



the Goddard Times

Goddard House Presents at *Creative Aging 2016* Conference —

Report from Our Nation's Capital

by Ginny Mazur

Goddard House was honored to present at the National Center for Creative Aging's 2016 International Leadership Exchange in Washington, D.C. a gathering of leaders and learners in the field of Creative Aging from around the Globe, many of them older adults, themselves. Held at the spectacular *Newseum* dedicated to global journalism and freedom of speech on the Washington Mall, Goddard House offered two presentations. With Green City Growers and Yardbirds Backyard Chickens, we presented *Growing the Farm at Goddard House* and were part of a six team Pecha Kucha presentation of *A Walk Around the World – 20* slides presented in six minutes about the travel photography installation on Olmsted Place as form of engagement for residents on Olmsted Place. We'll be scheduling time soon to offer a version of these presentations to you, Goddard House residents.



Pictured Left to Right: John Moniz (Executive Director, Goddard House), Jessie Banzhal (CEO and Founder, Green City Growers), Ginny Mazur (Community Partnership Director, Goddard House), Jenna Henning (Community Partnership Manager, Goddard House) and Khrysti Smith (Founder, Yardbirds Backyard Chickens)

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Newsletter Contributors:

John Moniz

Executive Director

Ginny Mazur

Community Partnership Director

Lance Chapman

Marketing Director

Jenna Henning

Community Partnership Manager

Kristina Lessard

Traditional Program Director

Nick Polinsky

Executive Chef

The two-day exchange was packed with dynamic group sessions and intimate one-on-one conversations with arts leaders and colleagues from around the world. The sessions presented examples of international models that foster creativity, empowerment and health for older adults and persons with dementia. It also offered mind-expanding views from a fusion of diverse experts; political leaders, artists, educators, scientists and philanthropists. Our exploration of the field of creative aging grew to beyond considering how the arts can benefit individuals as we age to how the creative aging movement can help to build better and healthier communities.

My biggest take-away from the exchange is a fuller appreciation of how incredibly fortunate Goddard House is to have on-going programs in the arts, that are both operationally and grant funded.

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Creative Aging (continued from Pg. 1)

We also enjoy extraordinary community collaborations available to us such as the Brookline Community Aging Network, *'From the Top* and the American Repertory Theater's *Community Connections Program*. Having seasoned expressive arts therapists/educators and teaching artists on staff to offer resident programs and training program with world-class universities like Lesley and Berklee adds to our strength and is still far from the norm, world-wide. Most arts programs, even some of the most esteemed in the world, often rely on time-limited funding that ranges from a few months to several years. It inspired us to want to want to develop curriculum and evaluation techniques so that we can know what about programs works best and why.



Goddard Farmers, Bridgina Benson and John Neri, represented the project well in the many slides where they appear working, engaged and having fun.

I appreciated hearing from global leaders who passionately spoke about building their programs single-handedly or from the ground-up, over a life time without large budgets or many staff. Margaret Meagher, Founding Director of the [Australian Center for Arts and Health](#), on a panel with Ann Bastings ([Time Slips](#)) and Chris Gage ([Ladder to the Moon](#)), discussed how she grew her organization across the continent with “one personal connection at a time”. “Never stop inviting!” she appealed, noting that she continues her outreach. Chris Gage suggested a definition of creative leadership as the result of what occurs when we introduce “what is new and valuable” into our communities. Ann Bastings joined the team’s consensus that creative leadership also involves “setting a goal beyond what you can do alone and then sitting collaborators down at the table to see how to get there”. I thought these global arts leaders had it all planned out in advance. Not the case at all!

