



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

WEDNESDAY, DECEMBER 21

Family Night with Brass Quartet
outside in the Gazebo from 4:00-5:00 P.M.

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



If you stopped by Goddard House over the last month you probably had the chance to see the Opening Minds Through Art (OMA) exhibit in Gallery M. One of the many featured artists is **Marie Saulnier**.

Marie has been a resident of Goddard House for a few years now and

has always enjoyed participating in the various programs offered. Marie mentioned how she was never much of an artist, but after working with the OMA program, she has found a new hobby that she really loves!

Marie has always enjoyed getting involved with her community. Growing up in Salem, she attended the local schools before deciding on Curry College where she went on to earn her master's in education.

Marie says that she loved being a teacher and getting to know her students and their families. "It was a really nice time!" she adds. In addition to teaching, Marie also spent time as the president of the local quilting guild and loved to travel around the country. Here at Goddard, Marie is a constant source of smiles and laughter and she always knows what to say to make someone feel good. We are so lucky to have someone like Marie as part of our community.

"Color is fascinating. When you find it, it's so exciting!"

Marie, speaking about her OMA experience

-Olmsted Program Director Kristen Cipriano

Opening Minds Through Art

by Community Art Therapist *Meredith Griffiths*

Opening Minds through Art (OMA) is an art program that is founded on the principle that people who are living with dementia are highly capable of creative expression. The exhibition features multi-layered, abstract works of art in a variety of mediums created by 22 artists from our Olmsted community. Quotes from some of the artists are included in the exhibit to highlight the impact this program has on those who participate. The works on display were created in small group settings with individual support from Lesley University interns and/or Goddard House's community art therapist, adding social and intergenerational components to the art-making experience. Most of the artworks are available for purchase, and all proceeds support the OMA program. 🏔️



Special Delivery

by Resident *John Kaufman*



Occasionally one of my grandparents would mention that they had grown up in a different world than the current one. I recall thinking that was an exaggeration. These days, I'm not so sure.

My family lived in Forest Hills, a suburb of Queens, New York. Our house was on a circle along with eight other houses. Every night, after dinner, we raced outside to ride bicycles and explore the neighborhood. "Be sure to come home when the streetlights come on." Mom would say.

Never mind iPhones and computers. If one of us did something wrong, the news traveled "the mom network" with deadly speed and accuracy. By the time we came home, we'd been found guilty and were waiting for Dad to return from work. The anticipation was usually far worse than any punishment.

Each morning, the Dellwood Man would deliver milk, cottage cheese, cream and eggs. Our house had been constructed in the 30's. Built into the house, in the backyard by the gate, was what looked like a safe. Inside the kitchen, the milk box was under the counter. One could collect the daily dairy delivery without going outside. My cat, Tom, loved to curl up inside the box. When the hapless milkman arrived, Tom would spring out and we'd hear a crash!

Bread and donuts were delivered by The Dugan Man. The sound of chimes would bring kids sprinting to greet The Good Humor Man in his sparkling white truck. Occasionally, a knife sharpener would trundle around the circle pulling his cart.

These days, I sometimes catch myself thinking about the vastly different world in which I grew up. Grandpa and Grandma knew what they were talking about.

The Garden of Well-Being



by Resident
**Musia
Watkin,**
September
2022

The gentle breeze
persuades the shady trees
To nod a greeting
An invitation
A welcome
To this luscious vibrant garden

Of reds and blues
Tangerines and golds
Purples and pinks
Lavenders and greens
Virgin whites and yellows
all standing proudly
Displaying their beauty
Their elegance
Their perfume
Their superiority.

The birds in conference
converse lustily
Voice their opinions
In no uncertain terms
Making sure to be included
To be heard
To be counted

The energetic workaholic bees
Obstreperous as always
Attack the abundant pollen
With ferocity determination and zest
Regardless of all and sundry

The butterflies flit from flower to
flower.
Unashamedly dance and preen.
enjoying the limelight.
The praise.
The competition.
While disguising their avid
search for nectar.

The ants scurry along.
In regimental fashion
In strict formation.
Ignoring all trespassers.
Patiently bearing abundant supplies.
For their hungry community

The sneaky sly greedy squirrels.
Evading all obstacles
scoop up leftovers.
fiercely hide their find.
To be stored away for the winter.

The small frightened chipmunks
in search for concealed sustenance.
Run for their lives.
To hide in the undergrowth.
As though pursued by predators.

While the cheeky rabbits
munch unperturbed.
With utter enjoyment and unconcern.
On any succulent greens.

This garden
Embellished with wondrous hues.
Alive and busy.
A hive of activity.
Everyone attending to business.
Is a haven
For well being
For balm.
For meditation.
For tranquility.
For peace.
It speaks to the soul.

Honoring History

Left: On Veterans Day we recognized Goddard heroes **Nicholas F., Eli G., Richard M., Robert M., Richard M., Gerald P., and Perry W.** (all US Army), **David R.** (US Coast Guard), and **Michael S.** (US Army Air Corps). We also remembered veterans we lost this past year: **Howard B.** (US Navy) and **Robert M.** (US Public Health Service). Right: Concord playwrights **Amy Cole** and **Stefanie Cloutier** have created an intimate living history performance that brings the Alcott siblings to life, sharing the stories behind *Little Women*, the well-known novel by Louisa May Alcott. They visited Goddard House and put on a wonderful interactive show!





Around the Goddard Community



Above: Thanksgiving in our Olmsted community. Clockwise, from top left: Marie S., Peggy M., Martin C., and Kit W.; Steve N.; Sally C., Laura C., and Susan F.; Clementine B. and Bob M.



Flower Arranging with (left to right) Marta G., Frances M., and Sylvia M.

ASSOCIATE PROFILE



Director of Dining Experience
Marcello Cardona has been at Goddard House since September, and brings a creative

flair and passion for cooking. He first discovered this in a cooking class in junior high, when he unintentionally won an award for cooking a delicious filet mignon! He next trained at Sal's, a family-owned restaurant in Waltham, and continued to grow his culinary skills in a range of settings from hotels to a nightclub. One of Marcello's favorite experiences is being selected by David Ortiz (go Red Sox!) out of a group of chefs competing for head chef at Big Papi's Grill. After that, Marcello pursued nursing home positions, motivated by seeing his grandmother move into one. There, his passion for cooking grew more. Continuing to give back and show respect for older adults, he then worked at Benchmark Assisted Living for the past six years. Marcello enjoys both teaching and learning, particularly learning to cook from many cultures including Indian, Haitian, French, Italian, Armenian, and Argentinian. When not cooking, Marcello spends time with his five children and with his other passion: sports cars. Marcello, we are glad to have you at Goddard and look forward to trying more of your cooking!

*-EnrichedLIFE Director
Rebecca Margolin*

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NEWSLETTER CONTRIBUTORS

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ASSISTED LIVING & MEMORY SUPPORT

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