

The Goddard Times



March 2014 Issue

Goddard House Hosts First Ever Valentine's Day Sweethearts Luncheon

By Brandon Fisher

No Valentine's Day is complete without some sweets and spending some quality time with your loved ones. This year at Goddard House we hosted a Valentine's Day Lovers' Luncheon in the family living room for some of the residents and their significant others. The room transformed from a quaint living room into a beautifully decorated lunch bistro complete with red linens, candlesticks, hearts, chocolates and place settings.

Program Directors, Cindy Allard and Melody Bushmich, joined by Program Assistant Eden Walsh arranged the room so that it was warm and inviting without being overly formal. Attending the luncheon were couples whose stories prove that love can not only last over the years, but still smolder well into our later years.



Art & Lorraine Levitt

All of the attendees were happily married for at least fifty plus years and some couples had been together for over seventy years. The first couple I had the pleasure of speaking with was Lorraine & Art Levitt. The Levitts were married in Brooklyn, NY back in 1954 and have now been together 59 years. The two dated for about a year before getting hitched and were introduced by a friend when Lorraine worked for the DA. "I just love him – he's a wonderful guy," said Lorraine.

Then, there's Ken & Arline Schneier. These two love birds have been married for the past sixty-five years and had their nuptials at the Hotel Kenmore in Boston. Before getting married they dated for almost two years and met through Arline's cousin when they worked together in a department store. When asked about their secret to making things work over the years, Arline responded without hesitation, "be thoughtful".

Continued on Page 2



Vol. 2 No. 3 – March 2014

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Valentine's Day Sweethearts (Continued from Page 1)

While getting to know Dorothie and Ed Baker I learned that it's been sixty-one years since these two had their wedding ceremony in the intimate living room of Dorothie's sister. Their friend Florence set the two up on a blind date that went exceptionally well. They went out to a local pizza parlor and then dated for just under a year before popping the question. When Ed requested her hand in marriage Dorothie was shocked and thought "this is so sudden" right before she said "yes". Ed's advice for a happy, long-lasting relationship is to always say "yes, dear".



Ken & Arline Schneier

Dorothy & Milton Berman shared that they met through a blind date that both of their fathers had setup. It only took seven months of dating before they were married, partially because of World War II nearing, but mostly because of "just being in love," according to Milton. They held their wedding for twenty-five guests at The Fox and Hounds Club here in Boston and have been together for seventy-three years since then! Seated next to the Bermans were Basil & Helena Ente. The two haven't seen each other in a little while, so they had an emotional reunion and were ecstatic to spend some time together.



Dorothie & Ed Baker

Across from the Entes Frank and Mary Jane Blatt were reminiscing about when they met, back when Mary Jane

was Frank's editor. At the same table Ann & Tom Gray shared that they have been married for 40 years, were both from Ireland but in different cities, and how they met at an Irish Club here in Boston.



Dorothy & Milton Berman

The luncheon was a huge success! Everyone commented on how delicious the food was, how beautiful the Valentine's Day decorations turned out, and how nice it was for Goddard House to host an event as special as this.



Ann & Tom Gray



Frank & Mary Jane Blatt



Helena & Basil Ente

Happy 104th to Mina Weiner!!!

By Jennifer Bourgoin

Olmsted Place came together to celebrate Mina Weiner's 104th Birthday on a beautiful Sunday in February. Residents gathered in the dining hall to enjoy chocolate cake and sing songs during the merry gathering. After her celebration with the residents, Mina met up with fifteen family members and friends in the family dining room for more birthday celebrations. Mina moved into Goddard House in 2008 and we have enjoyed her company ever since.

Happy Birthday Mina!



Mina enjoying her birthday party

By popular request from people who attended our Turtle Creek Winery event where this soup was served!

By Ken Yarvitz, Food Services Director

Potato Leek Soup

Ingredients:

- 1 cup butter
- 2 leeks, sliced
- Salt & pepper to taste
- 1 quart chicken broth
- 4 cups Yukon Gold potatoes, peeled and diced
- 2 cups heavy cream

Preparation:

- In a large pot over medium heat, melt butter. Cook leeks in butter with salt and pepper until tender, stirring frequently, about 15 minutes.
- Pour broth into the pot. Add the potatoes and bring to a boil. Season with salt and pepper. Pour in the cream, reduce heat and simmer at least 30 minutes until potatoes are tender.
- Blend soup with an immersion blender or hand mixer. Season with additional salt and pepper if desired before serving. Serves 8



My Favorite Brookline Things

Every month we'll feature Brookline "favorites" in any category from residents, family and staff members.

Who: Lance Chapman

What: Kupel's Bakery

Where: 421 Harvard Street
Brookline, MA 02446

Favorite Things: Everything Bagel, Challah Bread, & Egg and Cheese Bagel

Fondest Memory Here: "Kupel's always reminds me of Sunday mornings in college when my roommates and I would wake up and start the day off with a great bagel breakfast," Lance recalled.

