



the Goddard Times

Congratulations to the 2016 Mass-ALFA Awards Winners and Nominees

In this special issue of *The Goddard Times*, we'll be featuring the nominations submitted to the Massachusetts Assisted Living Facilities Association (Mass ALFA) at the Excellence Awards Dinner on behalf of Goddard House residents and staff. This annual event celebrates the best in the assisted living industry with prestigious Excellence Awards. This year, two of Goddard House's very own, Executive Director, John Moniz and Maintenance Technician, Mike Nelson (pictured right), were honored with the Program Innovation Excellence Award and Employee Leadership Excellence Award, respectively. A special congratulations to these two, as well as to all those who were nominated.



Executive Director, John Moniz and Maintenance Technician, Mike Nelson are all smiles after winning!

Vol. 4 No. 6 – June 2016

Newsletter Contributors:

John Moniz
Executive Director

Ginny Mazur
Community Partnership Director

Lance Chapman
Marketing Director

Marie Curcio
Director Resident Support Services

Jenna Henning
Editor, Community Partnership
Manager

Kristina Lessard
Traditional Program Director

Read the nominations here:

Program Innovation Award Winner, John Moniz Nominated by Ginny Mazur

For more than two years, John Moniz III has nurtured the development of Growing the Farm, an urban farming project within our assisted living community. The program offers older adults access to nutritious "real" food and teaches about plants, animals and the natural world. Participants work together to experience how farm-to-table highlights abilities, interdependence and the instinct to care for all living things, including each other. In our community, we began by raising seed funds and now we have a chicken coop, a beehive for honey production and six raised garden beds for organic vegetable farming, all overseen by farmers.

(Continued on Page 2)

Nominations (Continued from Page 1)

Residents harvest crops they grew themselves: more than 200 pounds of veggies and herbs this past summer and fall. And our hen house is a squawking success! All the produce goes directly to the kitchen and onto residents' plates in a rainbow of colors and flavors. John never stops considering how to make the world a better place for older adults and persons with dementia. His vision, leadership, creativity and conviction form the bedrock for Growing the Farm. We thank him for transforming our environment and the way we think about programs, possibilities and aging—in turn, transforming us all.

Employee Leadership Excellence Awards Winner, Mike Nelson **Nominated by Lance Chapman**

Michael's work ethic, kind-hearted nature and attention to detail help define the phrase "above and beyond." He works in the maintenance department and understands that his time spent fixing a resident's light switch is really more about connecting with the resident than it is about connecting wires. Michael develops relationships with residents that go well beyond the scope of his job duties. For example, one resident was feeling anxious about moving from our traditional program to the memory support neighborhood. Each morning, Michael would bring her a "special" cup of coffee "from over there" on the traditional side. Of course it wasn't the coffee that was special, but Michael's companionship and thoughtful gesture. Every day, he offers gifts of kindness and patience, treating residents like they are members of his own family.

Resident Spirit Excellence Awards Nominee, Adele **Nominated by Marie Curcio**

Adele inspires through quiet, persistent efforts that evoke comparison to "the mouse that roared". Not only did she petition the local town board for a safer road crossing to access a mile plus walking path around a pond, but, when the town referred her to the State Department of Transportation, Adele was not deterred. She organized an advocacy group of Residents and staff, sent emails, attended public meetings and, when advised that the DOT could not even consider access in the near future, advocated once more with the local town. This time changes were made, safe access was ensured.



Traditional Program Director, Kristina Lessard, Resident Spirit Excellence Awards Nominee Adele and Community Partnership Director, Ginny Mazur at the Mass-ALFA awards

Adele has become a vital source of friendship, wisdom, reason and advocacy for all who live and work at our Community. She keeps our focus on quality of life and determinedly reminds us of ageism all

around us. A retired social worker, our nominee raises issues thoughtfully and constructively promoting discussion. She has advocated for groups that encourage exchange of ideas, thoughts and feelings about being mortal, autonomous and resisting ageist labels. Many more individuals are heard and validated.

Adele has raised the collective consciousness of our community through conversation-- whether in a group or at the dining room table. There is an energy and vitality that is growing-- an excitement about having opportunities to express and share ideas and to be valued for "being". She has significantly contributed to the climate that promotes open discussion about safety vs. autonomy, mortality and growth opportunities---conversations that are nourishing to the spirit of older adults.

Adele is our gentle giant; reminding, inspiring, validating and supporting the value of each Resident-- regardless of age or ability.

Direct Services Excellence Awards Nominee, Oxane Leveque
Nominated by Delaney Blute

Oxane is a remarkable care partner. As residents like to say, "R-E-S-P-E-C-T—that is was Oxane means to me!



