



Goddard Times

GODDARD HOUSE

UPCOMING EVENTS

Olmsted Family Caregiver Group

Join us to discuss shared experiences and offer mutual support. We will meet on **Tuesday, June 9** from 6:30–7:30 P.M. on Zoom. Please contact Olmsted Program Director Kristen Cipriano at kcipriano@goddardhouse.org for more information. *This group is open to all resident family members*

Celebrating Pride Month!

Flag Raising

Tuesday, June 2 at 2:00 P.M.

Speaker Lori Singer, CEO of Ethos

LGBTQ Film Fest

Thursdays at 6:45 P.M.

Curated by John K., Goddard resident

Speaker Panel with SpeakOUT Boston

Thursday, June 11 at 3:00 P.M.

Pride Party

Tuesday, June 30 at 3:00 P.M.

Music with DJ George

RSVP to rmargolin@goddardhouse.org

RESIDENT PROFILE



Raised in Rhode Island along with her six siblings, **Lois Hall** loved growing up in a big family. She recalls that there was always something to do, and maintains her appreciation for games, family time and social get-togethers. She came to Boston for her first publishing job, working for Little, Brown and

Company in their medical division. Lois moved to New Hampshire and started her own editorial business, which she maintained for 50 years, expanding beyond medical texts to include academic publishings and novels. In fact, she still freelances! Her favorite part about her career is working with words and reading all day.

Lois has also travelled widely, and is an avid reader. She enjoys hand crafts such as sewing, quilting, embroidery, and crochet. A lifelong hobby of Lois's has been singing, and she has participated in a variety of choral groups including the Friendship Ambassadors, which led to travel to Russia during the Cold War with the goal of uniting people through music. In recent years she has been learning to play the harp.

Lois values staying in touch with longtime friends, and is always up for another adventure. At Goddard House, she has quickly become an active member of the community, attending a variety of events and programs, and encouraging others to do the same with her welcoming personality and warm presence. We are happy to know you, Lois!

-EnrichedLIFE Director Rebecca Margolin



PAINTINGS BY BARBARA BUTERA FERRITER

on display May 27–July 13, 2026



Barbara showed an artistic interest and talent from a young age. She cultivated this talent and earned her BA, majoring in art, at Rosemont College. She continued to hone her skills at The Museum School of Art and Pennsylvania Academy of Fine Arts, both in Philadelphia. She embarked on a career as a fashion illustrator and developed an increasing affinity and skill at portraiture.



She married, moved to New York and raised three children, painting all the while. She studied at the School of Visual Arts in New York and fueled her work with her growing attention to botany and gardening. Her floral paintings became more and more abstract. Over the years Barbara painted landscapes as well, many of these impressionistic, leaning toward abstraction.



Barbara earned her MSW at New York University and worked as a psychotherapist for 25 years, while continuing to paint. She showed work in New York at galleries such as Grey Gallery in Washington Square and The Salmagundi Club. She moved to the Jersey Shore and showed work locally there as well. She has continued to show her work since moving to Boston, most recently last year in Philadelphia.

The work in this show is a collection of florals, landscapes, portraiture and abstraction, all of which Barbara has developed over a lifetime of painting, each style informing the others.

*Works at left, top to bottom: Maxine, Impatiens, and
One Self*



Brain Healthy Cooking

Some examples of Brain Healthy Cooking on our Spring/Summer menu from Chef and Dining Room Supervisor **Dan O'Brien**

At Goddard House, our fine dining experience features menu variety, fresh healthy food sourced locally in season, wait service, and chefs who prepare meals inspired by the Mediterranean region. Our award-winning Brain Healthy Cooking Program is based on the healthful Mediterranean diet, which has been scientifically proven to boost overall brain health and cognitive function. The wide variety of “brain healthy foods” we incorporate into delicious recipes includes fresh vegetables and fruits, whole grains, spices, nuts, olive oil, eggs, lean meats, fish and seafood.



Couscous and quinoa with zucchini, summer squash, baked haddock, and watermelon strawberry salsa

properties, all of which are essential to brain health. Following the diet has also been proven to promote heart health and is great for seniors managing diabetes. Here are a couple of examples of recent meals. Ask our residents how delicious it really is!

Our chefs also create healthy variations of our residents' favorite traditional and regional recipes by swapping natural sweeteners for refined sugar, replacing saturated and trans fats with healthy fats, and using tasty spices to cut back on salt. All this provides the body with crucial antioxidants and nutrients with anti-inflammatory (reduces swelling)



Salmon and farro grain bowl with roasted tomatoes, ginger honey mustard and mixed greens

Festival Screenings

by Resident **John Kaufman**

What it comes down to is people. Part of what recent movies do most frequently is telling stories filled with action. More than occasionally, violence occurs. Yet, all of that isn't what films do best.

I most enjoy pictures that allow me to explore the lives of people with whom I find it easy to relate. They may live somewhere far removed from my experience. They may be wealthier or poorer than I am. Often, they're older or younger than me.

Yet, the situations in which they end up are often those in which I could imagine finding myself. Some of the characters are people I'd like to know. Others are the kind of people I hope to avoid at all costs.

All of this also applies to so-called “queer cinema.” One's own orientation shouldn't block enjoyment of an affecting story involving gay characters. The ways they deal with each other is typical of the ways in which we all interact.

The best movies lead us to characters and situations that might help us learn about ourselves and others. The movies we're showing for the festival hope to do that.

John is curating the Pride Film Fest this month on Thursdays at 6:45 P.M. at Goddard House.





Around Goddard



Enjoying our “Grab Your Passport! Destination: Australia” program (above) are **Susan F.** (left) and local musician **Paul Sedgwick** (right), who played the didgeridoo! Bottom: **Lois H., Diane S., and Martha S.** at the Museum of Fine Arts Boston



Coming Soon: Chickens!

This month, a group of six chicks will arrive! They will start out indoors, where they’ll be socialized, and will ultimately live in our chicken coop located on the back patio of Olmsted.

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NEWSLETTER CONTRIBUTORS

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ASSOCIATE PROFILE



We are excited to introduce our new Programming Assistant **Yara Janoudi!** Yara works with both the Traditional and Olmsted neighborhoods and is looking forward to getting to know everyone in our community.

Originally from East Boston, Yara is currently an undergraduate student at UMass Lowell, where she is pursuing degrees in criminal justice and psychology. After graduation, she hopes to use her knowledge and passion for helping others in a career as a psychologist.

Helping others has always been a significant part of Yara’s life. This passion led her to work with seniors in a nursing home and now at Goddard House. She values connection and appreciates how friendly and welcoming our residents and associates have been.

Outside of work, Yara enjoys staying active by going to the gym, exploring local nature trails, and spending time with family and friends. Although she has only been at Goddard House for a short time, Yara has already become a valued member of our community.

-Olmsted Program Director
Kristen Cipriano