



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



Susan Fisher is a self-described “bookish” person who has always been interested in words. Born in northern England, she attended the University of Leeds and became an elementary school teacher. Susan, always adventurous, hitchhiked with a friend through southern

France, which led her to a position teaching at the American Naval Dependents’ School between Nice and Villefranche. She enjoyed the beauty of the coast, independence, and the challenge of learning a new language. There, Susan met her first husband, an American, and moved with him to New York City. After getting over the initial culture shock, Susan grew to love NYC, living there, and briefly in New Jersey to raise her children, until she moved to Goddard in January. She eventually became burnt out teaching, and shifted to a new stimulating environment and gratifying career as a production editor for Prentice Hall. Having been divorced for eight years, Susan placed a personal ad in the *New York Review of Books* seeking a “bookish” man. After a few complete duds, Murray responded, and following a letter, phone call and a dinner date, he proposed! They have been together for 38 years. Susan loves nature, which has inspired many of her paintings and most recently, poetry (*featured on page 3 of this newsletter*). She is most proud of her 25-year career in publishing, as well as of her son, daughter and five grandchildren. Susan, we are glad to have you at Goddard House and look forward to getting to know you further!

-EnrichedLIFE Director Rebecca Margolin

Meet the Interns

by *Community Art Therapist Meredith Griffiths*

This fall, Goddard House welcomed interns **Elise Leinaweaver** and **Reema Rustom** from Lesley University's Master's Level Expressive Arts Therapy Program. The first several weeks of their internship have been spent learning about our community by joining in programs and visiting one-on-one with residents. Both Elise and Reema have also completed training in our Opening Minds through Art Program and have enjoyed the opportunity to assist our Olmsted resident artists in OMA art-making sessions.



Intern Elise Leinaweaver making art with Barbie B.

Elise is a first-year intern specializing in Art Therapy. She is originally from Cambridge, but spent a majority of her childhood in northern New Jersey before moving back to Cambridge to study at Lesley for her

undergraduate and graduate degrees. Elise has been trained in the fine arts, specifically in different kinds of painting, and loves to create big, expressive pieces. Her art practice also includes crafty mediums such as found objects, embroidery, and sewing. In addition

to the arts, Elise enjoys practicing yoga, meditation, baking, and gardening. She is excited to be at Goddard House this year and is eager to explore a variety of art making with the residents.

Reema is a first-year intern specializing in Expressive Arts Therapy, which involves incorporating two or more art forms in one experience. She is from Chicago and moved to Boston for her studies. She enjoys focusing on visual arts and writing, which are her favorite art forms. Outside of her arts practice, Reema enjoys cooking, especially learning to prepare dishes from various cultures. At Goddard House, Reema is learning more about how to integrate visual arts with the residents through our OMA program and she's looking forward to exploring modalities such as poetry and movement as well.



Intern Reema Rustom making art with Maureen G.

Currently Elise and Reema are leading weekly arts groups in our Olmsted community, as well as a morning chat group for Traditional residents. You may also see them co-leading some of our Open Studio programs, or meeting with residents for individual art making sessions. We can't wait to see what we create! 🏞️

Our Overnight Team!

At Goddard we are fortunate to have compassionate and dedicated associates in every department. From Housekeeping and Building & Grounds to Dining to Wellness to Programming, each associate brings valuable qualities to the community. Your care and dedication are truly appreciated! We would like to highlight our Overnight Team, who, although many of us do not see and maybe have never even met, are an important constant in our community. This vigilant group of Resident Care Associates are here each night from 11:00 P.M. to 7:30 A.M., keeping a watchful eye over Goddard House.

Our Amazing Overnight Resident Care Associates:

Sabina Aneke	Teresa Jones
Findia Simon Cafay	Minerve Presume
Myrlande Delva	Musa Sanor
Carline Derosier	Noadia Virgile
Ophelia Freeman	Daphne Walton
Lissa Jaques (<i>Overnight Lead</i>)	Valerie Wilson

Thank you for being the night owls who make an impact!

Creative Expression at Goddard!

