



December 2024

Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

Goddard House Holiday Festival

Thursday December 19th

2:00–4:30 P.M.

2:00 P.M.—Visit the Donut Truck!

2:30 P.M.—Craft Table & Fair

3:30 P.M.—Winiker Brothers Music

All events will take place on the first floor
of Goddard House.

Families are invited to join in the fun!



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](mailto:kcipriano@goddardhouse.org) for more information.

RESIDENT PROFILE



Myrna Balk was born in St. Louis, Missouri. Her mother immigrated from Russia/Poland and her father was rooted in the St. Louis Jewish community. From them she learned the mindset of believing in herself and getting things done. Myrna was inspired

by her father, who ran a newspaper route and motivated his employees to succeed in school by rewarding them with a new suit after graduating high school.

Myrna attended the University of Iowa. Discouraged by the administration not allowing her to room with a foreign student, she ran and was elected for student government, and introduced reforms, including nondiscrimination clauses. She went on to be accepted into the social work program at Case Western Reserve on the basis of her political activity. She held several roles in the social work field, including in New York working with mothers with incarcerated children, and in Kathmandu where she acquired donations of social work books for schools there. Myrna was drawn to Boston State Hospital after reading an article about the director, whose approach aligned with hers. Myrna is an artist, creating political art exploring issues of sex trafficking and discrimination which she was invited to show at the UN.

She has two wonderful children, with whom she appreciates having regular contact, and is a proud grandmother! Myrna values making people feel welcomed, and forming new friendships. Myrna, we're glad to have your warm, outgoing personality at Goddard House!


-EnrichedLIFE Director Rebecca Margolin

GHCI and SpeakEasy Stage Company Spotlight Arts, Wellness, and Connection with OMA Artwork

by Director of Community Partnerships **Christine Nagle**

Goddard House Community Initiatives (GHCI) teamed up with SpeakEasy Stage Company for an interactive panel discussion, *Artmaking and Well-Being: The Benefits of Art on the Mind & Body*, following the East Coast premiere of Pulitzer Prize-nominated playwright Steven Drukman's *Pru Payne* on November 10 at the Calderwood Pavilion, Boston Center for the Arts.

The play, which delves into love, memory loss, and the resilience of human connection, set the stage for an engaging exploration of the therapeutic power of how engaging in the arts fosters connection and well-being. Artwork created during GHCI's Opening Minds through Art (OMA) programs was featured at the theater throughout the play's six-week run.

Goddard House Community Initiatives (GHCI) was created to share Goddard House's creative energy, bringing the joy and fellowship of the arts to older adults in the Boston community. 



Left: Panelists (left to right): GHCI Student Interns **Vu Do** and **Naomi Obenhaus**; Director of Community Partnerships **Christine Nagle**; and

GHCI teaching artists **Ginny Mazur**, **Laura Newbold**, and **Silvina Ibanez**, flanked by artwork created in GHCI-facilitated OMA programs. Right: GHCI Student Intern **Beverly Hsu**; **Christine**; GHCI Volunteers **Lisa King** and **Marge David**; **Ginny** and **Laura**; and SpeakEasy Artistic Fellow **Sara Gorelkin**, next to artwork created in GHCI-facilitated OMA programs.



A Haiku

by Resident
Herbert Krohn

Crimson toad stools
burst from the rot.
Such proud poison!

Chill

by Resident **John Kaufman**

Winter in New England arrives one morning. All of a sudden, the air has a crisp snap. Upon awakening, one realizes it's no longer fall. The sharp crunch of leaves underfoot has been replaced by the icy crackle of frosted sidewalks. Clouds are glimpsed with every exhaled breath. There is matchless pleasure in a mug of hot cocoa sipped while sitting by the glowing fireplace on a December evening.

On icy winter nights, memories make an often welcome return. One evening long ago, I was eating dinner in our dining room when I noticed something strange. The Christmas tree, which reached the 14-foot living room ceiling, was gently swaying back and forth. Along with ornaments and lights, Tom, our orange and white cat, was clinging to an upper branch. Quickly gaining the kitchen step ladder, I gently removed the feline from the evergreen.