Insider Tips: Since Kupel's does baking on premises, it is a great place to go in the wintertime since it is always so warm inside.



By Muriel Brody

Olympic Seoul Chicken

Ingredients:

- 8 chicken thighs, skinned
- 1/4 cup white vinegar
- 3 tablespoons soy sauce
- 2 tablespoons honey
- 1/4 teaspoon ginger
- 2 tablespoons peanut oil
- 10 cloves garlic, coarsely chopped
- 1 teaspoon crushed red pepper

Preparation:

- In a small bowl, mix together vinegar, soy sauce, honey, and ginger; set aside.
- In a large frying pan, heat oil to medium-high. Add chicken and cook, turning, about 10 minutes or until brown on all sides.
- Add garlic and red pepper; cook, stirring, 2 to 3 minutes. Add vinegar mixture; cover and cook about 15 minutes or until chicken is fork tender.
- Uncover, cook about 1 to 2 minutes more or until sauce is slightly thick. Serve with rice. Serves 4.



Muriel Brody's First-Prize Winning Olympic Seoul Chicken

By Melody Bushmich

It was in 1988 that Goddard House resident, Muriel Brody stumbled upon an advertisement in a Rhode Island food column announcing the upcoming Delmarva Chicken Cooking Contest hosted by Frank Perdue. On a whim, Muriel thought to herself that perhaps her Asian-inspired dish, which was loved by many, would have a shot at winning. In her own words Muriel said, "What the heck! What do I have to lose?"

Two individuals were to be selected from each Eastern state and to Muriel's surprise, her recipe was selected to represent the state of Rhode Island! It came as much surprise to Muriel because she admittedly wasn't much of a cook and barely knew how to cook a single meal until she got married. In fact, Muriel's mother, who she considered to be an excellent cook, would often chase Muriel out of the kitchen! Muriel was fine with that and says "I was more interested in eating than cooking, anyways".



Resident Muriel Brody &
and the King à la Chicken,
Frank Perdue

The Delmarva Chicken Cooking Contest was in May and the weather was simply beautiful. It was on a Saturday morning that Muriel's cooking team got together in a tremendous arena already equipped with stoves and other essential cooking ware. It was in this very arena that Muriel would cook what is now known as "Olympic Seoul Chicken", a tribute to the 1988 Summer Olympics in Seoul and a play on 'soul chicken'. With a kick of hot pepper, smoothness of the honey, and the juiciest chicken thighs, Muriel made each bite mouthwatering. But, what really made the dish was the garlic - lots of it. Muriel states, "It's all about the garlic. A lot of people have tried to change the recipe because of garlic overload, but, the garlic IS the dish! You have to follow the recipe".

Staying true to her recipe, Muriel and her cooking team completed the required two dishes at the contest; one for the critics and one for the display. Moments later, a woman came to the microphone to announce the contest winners. She announced them in a nerve wracking way that led up to the First Place winner. Before the winner was even announced, Muriel noticed a photographer was taking her photo. She thought, "Why is this man taking my photo already? Could it be?" With knees shaking and before Muriel could collect her thoughts, the woman announced "And, from the smallest state of Rhode Island, First Place goes to Muriel Brody!"

Sunday morning, after the previous day's excitement, Muriel was invited to an extravagant and delicious brunch on the water before heading back to Rhode Island. It was there that she met and chatted with Frank Perdue who warmly congratulated her on her prize winning chicken dish. On her way home, Muriel reflected how nice it was to just get away. Although she never entered another cooking contest, she is proud to say that her daughter is now an even better cook and baker than she ever was.



The Goddard House Walking Club

By Brandon Fisher

Goddard House is pleased to introduce our newest resident activity group, The Walking Club. This club is part exercise group and part socializing for residents, so that they can keep active and have fun while mingling with their peers. February 21st was the first time everyone met up to walk around the facility. They started on the third floor, walked through the entire length of the building, and worked their way back to the downstairs lobby. At this program seven residents participated and enjoyed it so much that all of them are looking forward to the next walk. While on the walk, several other residents observed that everyone enjoyed themselves so much that they will join in and will be coming to the next club meeting.



The Walkers Club excited to start their stroll

“Residents may not have met someone in the group previously but because they walk at the same pace as another resident, they have the chance to make a new friend,” said Eden Walsh, Programs Assistant. As a hidden perk of the group, it’s automatically self promoted because the residents can hear the walkers chatting and having fun from inside their apartments, come out into the halls to inquire about it, and then join in too.

