkinson's Foundation Center of Excellence) and Harvard Medical School Instructor; diagnosed with Parkinson's almost 14 years ago. This program will be in a Q & A format.

Vaccine Day!



Top row, left to right: Executive Director **Carolyn Sandel** and Assistant Executive Director **Lance Chapman**; Receptionist **Ana Roman**; **Carolyn C.**; and **Mimi H.** Second row: **Martin C.**; **Marian M.**; Resident Care Associate **Gemma Gonzales**; **Ken S.**; and **Mira L.** Third row: Resident Care Associate **Oxane Leveque**; **Musia W.**; **Veronica D.**; and **Rosalyn G.**





Awakening

by Resident John Kaufman

Living at boarding school in Southern New Hampshire, we had long winters. The two lakes froze over early. Skaters returned to the dorm looking forward to cocoa and homemade cookies. Over on the ski hill, the rope tow was built around the chassis of an ancient Ford. As a result, it was the only ski tow with a reverse gear. Newcomers found themselves speeding downhill at quite a good clip.



There was always one day when you knew it was spring. It had nothing to do with the calendar. Snow could still be piled in drifts, yet there was something in the air. Soon the maples lining the circular drive began to bud. Melting icicles dropped off roofs with a crash. Horses became anxious to leave their stalls.

Days stretched into early evening. The setting sun bathed the distant hills in a golden glow. The ice on the lakes began to melt. One heard the unique sound of ice newly breaking. Birds again dotted the sky.

It's been a long time since I left New Hampshire, yet some things never change. I still don't bother consulting my calendar. When that certain day arrives, I'll know it. The first day of spring is unmistakable. There's something in the air.

ASSOCIATE PROFILE



Olmsted Resident Care Associate **Marie Sainfort** joined our Goddard staff in

September 2019 and has been a huge addition to the team ever since! Marie is always singing and dancing with the residents and making them smile. She says that her favorite part of working at Goddard House is being able to get to know and care for the residents who live here.

When she isn't working, Marie enjoys spending time cleaning her house and watching television. She also loves cooking for her family. Marie has two children, one son and a daughter, Rose, who works as a receptionist here at Goddard House.

Marie has added so much to our community and we are so happy to have someone like her caring for our residents!

-Olmsted Program Director Kristen Cipriano

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NEWSLETTER CONTRIBUTORS

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GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

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WWW.GODDARDHOUSE.ORG

Introducing

LIVING OUR SONG

A program for Goddard House residents offered by musician and neuroscientist Joshua Min

Tuesdays at 1:30 P.M.