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. Since 2016, the OMA Program



Comets Coming Through a Red Sky at Evening, by Helen W.

has been proudly practiced at Goddard House, culminating in an annual exhibition and art sale. This year's exhibition, which will be on view in Gallery M through December 17, features works by 24 artists from our Olmsted community. All of the art pieces have been created through use of a variety of mediums and techniques. Most are available for purchase, and all proceeds from the show support the OMA program.



Pennies from Heaven, by Peggy M.

Snowdrift

by Resident **John Kaufman**

1950's. At home in Forest Hills, NY, the Christmas tree filled the living room with reflections of its multi-colored twinkling lights. Dad stirred the embers as the toasty scent of roasted chestnuts wafted through the house. Meanwhile, on the enclosed porch, the menorah's warm glow bathed the front walk in a welcoming luminescence.

1980's. On the other coast, Mom and I jostled for space as the Hollywood Christmas Parade made its way down the broad boulevard. The final float was always Santa; this year accompanied by Roy Rogers and Dale Evans riding alongside. Despite the warm weather and lack of snow, the spirit of the season called for hot cocoa and marshmallows once we returned home to sit by the tree. The lights of the city glistened far below.

1960's. After hitching our white horses; Flash and Silver, to the large red sleigh, we'd glide down the front oval. Stopping at each maple tree, we'd carefully remove the tin buckets, heavy with sap, which we'd pour into the tank that filled the bed. Late nights, we'd join Mr. Sullivan in the half-ruined sap house by the stream. The sound of the crackling fire was joined by that of the rushing current. Stars shone brightly in the crisp, New Hampshire sky.

Gazebo Mornings, October

A collection of Haikus by Resident Susan Fisher

Golden leaves swirled down
From the honey locust trees
As the breeze quickened

The screeching flock dove
Into the hydrangea bush
Sudden silence fell

Purple flowers lie
Scattered on the damp brown earth
Red dogwood fruit hangs

Bird chirped in my ear
My what a beautiful day
Sure is Bird said I

Nature has turned brown
Yellow-brown, pink-brown, green-brown,
Yet the rose is red

In glowering green
Trees await transformation
The jolt of orange

Sunrise over roof
From zillions of miles off
The rays warm my face

Bluebirds loudly splash
In the gutter under the eave
I want to join them

Trees are orange now
Color stealthily crept in
They glow not glower

The loud chorus in
The bush falls suddenly still
But who gave the cue?





Goddard Happenings

ASSOCIATE PROFILE



Hello! I am Resident Care Director **Julia Seifert**. Growing up I was influenced by the humanitarian actions of my grandparents and mother. I was taught at a

young age of the importance of community, collaboration and contribution. I have always taken pride in creating positive change and generating momentum towards individual causes. In my youth I was recognized for community service excellence. I have continued to live in alignment with my family's implied mission.

Today I am a Licensed Practical Nurse with nearly 10 years of professional experience in senior living. I spent the early years of my career in skilled nursing and quickly found my place in care coordination and management. Although it was a difficult decision to move away from the skilled care world that I was used to, the Assisted Living model for aging adults aligned more clearly with my passions. I enjoy helping others set and achieve their goals and look forward to working in an environment that fosters creativity, individuality and progress.

In my free time I enjoy spending time with my close friends and family, including my fur babies, Oliver and Penny. I appreciate a combination of time for myself as well as time with others. In my alone time I like to read, create, learn and practice mindfulness. In my time with others I enjoy a multitude of activities ranging from playing games like chess or video games, to active engagement including dancing, golfing and skiing. I am open to learning and trying new things including foods from different cultures and I have had many incredible experiences in travel, most recently in Hawaii.



*Clockwise, from above: Executive Director **News-Johanne Marcellus** and Assistant Executive Director **Lance Chapman** offer some words at our Veterans Day flag raising; **Sylvia M., Vivian F., George C., and Rick M.** enjoy lunch at the Corrib Pub in Brighton; **Wendy R.** at the Larz Anderson Auto Museum*



*A trip to Allendale Farm! Left: **Jaci S., Peggy M., Mimi H., and Sue D.**; right: **Grace M.***

Volume 11 No. 12—
December 2023

NEWSLETTER CONTRIBUTORS

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