The Walking Club is indoors for now due to the weather, but will be relocating outdoors as soon as possible in the spring. At the next Walking Club meeting, Eden Walsh will be asking everyone where the residents want to walk outdoors. Some members have already suggested Jamaica Pond or some of the surrounding parks. The group will be discussing their goals, with regard to their personal fitness and activities. Even if the weather is unfavorable after the walks switch to the outdoors, the group will still walk on indoors and beat the elements.



Goddard House is starting The Walking Club because we have a very active community that wants to keep moving and stay fit. Although the group is centered around walking, it’s also a social club. Other exercise programs here don’t allow the opportunity for attendees to chat with each other, whereas this program is more relaxed and residents can go at their own pace, which allows them to get to know one another. The group encourages residents to participate in a kind of support system of residents that will keep you engaged and moving forward.

The Walkers Club halfway through their walk An added bonus of the group is that for some residents this is their first time exploring the entire facility here at Goddard House. “Residents are visibly excited about this group. When walking on a treadmill it’s harder to see your progress because you’re technically not going anywhere, but with The Walking Club residents can track how far they’ve gone. Some of the residents had such an enjoyable time, engrossed in conversation and the company of their newly found friends that they were laughing all the way throughout the hallways,” said Eden Walsh.

The Walking Club meets every Friday at 2:00PM in the downstairs library, so if you have yet to check out their meet up, come to the next session and have fun with your peers here at Goddard House.

Assistive Listening Technology Tips for the Hard-of-Hearing

By Ginny Mazur

Continuing from our last issue, let's consider technologies that can help with hearing amplification and comprehension. There is no universal strategy for everyone. Bear in mind that different types of hearing loss combined with other physical and cognitive considerations and personal choices merit individual evaluation for every person. Feel free to see me if you have questions and to find out if we have listening equipment right here at Goddard House that you can use or borrow. Most importantly, consult with your audiologist about what kinds of assistive technology can work for you.



The International Symbol for Assistive Technology

Look for it in public venues that offer assistive technology for hearing loss

Television Captioning

Captioning should be turned on, on televisions in common areas for universal access. If you have a television in your apartment and need help turning on the closed captions just ask Juan Carlos Solorzano and his team to assist you. Commercials are not required to have captions by the Federal Communications Commission (FCC), but almost all television programs are.

Movies/DVDs Played on Television

All DVDs produced in the United States are now required to have captions and/or subtitles. This is not the case for English language DVDs produced in Canada or Great Britain, so please be aware of that when requesting or watching a film. DVD captions are accessed in the set-up section of the DVD that appears just before the start of the film – be sure they are always turned on before starting the film.

Amplified Telephones and Telephone Adapters

Most Massachusetts residents who are hard-of-hearing or Deaf are eligible for a **free** amplified or captioned telephone or telephone adapters to boost volume. (A captioned phone enables you to read what the caller on the other end of the line is saying a lot like captioned T.V. (You can try out a captioned phone in my office!)

We have applications for free amplified and captioned telephones through the Mass. Equipment Distribution Program (MassEDP) in the Community Partnership Office, on the third floor. The application is simple and your phone will be delivered right to Goddard House.

We can often lend you a phone or volume adaptor to try out for short term use. Please apply for or purchase your own adaptive telephones for long-term use so that others can use loaners as needed.

Assistive Listening Equipment for Group Settings

Goddard House has several different types of assistive listening systems for use in group settings to amplify lectures, concerts and leaders of groups. Stop by and see Melody Bushmich or Ginny if you'd like to try one.



We ask that Resident's families, friends and community guests RSVP
by calling Melody Bushmich at 617-731-8500 x. 152



Piano Concert with Sivan Etedgee
Saturday, March 1st at 3:30pm

Noted for his creative style, Sivan Etedgee is widely praised for his jazz influenced music from the Americas and Europe, written by composers who perished during the Holocaust. Sivan is known for making classical music accessible and understandable to diverse audiences, so come down to learn about and enjoy his music.



Lisa Yve's "The Great Ladies of Jazz"
Sunday, March 9th at 3:30PM

With over 30+ years of performing experience in voice and piano, Lisa invites you to come out to her jazz lineup, close your eyes, and unwind to this fantastic performer. She will be featuring songs made famous by Ella Fitzgerald, Joni Mitchell, Annie Ross, and more so be sure not to miss this event.



Ari and Mia, Boston's Americana Sister Duo
Sunday, March 23rd at 3:30pm

Honoring the sounds of Appalachian cottages, rural dance floors, and urban concert halls Ari and Mia are passionate about Southern and Northeastern fiddle music. They utilize the American songbook to create stylish and sophisticated sounds. Make sure you come see this dynamic duo.

Goddard House Retractions

Oops! We're Sorry...

In our last issue we incorrectly published Alice Tilton & Cindy Allard's titles. Alice Tilton is an Enrichment Program Specialist and Cindy Allard is the Olmsted Place Program Director.

For more information visit: www.goddardhouse.org



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