It Takes a Village Greater-Boston Walking Club Nature Explorations in Our Own Backyard

Habitat Nature and Wildlife Sanctuary

Belmont, MA

Friday, June 17th 2016

RSVP to Bridgit Ganson at (781)718-5277

OR ganson@imstillhere.org



This special program welcomes people with dementia and their cares partners. Each guided walk includes information about the area and a chance to share stories. Van transportation is available or you can meet us at the site. We leave Goddard House at 10:15am. Complimentary lunch follows the walk at Goddard House around noon. In 2016—Van pick-ups upon request at the Brookline Senior Center and 100 Centre Street at 9:30a.m. for those who wish to join us as well as a return trip their after lunch. Call for information and to coordinate. Reservations are limited.

Alzheimer's Advocacy Day

By Lance Chapman



Alzheimer's Association Development Officer, Melissa Shirtcliff and Marketing Director, Lance Chapman at Advocacy Day

On Wednesday, May 11th, the Alzheimer's Association led the charge to the State House in Boston to advocate for new legislation that supports those struggling with this devastating disease. Alzheimer's Disease is now the sixth leading cause of death in this country, making a day devoted to reminding our law and policy makers about the facts and figures associated with the disease more necessary than ever. Ginny Mazur and Lance Chapman attended Alzheimer's Advocacy Day as representatives of Goddard House. The Alzheimer's Association hosted a rally in the Hall of Flags at which many proponents of Alzheimer's legislation were on hand. At issue is **House Bill : 3384** which is now being considered in the House of Representatives and will soon be up for a vote. House Bill 3384 helps in a few

different ways: 1) The bill requires physicians to have more education and training in Dementia and Memory loss to better identify and earlier diagnose their patients. 2) More specifically, emergency room MD's will be required to obtain more training in this area. 3) The bill also requires increased training for nurse's aides who work with individuals with Alzheimer's and memory loss. 4) Lastly, Bill 3384 will establish an Office for Alzheimer's Advocacy and Information at the State Government level. An office at this level can be a resource for future legislation, advocacy, accurate information and policy development.

After the rally, Ginny and Lance were able to meet with Collin Fedor, Legislative Aide at the Office of Brookline State Representative Jeffrey Sanchez. Collin listened and took all of our information so that Representative Sanchez could consider his stance on this bill. Lance and Ginny also were able to meet and greet with Secretary of Elder Affairs, Alice Bonner and members of The Alzheimer's Association.

Join Us for the 2016 Walk to End Alzheimer's

Cambridge, MA — Sunday, September 25th 2016

Held annually nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

To join Team Goddard, please email Marketing Director, Lance Chapman at lchapman@goddardhouse.org or place your name on the sign-up sheet next to the Marketing Office.



Enjoy a taste of summer in the South with this refreshing and delicious beverage!

Submitted by Community Partnership Manager Jenna Henning

Summer Peach Tea Punch

Ingredients:

- 3 family size tea bags
- 2 cups loosely packed fresh mint leaves
- 1 bottle peach nectar
- 1/2 can frozen lemonade concentrate, thawed
- 1/2 cup simple sugar syrup
- 1 bottle ginger-ale, chilled
- 1 bottle club soda, chilled
- Garnish: fresh peach wedges



Preparation:

1. Bring 4 cups water to a boil in a medium saucepan; add tea bags and mint leaves. Boil 1 minute; remove from heat. Cover and steep 10 minutes.
2. Discard tea bags and mint. Pour into a 1-gal. container; add peach nectar, lemonade concentrate, and simple sugar syrup. Cover and chill 8 to 24 hours.
3. Pour chilled tea mixture into a punch bowl or pitcher. Stir in ginger ale and club soda just before serving. Garnish, if desired.

“There Are Shortcuts to Happiness, and Dancing is One of Them” (Vicki Baum)

By Kristina Lessard

For over seven years, Jewish Family and Children’s Services has offered arts-based programming for individuals and families who have been touched by Parkinson's disease. Part of this programming, in collaboration with Urbanity Dance, Inquilinos Boricuas En Accion (IBA) and United South End Settlements, is a weekly dance class—free of charge! The choreography focuses on flexibility, mobility, balance, and coordination. And the best part? No previous dance experience necessary!

On Monday, May 9th, Goddard House took two of our residents, Barbara and Sidney, to a specialized dance class for people living with Parkinson’s disease. Barbara heard that a few folks she knows *really* enjoyed the class when they attended, so she actually reached out to one of the organizers at JF&CS for more information on how she could get there herself! And Sidney, with a background in folk dancing, was eager to attend, and he shared some wonderful memories of his prior dance experience on the ride over. For an hour and a half, we stretched, warmed up, and followed the instructor in choreography for a variety of songs – from country music to Katy Perry!