One of the great delights of the conference for me was watching Jenna and John give their Pecha Kucha slide presentation on the travel photographs on Olmsted – they were great! Another, was feeling proud of the large contingent of Boston-area colleagues at the Leadership Exchange: Hannah Goodwin (MFA, Boston, our co-presenter), Donna Newman-Bluestein (our movement therapy consultant), Raquel Chapin-Stephenson (Lesley University Art Therapy Program Director), Ed Pazzanese (Families Creating Together), Laura Baber and Mary McCarthy (Hebrew Senior Life). Just seeing recently retired NCCA Director, Dr. Gay Hannah, at the conference made me realize how much we owe to her and to the organization. In a phone call, Gay gave an account of a project in Cleveland where individuals with early stage dementia volunteered to teach gardening to young children, suggesting that Goddard House might do the same. The conversation jump-started our collaboration between Olmsted residents and the Lincoln School, one of the many inspirations NCCA has offered to Goddard House.

The world feels both a little smaller and more connected and our view, more expansive from this global exchange dedicated to creating a world where all individuals flourish across the lifespan through creative expression. We hope to apply its teachings in our work for many months to come.

The Greater Boston Walk to End Alzheimer's

By Lance Chapman

This was a banner year for The Greater Boston Walk to End Alzheimer's Disease. An estimated eight thousand walkers arrived at Northpoint Park in Cambridge on Sunday, September 25th, 2016. We were fortunate to catch one of the nicest days we've seen in the past few weeks with temperatures in the low 70's, light breezes and plenty of sunshine for everyone to enjoy.

There are twelve Walks to End Alzheimer's in Massachusetts and New Hampshire, most take place in September each year. These are all coordinated through the MA/NH Chapter of the Alzheimer's Association from their central office in Watertown, MA. Each year we see greater levels of participation and donation. Across the entire United States, there are 350 different walks in various cities from Chicago to San Francisco to Washington D.C. We can be

proud in knowing that the people of Greater Boston are very generous and have made the Boston Walk either the #1 or #2 walk in the entire country over the last few years. Each year we've raised an average of \$1.25 Million Dollars for Alzheimer's research, advocacy and support. We were also pleased to have Mayor of Boston, Marty Walsh join us again as the Honorary Chairman for the walk.

Here at Goddard House we are involved in fighting this disease in a four different ways. This was the fourth year we have sponsored The Walk to End Alzheimer's by creating a **Walk Team**. Team Goddard House has grown each year. This year we had 40 people sign up and participate in the walk. Team Goddard is made up of Residents, Staff and Family Members who want to be involved. Secondly, our residents here at Goddard House have developed an honored tradition of making **beaded purple themed bracelets** throughout the year in order to sell them on the day of the Alzheimer's Walk from our Team Goddard booth. All the proceeds are then donated to The Alzheimer's Association.

Thirdly, we also create a **Forget-Me-Not** wall in our country kitchen. For just \$1 dollar anyone can purchase a paper Forget-Me-Not Flower in memory or in honor of someone who is or has struggled with this disease. The wall grows and gets more colorful as September approaches each year. Lastly, Goddard House sponsors a **Casual For A Cause** program on Fridays throughout the year. Staffers at Goddard House are able to donate \$1 dollar on Fridays for the ability to dress more casually for the day. We then combine all the contributions from these four efforts to make a sizable donation to The Alzheimer's Association. This year our goal was \$3000 which we exceeded by \$500.

We look forward again to next year when Team Goddard will mount another effort to raise funds to battle this devastating disease. Alzheimer's Disease is now the sixth leading cause of death and almost two thirds of people with Alzheimer's Disease are women. At Goddard House we don't need to know the statistics to see the effects of this disease in the lives of our residents and their families. Please join us in imagining a World Without Alzheimer's Disease.



Team Goddard

Hello Falmouth, Goodbye Summer

By Kristina Lessard

What is the best way to say “goodbye” to summer? A day-trip to Cape Cod, of course! And that’s just what the residents of Goddard House did. September 20th, 2016 did not start out as a Cape-worthy day – you should have seen the buckets of rain that poured during the bus ride down! – but it ended up being a wonderful day for both Traditional and Olmsted residents.

