



Goddard Times



GODDARD HOUSE

UPCOMING EVENTS

Pride Month at Goddard House!

Residents should check our June calendar of programs for event dates and times!

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



Margaret Fogel came to Goddard House in March, and has been enjoying her time here. Originally from the Bronx, New York, she has also lived in Rhode Island and finally settled in Brookline. One of Margaret's fondest childhood memories in New York is spending time with her grandparents.

Margaret also holds her parents close to her heart: her father was a WWII doctor, and her mother always instilled the value of a good education. Margaret became a psychologist and a psychoanalyst, and eventually had a practice on Beacon Street in Brookline. She reached a turning point in her career when she found herself having difficulty listening to and focusing on her patients, and felt that she was unable to do her best work serving her patients. She made the decision to retire and continue on to the next phase of life. At Goddard House, Margaret takes full advantage of the various programs offered, and has become a regular at many, including Open Art Studio, Jewelry Making and more. She is truly a people person, and her favorite aspect of Goddard is just that—the people! Margaret, we are happy to have you at Goddard!

-EnrichedLIFE Director Rebecca Margolin

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

Thank you!

Community Creations on Display May & June 2022

by Community Art Therapist **Meredith Griffiths**

This exhibit celebrates the work of 32 Goddard House residents from both our Traditional and Olmsted Communities. The art pieces were created in community with our 2021-2022 Lesley University Expressive Arts



Therapy Interns **Gabrielle Lopez, Isabelle Olsson, and Rachel Rogalski**. This exhibit also includes work made alongside **Chantal Cautley**, an undergraduate intern who is majoring in psychology at Lesley University.

The works that appear in this exhibition were created in a variety of group and individual settings. Artworks from our Open Studios and Opening Minds Through Art (OMA) programs are featured, along with Collage, and intern-run groups such as Express Yourself with Gabrielle and Rachel, and Book Making with Isabelle.

Our therapeutic art groups at Goddard House follow a client-centered, Art as Therapy approach. The emphasis is on the inherent value of the creative process. Art techniques and mediums are specifically chosen and adapted as needed to highlight the strengths of individual resident artists. All of our arts programs are designed to promote connection by creating together in community, and sharing the intrinsic joy of creation.

Each of the interns has shared a written reflection about their experiences here at Goddard House, which are displayed throughout the Gallery.



Internship Reflections

RACHEL ROGALSKI

“Creating art with these residents has shown me the amazing strength, knowledge, empathy and resilience that they hold with them, and I am very grateful to have witnessed this, even for a short time.”



Rachel with Mira L.



Isabelle with Marta G.

ISABELLE OLSSON

“In working with individual residents, there was a great deal of exploration, discovery, and humor in the artistic process that made each day a bit brighter. I am closing my time here forever inspired by the remarkable creative potential, willingness to try new things, and passion older adults bring to the creative process.”

GABRIELLE LOPEZ

I never fancied goodbyes. So instead, I will leave you with prose:

“Dance as though you are being carried by the wind.

Laugh with each line, curve, and freckle on your body.

Walk far and wide with every last crumb of your imagination.

Love to Love:

because endings are inevitable but your colors,

splattered on every canvas and living being,

are timeless.”



Gabrielle with Haidee F.



SUNSHINE & FLOWERS!



*Enjoying Flower Arranging are (clockwise, from bottom left) **Bob M.**; **Anne H.**, **Ann Marie D.**, **Jaci S.**, and **Carol A.**; and **Clementine B.***



*We took a trip to swissbäkers for some delicious treats!
Counterclockwise, from bottom right: **Jewel B.**; **George C.**, **Joan B.**, and **Jeanine M.**; **Anne G.** and **Etta E.***



Creativity

by Resident Musia Watkin

Creativity requires:

Inspiration

Imagination

Diligence

Perseverance

Affirmation

But how painstaking,
and elusive is this desire

Creating a work of art

Is a vessel that can spread,
Beauty, enjoyment, thoughtfulness,
And uplifting of the spirit.

Being creative you are lost
in a world of your own.

Being creative fulfills a need
to accomplish and attain,

Being creative you experience
a feeling of well-being,

Being creative you achieve a goal,

Being creative stimulates the mind,

Being creative instills pride,

Being creative heals the soul.



Mother's Day Social

ASSOCIATE PROFILE



Resident Care Associate Benera Reyes joined the Goddard House team in October of 2021. Originally from the Dominican Republic, Benera

worked as an elementary school teacher before moving to the United States. She started as a teacher's aide, and after nine years, Benera's passion for helping others led her to becoming a certified nursing assistant in 2012. Since then, Benera has not looked back! When asked about her role, Benera says that when she is helping residents, she focuses on treating her residents the way she would want someone to treat her own parents. Benera says helping others makes you feel full of love and compassion for those around you. Even when things feel hard, there are opportunities to help people and this is what Benera strives to do every day. As one of our beloved RCAs, Benera pours her heart into the work that she does. Outside of her time here at Goddard House, Benera loves to spend time shopping or going to the movies. Her favorite places to visit are Paris and London and her next destination is Istanbul! We love having Benera on our team and are so grateful for how much love she brings to our community!

*Some of the special Goddard House moms we celebrated on Mother's Day were (clockwise, from top left): **Joan W., Evie P., Trish M., and Mary K.***

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NEWSLETTER CONTRIBUTORS

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