



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

GROUPS AT GODDARD HOUSE

Olmsted Family Caregiver Group

*This group is open to all Goddard House resident family members. This is a welcoming environment for families to discuss shared experiences and offer mutual support. Meets monthly on the **second Tuesday** from 6:30-7:30 P.M. on Zoom. Please contact Olmsted Program Director Kristen Cipriano at kcipriano@goddardhouse.org for more information.*



Courageous Conversations Café

Thursday, February 26
from 4:00-5:00 P.M.

This interactive session, presented in conjunction with Good Shepherd Community Care, creates a safe and welcoming space to explore topics of death, dying, and bereavement through open dialogue, shared stories, and guided reflection. Seating is limited. RSVP to Lance Chapman at lchapman@goddardhouse.org.

RESIDENT PROFILE



A life-long resident of Boston, **Josephine Umbro** had a fulfilling career as the branch manager of the Bank of America in Newton Center. She fondly recalls enjoying every aspect of the job, especially the community she built with customers and employees. Josephine's career path began in high school, when she was recruited to work in an office in Boston's John Hancock building.

Josephine reminisces about her childhood in the West End of Boston, where she would get together with the neighborhood kids for hopscotch and jump rope and generally making their own fun.

She met her husband Frank through friends, and has many happy memories of dancing together at the Totem Pole Ballroom. Josephine and Frank settled in Roslindale, where they raised their two children, Lisa and Michael. One of her favorite memories is a weeks-long trip with Frank to Italy, visiting the places where his parents and her grandparents were born.

Josephine says that Goddard House feels like home. She approaches each day as an opportunity to connect with others and enjoy experiences. Josephine, thank you for sharing your warm and welcoming personality with the Goddard House community!

-EnrichedLIFE Director Rebecca Margolin

Jazz Poet Elizabeth McKim Returns to Goddard House

by *EnrichedLIFE* Director **Rebecca Margolin**

Known as the Jazz Poet of Lynn and the Unofficial poet laureate of Lynn, **Elizabeth McKim** is a celebrated sound poet. Last month she visited Goddard House to give an interactive performance of her poetry. Residents gathered in a circle around McKim, who shared her poetry through her voice, creative movement, and instruments. She was joined by the musical improvisation of Goddard House resident **Dr. Herbert Krohn** on harmonica and bongos, and their long-time friend **Dennis Livingston** on flute. McKim has been dedicated to bringing poetry to many populations, including through her work as faculty of the European Graduate School of Expressive Therapies and of Lesley University. Through Lesley, McKim shared with teachers throughout the USA techniques to enrich their curriculum with poetry. Her visit to Goddard House reminded us of the beauty of creative expression. A sincere thank you to Dr. Herbert Krohn for organizing this program! 🏔️



Above: **Elizabeth McKim**; **Dennis Livingston** on flute; **Herbert Krohn** on harmonica and bongos; **Barbara F.** and **Dolores N.** look on; right: at the poetry reading



Chef's Corner!

Take a peek inside our kitchen! The Dining team made *empanadas* from scratch as part of our “Grab Your Passport! Destination: Argentina” program. These flaky treats with spicy ground beef were delicious!



Right: **Director of Dining Experience David Orendorf**



Left: **Sous Chef Eleuterio Hernandez Perez**

Right: **Cook Jean Baptiste**





NAOMI WILSEY

WATERCOLORS AND SUMI-E

on display

January 28–March 2, 2026

Naomi Wilsey, a working artist and art teacher for over 30 years, paints primarily in watercolors. Her subject matter from nature includes landscape, still life, and florals. In addition to traditional watercolors, she also



paints in the manner of Japanese brush painting called “sumi-e.” Her work background includes art education, graphic design, and marketing. She is a resident of Needham where she paints and teaches art in her home

studio. Her award-winning work has been shown in national and local exhibits.



Spring Comes to Tonawanda Street

by Resident *Sandra Kohler*

Here on Tonawanda Street, the drunk mechanic’s wife is launching rafts of pansies. In other yards, tulips’ scarlet and gold,

azalea’s coral bursts, columbine, creamy white rhododendron, creeping phlox, scent of dogwood, drifts of lilac. Gingkos leafing

out: pale green fans, butterflies. Beneath them, my dog, ball in his mouth, rolls in the new grass. We start our walk in air

that feels like rain but isn’t, all imminence, held breathy hush, a medium for growth. Tonawanda, Waldeck; a few blocks further,

on Tremlett Street, the big neglected yards surrounding big neglected houses, stands of wisteria clinging to porches, roofs, tall old

lilacs reaching the second floor bedrooms, where sleeping, you’d wake to their scent, look out onto grass shadowed by seablu

swathes of grape hyacinth, clumps of white star of Bethlehem springing up along verges, rhododendron’s tropical abandon screened

by sprawling forsythia. A yard where in one corner a skinny white magnolia, like the shyest girl, breaks into blossom.



Sandra will be giving a poetry reading entitled, “Love Poems” on Wednesday, February 11 at 3:00 P.M. at Goddard House.

She has taught extensively at levels from elementary to university, and her poetry has appeared in numerous publications.





Around Goddard



*Open Studio is a weekly program designed to bring out the artist within each participant, regardless of artistic background or ability. Here, residents create art using tree bark! Left to right: **Maureen S.** and daughter **Colleen**; **Myrna B.** and Art Therapist **Meredith Griffiths**; **Peggy P.** and **Myrna B.***



*As part of our “Grab Your Passport! Destination: Argentina” program, we created art inspired by the colorful buildings of Buenos Aires! Left: **Lanny J., Roberta S., Carol S., Ivy L., Peggy M., and Bill E.** Right: some of our pieces!*

ASSOCIATE PROFILE



Meet Community Relations Associate **Alicia Bach!** Born and raised in sunny Boca Raton, Florida, Alicia moved to

Boston last August, and joined the front desk team at Goddard House soon after. She is studying Neuroscience at Boston University, and eventually plans to attend medical school. Alicia’s biggest motivator in coming to New England was to live in a place that snows, though she will always have a fond place in her heart for the beach, which she describes as free, beautiful, salty, and warm.

In addition to enjoying bonfires on the beach or building igloos in the snow, Alicia loves to play chess, and to explore origins through reading and writing, especially poetry. She has been writing since middle school, and almost majored in English! Alicia truly appreciates working at Goddard House, where she is always ready to listen and get to know the residents, and to help out as best as she can. We are so glad to have her on the team!

-EnrichedLIFE Director Rebecca Margolin

HAPPY BDAY!



Harry K. celebrates his birthday (and Groundhog Day!) with Olmsted

*Program Director **Kristen Cipriano** and EnrichedLIFE Director **Rebecca Margolin***

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GODDARD HOUSE

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