Our day began in lovely Falmouth Village, which had no shortage of things to do. Some folks opted to sit in the park and enjoy the sunshine that had finally come out, while others did a bit window shopping, or real shopping, while perusing the wide variety of souvenir shops and art galleries. Still others took a walk around the grounds of the Falmouth Memorial Library. A few of our folks were even brave enough to try the Lobster Ice Cream at Ben & Bill’s Chocolate Emporium – a butter-based ice cream with real chunks of lobster! (They said it was delicious...we’ll agree to disagree.)

Next, we enjoyed a delicious lunch at the Flying Bridge Restaurant, whose staff did a fantastic job of accommodating our very large group! We dined outside on the deck while admiring the yachts (and also deciding which one we would buy if we won the lottery). Whether it was a bowl of clam chowder, fish and chips, or lobster rolls, our residents found something that fit their Cape-Cod taste.

Lastly, we took a coastal tour of some of the beautiful beaches, highlighting Grand Avenue and Surf Drive. Residents were intrigued by the little sea cottages on stilts, as well as the jetties. Some of our



Olmsted residents are all smiles as they take in the sights of Falmouth.

folks were even able to reminisce about summer days spent on those very beaches. Resident Arlene recounted 15 summers spent in her time share on Surf Drive, stating that, “it was a huge thrill” to relive those recollections, and that, “everything we did that day was a perfect memory!”

The nearly 60 residents and staff who attended had a wonderful time. It was a great way to not only spend time together, but to also bring the summer season to a close. A great big “THANK YOU!” to the all of the staff members who attended, making the trip go very smoothly, and especially to the residents, who always bring sunshine to a rainy day.



Executive Director, John Moniz with residents Bridgina, Peggy, and Ethel



Celebrate the season with this scrumptious dessert!

Submitted by
Executive Chef Nick Polinsky

Magic Pumpkin Cake

Ingredients:

- 1 box of yellow cake mix PLUS ingredients needed to make (eggs, water, oil)
- 1 can Pumpkin Puree
- 1/2 cup evaporated milk
- 1/2 cup heavy cream
- 3 eggs
- 1 cup brown sugar
- For frosting:
 - 1 box white chocolate instant pudding
 - 1 tsp pumpkin pie spice
 - 1 cup cold milk
 - 1 cup cool whip
 - White chocolate curls



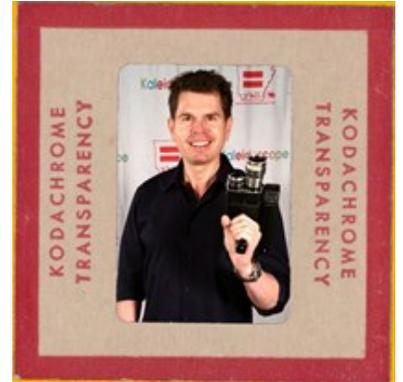
Preparation:

1. Preheat oven to 350 degrees.
2. Prepare cake as instructed on package and pour onto greased 9x13 pan. Set aside.
3. In a medium bowl, add pumpkin, evaporated milk, cream, eggs and brown sugar. Whisk mixture until smooth. Pour all over the cake mix in the 9x13 pan.
4. Let cool and make frosting by whisking together the white chocolate pudding mix, pumpkin pie spice and milk until smooth.
5. Fold in Cool Whip and mix well.
6. Spread over cooled cake and top with white chocolate curls.
7. Refrigerate until ready to serve. Enjoy!



You're Invited! - Meet the Filmmaker! - Tickets Available for Residents!
Reel in the Closet at the Coolidge Corner Theatre, October 19th, 7:00pm

A special invitation is being extended to Goddard House residents to attend an exclusive screening of the documentary *Reel in the Closet* with filmmaker Stu Maddux at the Coolidge Corner Theatre. A number of complimentary tickets are being held for you to sign up for while the supply lasts. Transportation will be provided. We also hope your family members and friends will join us.



This unique film chronicles **80 years of LGBT history** through home movies and rare archival footage. It also offers dialogue between young adults and the older adults around the events and climate of times that shaped their experience and history. The footage, recorded on celluloid film that cannot be preserved for a few more years, inspired Maddux to chronicle history recorded by everyday people as they lived it and as it's never been viewed before.