Residents Barbara and Sid

Barbara and Sid are both residents who thoroughly enjoy the physical exercise programs offered here at Goddard House, so they were able to also see the benefits in this particular dance class. “It was welcoming, fun and accommodating to many people,” Barbara reported, “I got more out of it than I expected!” As for Sid, he said, “I enjoyed the class, and the dance movements. It was good exercise!” His only complaint? He wishes we had done more Tango!

After having such a positive experience, both Barbara and Sid expressed an interest in attending this class again in the future. We’ll have to see what we can do about making this class – or dance in general! – a regular part of our Goddard House programming.

Summer BBQ’s are Back!

Summertime is finally here, and with it our weekly BBQ’s! Starting June 9th, please join us on the backyard patio every Thursday from 11:30 until 1:30pm. These barbeques will go until mid-September, weather permitting. Residents and staff will enjoy the warmer weather and each other’s company over finger-licking good food. We hope to see you there!



Come Fly with Me

By Natalia van Bilderbeek and Daniela Hyacinthe

Every Monday two graduate expressive arts interns from Lesley University (Daniela Hyacinthe and Natalia van Bilderbeek) led an art studio group in Olmsted's second floor. During the last couple of weeks, the residents participated in a variety of projects to develop a community art mural in stages. The mural was created in order to celebrate each individual's journey, while also bringing together the collective experience. Each product within the mural consisted of a process. Starting off with the sun, residents explored using warm colored hues with acrylic paint. Afterwards, the group discussed what people and things provide them with warmth. To conclude the group, each member placed a marble in the center of the mosaic to represent a loved one. This marble and paint mosaic element of the piece represented the sun.



Lesley University Intern Daniela, Olmsted Resident Barbara, Intern Natalia, and Resident Sandy proudly show of their art work

During next two weeks residents were encouraged to use their senses. Mediums that were used included watercolor mixed with a salt and clay manipulation. These activities created the ocean on the bottom and the coral, which was placed by the residents. We began talking about traveling and

moving on to new things. As we did this participants of the group used shaving cream and food coloring to create the marbled birds. While creating these designs it brought back memories for some of the residents about their life experiences and time shared with their friends and families. As we began to think of ways to conclude the group, the interns talked about the next chapter in their lives after graduation. All of these individual components of the mural beautifully display the hard work, dedication and growth of each resident over the past several months. It has been a real joy to develop these approaches, working every week with the residents on Olmsted since last fall. We also wanted to thank Goddard House Assisted Living. This has been a terrific place for us to learn and grow on our path towards becoming professional art/ expressive therapists.



A close up view of Sandy's art work

Featured June Events! Please Join Us!

We ask that Residents' families, friends and community guests RSVP
by calling Kristina Lessard at 617-731-8500 ext. 110



Enjoy the Music of Bridge Boston Students

Thursday, June 2nd at 1:30pm

Bridge Boston, an El-Sistema-inspired music program, believes that every child can, and will, benefit from intensive instrumental instruction. Students begin music instruction in K1 and start playing violin and/or cello in 3rd grade! Join these wonderful, young students for an enjoyable afternoon of xylophone music!



Concert with Will McMillan

Thursday, June 16th at 7:00pm

A singer, songwriter and founding member of Boston Association of Cabaret Artists, McMillan has soloed with pops orchestras, rock bands and a cappella groups. Join him for an evening of music by (and stories about) Harold Arlen, Cole Porter, the Gershwin Brothers, Jule Styne, Hoagy Carmichael, and more! You'll be sure to enjoy the musical stylings of this talented musician.



Concert with Adam Bergeron

Sunday, June 29th at 3:30pm

Pianist/composer Adam Bergeron makes his living playing classical piano for the elderly, but his passion is creating new sounds through his original music. Adam skillfully blends various genres of music. Adam's solo performances feature his unique style of musical fusion, which may just change the way you appreciate music!

Passes to the Museum of Fine Arts Boston

Thanks to a grant from the Lowell Foundation, the Museum of Fine Arts Boston is offering free museum passes to Goddard House residents and guests (Two passes per person, please) while the supply lasts. Please see Jenna Henning in the Community Partnership Office if you are interested in obtaining a ticket.

This round of tickets expires at the end of June!



For more information visit: www.goddardhouse.org



165 Chestnut Street
Brookline, MA 02445
617-731-8500