



May 2023



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

GODDARD HOUSE 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



Ellen Green was born in New York City, but has spent time living in many different and interesting places before joining us in our Olmsted Neighborhood back in February of this year. Though she has only been a resident at

Goddard House for a few months, she has already dived into the art and

music programs offered here. However, this is nothing new for Ellen, as much of her life has been dedicated to music and the arts. Whether she was living in New York, Ohio, California, or even Paris, her connection with music was always extremely important to her. As a teenager, Ellen began studying classical voice and even trained with professional opera singers and conductors. As an adult, she brought music to her community and would assist with putting on town musicals, organizing choir groups and would play the guitar at her children's school. Of all of her achievements, however, Ellen would say her biggest was raising her children, which she says has been her greatest joy in life.

Here at Goddard, Ellen continues her passion for music. She is often seen front and center in our music programs and leads the group in singing along to different songs. She has also found a new passion for the arts by participating in our Open Studio and OMA art programs. Ellen is such a warm and friendly person who will welcome you with open arms and a huge smile, so stop by Olmsted and say hello!

-Olmsted Program Director Kristen Cipriano

Thank You, Interns!

by *Community Art Therapist Meredith Griffith*

We've loved having **Noelle LeBlanc** and **Kate Hunter** join us as our art therapy interns this year! In addition to assisting with Opening Minds Through Art (OMA) sessions, supporting our existing art programs, and running their own art groups, they've each brought unique perspectives and opportunities to our residents.

Kate created a storytelling and reminiscing group for the residents of Olmsted, based on the photoblog, *Humans of New York*. Each week, the group would look at portraits and read interviews collected on the streets of New York City, learning about the lives of people from a diverse range of backgrounds, which sparked memories and inspired reflection on their own experiences.



*Lesley University Art Therapy Interns **Noelle LeBlanc** (left) and **Kate Hunter** (right)*

Learning about our residents' life stories—and what brought them to the Goddard House community—inspired Noelle's thesis project, *Caring for Former Caretakers: Utilizing Collage to Explore Transition*. For this project, Noelle developed a series of art-making prompts that examine the various roles and transitions people experience throughout the lifespan. She worked one-on-one with several of our traditional assisted living residents using images and words to create pieces that explore these themes. By using collage, Noelle ensured that this project would be accessible to all, regardless of prior art experience.

Both Kate and Noelle bring such positive energy and boundless creativity; we will miss them! 🏔️

"I am so grateful to have had the opportunity to be a part of this community. During my time here, I have met so many



wonderful people, created art alongside residents, and heard incredible stories. I have especially enjoyed taking trips with residents to the MFA and trying new things like QiGong! Each week I have looked forward to coming to Goddard House and I'll take all of the happy memories with me."

-**Noelle LeBlanc** (pictured above with Linda S. during an OMA session)



"My time at Goddard House has been so special to me. I have had opportunities to grow and learn from both the staff

and the residents. What will stay with me the most is the genuine care and interest the residents have in the interns. They always ask us questions and make sure we know how much they value us and the activities we bring to the community. I hope the residents know that the feeling is mutual. I am so grateful that they made space for us in their home and that I could share a moment of their life with them."

-**Kate Hunter** (pictured above with Marie S. during an OMA session)



Chapel Hill Goddard Happenings



Bernice S., Isabel W., and Jeanine M. have coffee and play chess with members of Brookline High School's SASC (Senior and Student Community club)

Right: We took a lunch trip to Corrib Irish Pub in Brighton!

Top: Jewel B., Joan B., George C., and Sylvia M.; bottom: Nancy K. and Barbie B. Below: Marta G. and Helen W. (left) and Laurie L. (right) during Open Studio



Changes

by Resident John Kaufman

There was always one day when you just knew it. It didn't have anything to do with the actual temperature or specific date. Somehow winter was over and the air was filled with the promise of spring. Trees were budding, streams began to flow and the last bits of snow left the shadows.



The teachers at our boarding school had trouble rounding students up for class. We'd much rather be exploring the woods, fishing in the Upper Lake or working on the farm. Riding the trails, our horses tossed their heads and were obviously eager for a good gallop.

Back then, spring in New England was a seasonal celebration. Here were a few months with a character all their own. Time to sleep with the windows open, enjoy coffee on the front porch and go for long walks in woods alive with green.

These days, we seem to move from the chill of winter right into the heat of summer. While I look forward to warm days, I miss the in between seasons. There was always one morning when we somehow knew a change had happened overnight. I treasure memories of that amazing moment.





Getting Outdoors!



*Left: The Green City Growers staff attended Dementia Friendly Experience hosted by Assistant Executive Director **Lance Chapman**, Olmsted Program Director **Kristen Cipriano**, and Community Art Therapist **Meredith Griffiths***



*Above, top row: **Mary F.** and **Grace M.** visiting our chickens; **Grace M.**, **Mary F.**,*



*and **Peggy M.** enjoying a beautiful day! Bottom row: a trip to the Arnold Arboretum was greatly enjoyed by **Marta G.** and **Ellen G.** (left) and **Karen M.**, **Joel K.**, and **Mimi H.** (right)*

ASSOCIATE PROFILE



Chrishawna Johnson has been a member of the Front Desk team since December 2022, working on Fridays and weekends. She has already connected with many residents, and is always willing to help out. Chrishawna was born and raised in Houston, Texas, and is currently a junior at Boston College. Her long-term career goal is to become a physician's assistant, and she is majoring in biology with a concentration in physiology.

Outside of her studies, Chrishawna is passionate about her participation in extracurricular activities. She engages in anti-racist advocacy on campus and is the Student Assembly representative for the AHANA+ (African, Hispanic, Asian & Native American) Leadership Council, for which she is policy coordinator. The group recently hosted Showdown, an annual dance competition attended by 5,400 people and featuring 17 dance teams from all over campus with a range of genres and cultures. Chrishawna even appeared on stage in a skit, parodying dance competitions, though she has "two left feet" and prefers to work out at the gym. Another fun fact about Chrishawna is that she studied abroad in France!

Chrishawna enjoys the sense of community at Goddard and loves that the associates care for the residents and each other. She feels like the work is meaningful, the first time she has felt this from a part-time job. Chrishawna, we are glad to have you at Goddard!

-EnrichedLIFE Director Rebecca Margolin

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NEWSLETTER CONTRIBUTORS

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