At boarding school, sparks rose into the inky winter sky. We sat in a half circle by the ancient stove in the half-ruined sap house on the banks of the nearly frozen stream. There's no match for the flavor of recently gathered maple sap poured over a bowl of frosty, newly fallen snow.

These days, I'm pleased to remain indoors, away from the seasonal chill. Frosty winter evenings are often filled with dreams of times long passed. Winter in New England casts its own unique spell.

Moonglow Over Goddard House

by Resident **Musia Watkin**

On a velvet night in Spring
This golden boy
Came to Goddard House on a wing
And then he came on several nights.

He glitters and shines
And enfolds us in his radiance and glow
He disperses the heaviness in our soul
He lightens our spirits
He makes us feel happy and free
And as we bask in his glow and warmth
We feel connected to every one
Who is touched by his light.

And then he disappeared
Regretfully we saw him go
But he promised to return
We know he will

So now we eagerly await this golden boy
Who gladdens our hearts
And who spreads his brightest light on
Goddard House.



Above: Dancing in Palm Court to the
Winiker Brothers Music

Goddard House 175th Anniversary

This month, we bring you a few additional photos from our 175th Anniversary celebration in October, and the poem read by Goddard House Resident **Musia Watkin** to commemorate this special occasion!



Above, left: **Betty A.** with her family and Goddard House Board Chair **Alexandra Schweitzer**. Right: Executive Director **News-Johanne Marcellus**, State Rep **Tommy Vitolo**, President & CEO **Candace Cramer**, and Resident Care Associate **Ruth Porter** pose with the citation recognizing Goddard House associates



Above, left: **Bo and Bill Winiker** of Winiker Music; right: **Jewel B.**, **Priscilla G.**, and **Connie K.**



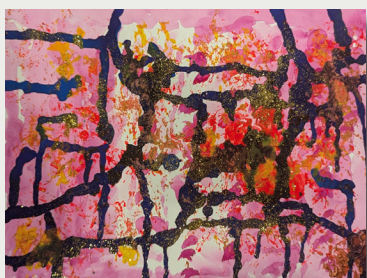
Left: Goddard House President & CEO **Candace Cramer** with past and present Board Members





OMA Virtual Show

Nine pieces by eight Goddard House residents have been selected to appear in the Second Annual Opening Minds Through Art (OMA) virtual show. The show is put together by the founders of OMA at the Scripps Gerontology Center at the University of Miami in Ohio. This is an international juried show, and the featured pieces were selected out of over 400 total submissions! Congratulations to the artists pictured below! Not pictured: Grace M.



Top row, left to right: Mimi H. and Carol S.; “Everything” by Mimi H.; Barbie B. and Linda S. Bottom row: Judy W. and Marie S.; Sue D., Peggy M., and Bill E.

ASSOCIATE PROFILE



Olmsted Nurse Manager **Sherley Belizaire** began working at Goddard House in November, bringing with her nearly 20 years of experience in the healthcare field. Over the years, she has worked across a variety of settings including psychiatry, dialysis, hospitals, long-term care and community health centers but it was her passion for working with seniors that truly stood out. After hearing a commercial on NPR and exploring Goddard House’s website, she knew the organization’s philosophy aligned with her own values and vision, making it the perfect place to continue her career.

Outside of her professional life, Sherley is an avid jogger who has completed four marathons. She also enjoys spending time outdoors hiking, cooking, and dancing Latin styles, particularly Bachata.

Sherley is excited to be part of the Goddard House family, where she is committed to enhancing the lives of seniors through compassionate care and a strong team approach. We are lucky to have her as part of our team!

-Olmsted Program Director Kristen Cipriano

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NEWSLETTER CONTRIBUTORS

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EnrichedLIFE Director

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Christine Nagle
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**Herbert Krohn, John Kaufman
& Musia Watkin**
Resident Authors



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VETERANS DAY



*Pinning Ceremony with Assistant Executive Director **Lance Chapman** and **Mikala Viscariello** of Good Shepherd Community Care*