



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

For the most up-to-date information on **visitation**, please refer to our website!

www.goddardhouse.org/visitor-guidelines

Thank you for your understanding!

GODDARD SUPPORT GROUPS

Transitions Group

For Goddard House family members who are coping with the death of a loved one. Meets monthly on the 3rd Thursday.

Caregiver Education and Support Group

This group welcomes Goddard House family members. Meets monthly on the 4th Wednesday.

The above groups meet with Barbara Moscovitz, MSW virtually via Zoom from 7:00–8:30 P.M. Please contact Director of Social Services Becca Mayfield at 617-731-8500, or rmayfield@goddardhouse.org for more info.

Olmsted Family Caregiver Group

This group welcomes Goddard House family members. Meets monthly on the first Tuesday from 6:30–7:30 P.M. on Zoom. Please contact Olmsted Program Director Kristen Cipriano at kcipriano@goddardhouse.org for more info.

RESIDENT PROFILE



Grace Manoogian has lived at Goddard House for the last few months. Born and raised in Boston, Grace worked as a surgical technician at various hospitals around Massachusetts. She even spent time working at a private practice for a plastic surgeon. Grace loved the hustle and bustle of the operating room and talked about her time working there

very fondly. One of her favorite parts of working at the hospital was being able to interact with the patients and being part of a team of great coworkers.

Grace is also very proud of her Armenian heritage! She has even taught some of our associates and residents how to do traditional Armenian dances. Growing up, she was very close to her mother and they spent time making different types of Armenian food. She especially liked to make fresh *dolma*, which is vegetables and rice wrapped in grape leaves.

In her free time, Grace enjoys chatting with her friends, attending programs, and reading. Her favorite thing to do, though, is spend time with her family.

We are so lucky to have such a special person here with us at Goddard!



Grace enjoys our Holiday Concert with Marie S.

-Olmsted Program Director Kristen Cipriano

Meet Our Lesley Interns!

by Community Art Therapist *Meredith Griffiths*

This fall, Goddard House welcomed three graduate level interns from Lesley University's Expressive Arts Therapy program: **Gabrielle**



Gabrielle with Marta G.

Lopez, Isabelle Olsson and Rachel Rogalski.

Gabrielle is a first-year intern who is specializing in Expressive Therapy, which means she works intermodally, incorporating two or more art forms in one experience. For example, you may see Gabrielle working with poetry and collage or movement

with visual art. For the holidays, Gabrielle collaborated with our musically talented residents to offer a time to sing holiday songs and carols together. She is hoping to explore more singing and music groups in the upcoming semester.

Isabelle is a second-year intern specializing in Art Therapy. In addition to participating in art groups here at Goddard House, Isabelle participates in our Opening Minds through Art (OMA) in the Community initiative on a weekly basis. In December she



Isabelle with Marta G.

began a Bookmaking group for our Traditional residents. In addition to teaching various


bookmaking techniques and skills, participants have the opportunity to fill the books they create with art, words, or anything else they can imagine.

Rachel is a first-year intern specializing in Art Therapy. You will often see her working in mediums such as chalk and oil pastels, or paint. She also enjoys learning about different artists



Rachel with Della M.

and exploring their various styles and techniques with the residents. In addition to co-leading our Open Studio groups, Rachel offers "mini-groups" and individual art making sessions to Olmsted residents two mornings each week. Rachel is looking forward to becoming

trained in OMA this month and creating multi-layered abstract art pieces with Olmsted residents through the program. 



Ornament making with Lesley interns and Sentinel volunteers

Parkinson's in Motion @ Goddard House



Goddard House residents and families are invited to participate in this new and innovative initiative at Goddard House! The programs take a holistic approach to address the very diverse experiences and symptoms of Parkinson's disease. Read here about our various programs, including movement and expressive therapies offerings, a classroom support group, and educational speakers!

For more information and to register for the programs, please contact Director of Community Partnerships **Christine Nagle** at 617-731-8500 x143 or cnagle@goddardhouse.org

Parkinson's Classroom Support Group

This group meets the first Wednesday of each month on Zoom from 2:15-3:30 P.M., offering educational topics, expert guest speakers, and the opportunity to connect with others.

Parkinson's in Motion is supported in part by a community grant from the Parkinson's Foundation



Living Musically through Parkinson's

Thursdays on Zoom from 4:00-5:00 P.M.



Uplift your body, your brain, and your mood with music therapist and neuroscientist **Joshua Min**, who 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 Artfully through Parkinson's

Mondays at Goddard House from 2:00-3:15 P.M.

Facilitated by Goddard House Art Therapist **Meredith Griffiths**, who specializes in empowering older adults to improve their quality of life through art. In this group, participants will explore various artistic mediums such as paint, clay, collage, and printmaking.



Tai Chi for Parkinson's

Tuesdays on Zoom from 9:30-10:30 A.M.



Enjoy weekly classes facilitated by **Ruth Schechter**, an experienced tai chi teacher for older adults and individuals living with Parkinson's.

Designed specifically to improve strength, balance, flexibility, mental focus, and emotional tranquility, tai chi has been proven to help minimize the symptoms of Parkinson's.

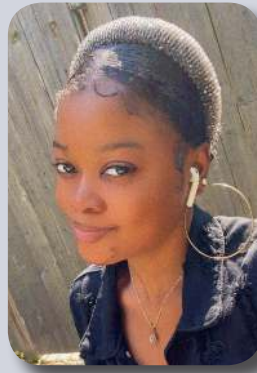




Holiday Fun!



Top row: Visiting with Santa (a.k.a. Director of Building & Grounds **Matt Morad**) are Assistant Executive Director **Lance Chapman**; Resident Care Associate **Marie Pierre**; and Olmsted Program Director **Kristen Cipriano**, Programming Assistant **Marie Jeanty**, and EnrichedLIFE Director **Rebecca Margolin**. Bottom row: Holiday art by **Ann Marie D.**, **Mimi H.**, and **Helen W.**



Reception and Dining Associate **Celena Laguerre** has been at Goddard for about a year. Born in Haiti, Celena came to the

US at age 13, and has since lived in New York (Staten Island), Florida, and Boston. If you know Celena, you know she also loves fashion and accessories! Celena is studying business operations, and hopes to one day open her own chain of salons. In her free time, she also enjoys drawing, decorating, and sleeping. Celena likes to cook as well, and her favorite dish to make is one of her own creation: a shrimp stew with fried plantains. Yum! Celena brings to Goddard her fun spirit and good attitude, ready to help residents and other associates. She loves everything about Goddard, and is especially enthusiastic about holidays and decorations. Celena, we are happy to have you at Goddard!

-EnrichedLIFE Director Rebecca Margolin

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NEWSLETTER CONTRIBUTORS

- Rebecca Margolin**
EnrichedLIFE Director
- Kristen Cipriano**
Olmsted Program Director
- Meredith Griffiths**
Community Art Therapist



GODDARD HOUSE

ASSISTED LIVING & MEMORY SUPPORT

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WWW.GODDARDHOUSE.ORG



MUSEUM TOUR

Left: Residents enjoyed a wonderful tour of the Isabella Stewart Gardner Museum!