



# Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

All visitors must first **check in** at the front desk for contact tracing purposes and **wear a mask** for your entire visit.

## GODDARD SUPPORT GROUPS

### Transitions Group

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

### Caregiver Education and Support Group

This group welcomes Goddard House family members. Meets monthly on the 4<sup>th</sup> 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](mailto: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 [kqipriano@goddardhouse.org](mailto:kcipriano@goddardhouse.org) for more info.

## RESIDENT PROFILE



*Marta pictured with a certificate of recognition from the City of Boston for her work with the Age Strong Commission*

**Marta Gredler** has been a resident of Goddard House since the summertime. Before coming to Goddard, Marta was very active in the Boston community. Her love of people led her to pursue ways in which she could broaden her horizons through working with others. Marta worked as an organizer within the Boston Public Schools, supporting students through collaborations with colleges and universities. She was also involved with the city of Boston’s Age Strong Commission, serving as an AmeriCorps Seniors volunteer. One of her favorite projects was leading

memory cafés, in particular on the topic of Elvis Presley. Marta appreciates working with other people, and was most recently involved in a meditation group. She especially enjoys art, dance, spending time outdoors and finding people with whom to share these joys. Family is also of great importance to Marta, and she feels happy to have a son who lives in the Boston area. Marta feels in the right place at Goddard, noting that associates in all departments are so compassionate and take pride in what they do. As she says, “It just works!” We know Marta for her friendly disposition, and can be sure to find her dancing wherever there is music!

*-EnrichedLIFE Director Rebecca Margolin*

## Gallery M Exhibit

by *Community Art Therapist Meredith Griffiths*

Beginning in 2011, Linde Eyster photographically documented the diversity of insects and spiders in her small Boston backyard. All images were captured using only natural light and a close-up (macro) lens. The insects were photographed wherever they were found—in their natural habitat, unrestrained and unharmed. By sharing some of her colorful and intriguing images, she hopes to encourage others to look more closely at nature and to enjoy the variety of insects and plants that can be found.

During a conversation with the artist, hosted over Zoom, Goddard House residents had the opportunity to meet Linde, hear about her background, and ask questions about her art and process. As a local artist, Linde is a member of the Hyde Park Art Association and the Boston Camera Club.

Linde had a career as a science teacher, teaching biology to high school students. This project began as a class assignment to get her students to spend time outside observing nature and to use their smartphone cameras to document what they saw. Part of her teaching philosophy is that the teacher should complete any homework assigned to students to get a good sense and understanding of the amount of time the assignment would require. So, she went out to her backyard to sit outside, observe nature and take photos herself.

Linde described the time spent outside as relaxing and meditative. On average she said she'd spend about a half an hour at a time observing her garden to get these shots.

With a background in biology, Linde understood that most insects have compound eyes, which have poor image resolution, but which do process movement. To refrain from disturbing

her subjects, rather than sitting completely still Linde would sway a bit to match the movement of the grass and leaves in the breeze around her, and to effectively blend in with her surroundings and remain undetected. Below, see the amazing array of photos from Linde's Goddard House exhibit, entitled, "Looking Closely: My Garden".



### Looking Closely: My Garden *photography by Linde Eyster*

Exhibit on display until February 6<sup>th</sup>  
at Goddard House Assisted Living



# Community Connections



Above: **Donald Chapelle**, founder of Brilliant Ice Sculpture, carved this beautiful sculpture entitled, “Peace and Love” in front of Goddard House while our residents watched the process from indoors!



Left: Resident **Sunil K.** is pictured with his son, **Sanjat Kanjilal, MD, MPH**, and his daughter-in-law, **Diane Kanjilal, FNP-BC**. Sanjat and Diane both work in Divisions of Infectious Disease—Sanjat at Brigham and Women’s and Diane at Mass General. They came to talk to our Goddard House residents about Omicron, and answered our many questions in an open forum-style conversation.



## Living Artfully with Parkinson’s

**Mondays from 2:00–3:15 P.M.  
on Zoom**

Join us for some artmaking fun in a welcoming, small-group setting and explore various artistic mediums such as paint, clay, collage and printmaking. This program is open to the public! Art materials for the program will be delivered weekly to participants.

For more information and to register, contact Director of Community Partnerships **Christine Nagle** at 617-731-8500 x143 or [cnagle@goddardhouse.org](mailto:cnagle@goddardhouse.org)

Living Artfully is part of the Parkinson’s in Motion @ Goddard House initiative.



Above: On January 21<sup>st</sup>, Goddard House Assistant Executive Director **Lance Chapman** and **Jamie Jensen** of Brookline Senior Center packed a little extra sweetness into their Grab & Go meals program for Brookline seniors. Jamie explained, “These lunches and desserts go over so well with our seniors here in Brookline.” Lance added, “We are thankful the Senior Center has allowed us to partner around the Grab & Go program. These efforts are important during these colder months when people are more isolated and may need help getting a nutritious meal.”





# Farm Friends!



Top row, left to right: **George C., Marie S., and Bob M.** Second row: **Helen W., Haidee F., and Grace M.** Third row: **Joan B., Mimi H., and Peggy M.** Bottom: **Theresa C.**

## ASSOCIATE PROFILE



Dining Associate **Junior Nadare** joined the Goddard House family back in August 2021. Junior explained that he truly loves helping people

and what better place to work and help people than serving delicious food to the residents of Goddard House? Junior loves to laugh and kid around, and describes himself as an outgoing jokester always on the look out for smiles of those around him! Junior's favorite thing about working here at Goddard House is the residents and his fellow associates. "Everyone here is so friendly and welcoming, and I look forward to coming to work every day to see them."

Junior was born and raised here in Boston. In his free time, he enjoys exercising and playing basketball or spending time with his family and friends. When asked what his favorite meal is, he pondered and said, "Mac and Cheese, definitely Mac and Cheese." Junior's vivacious personality and graciousness have added so many wonderful things to the dining experience here at Goddard House. We are so happy to have him here!

-Director of Social Services *Becca Mayfield*

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### NEWSLETTER CONTRIBUTORS

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Community Art Therapist



ASSISTED LIVING & MEMORY SUPPORT

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