Stu Maddux is an award-winning film-maker, best known for his ground-breaking film, *Gen-Silent*, that chronicles the challenges that the current generation of LGBT seniors faces as they age and need more care. Today *Gen Silent* sets the standard for training caregivers and is screened throughout the United States. A young staffer at the Massachusetts Statehouse who saw *Gen Silent* as part of her human resource training there this summer, noted that the film "made me more aware of the needs of LGBT seniors in ways I can apply directly to serving them in my work." She added, "It may be the most inspiring documentary I've ever seen."

Many of you attended a discussion at Goddard House a few months ago about challenges LGBT seniors experience when considering a move to retirement community, led by **Lisa Krinsky and Bob Linscott, Directors of the LGBT Aging Project**. Both Krinsky and Linscott were featured in *Gen Silent*. Attending *Reel in the Closet* on October 5th is a great way to continue the discussion they began at Goddard House and hear from Mr. Maddux and some of our top state leaders/advocates in the field of eldercare. Most exciting, is that it will be an intergenerational event with an audience of old and young, alike.

To sign up for tickets, see Kristina or Jenna. Supply is limited. There's also a sign-up sheet outside of Lance's office.



We're Going Mobile

By Lance Chapman

Many years ago, people had to get out of their cars and walk into a bank to complete a transaction. Then came drive thru windows allowing us to bank from the comfort of our vehicles. Now, there are ATM's which allow us to access our money nearly everywhere. What could possibly make banking easier? How about a bank that drives right into the driveway of Goddard House and provides a effortless banking option for residents of our community? East Boston Savings Bank has done just that. Their amazing mobile branch on wheels will be coming to Goddard House on a regular basis so that our residents and staff can bank more conveniently.

I recently spoke with Beth MacBrian, Assistant Vice President of the Mobile Branch bank and learned the story behind this new, innovative approach to banking. She explained that this is the brainchild of Dick Gavegnano, CEO of East Boston Savings Bank (EBSB). Inspired by the popularity and versatility of Food Trucks, Dick imagined a mobile bank could be very popular too.

Beth went on to say, "This is much more than just a rolling ATM, customers of the mobile branch can do any transaction available in a brick and mortar bank. There is a real vault, a teller window inside and on the outside if clients with mobility issues can't make it up the steps into the vehicle. Customers can open accounts, make deposits, get a debit card and even apply for a loan on the mobile branch. They do have an ATM on board as well."

Goddard House hosted a Kick-Off Party on Wednesday, September 28th to welcome the Mobile Bank. Residents remarked on the ease at which they are now able to complete their banking transactions.

Congratulations to the 2016 Phyllis Vineyard Award Winners

By Jenna Henning

The 2016 Phyllis Vineyard Award for Exemplary Service was awarded to three employees at a luncheon on September 13th for demonstrating who demonstrate excellence and commitment in their service to Goddard House

Phyllis Vineyard was Vice President and a member of the Goddard House Board of Trustees for many years. The award has been presented to Goddard House staff in Phyllis' honor since she retired from the board in 2011.



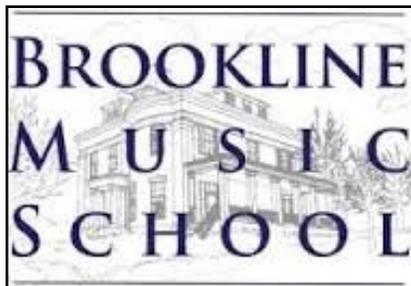
Pictured above with Phyllis Vineyard are the winners: Betty Depina Gomez (Housekeeping), Ginny Mazur (Community Partnership Office), and Tammy Goodhue (Resident Care). Congratulations to these three wonderful employees, as well as to all those who were nominated!

Featured October Events!

Please Join Us!

We ask that Residents' families, friends and community guests RSVP

by calling Kristina Lessard at 617-731-8500 ext. 110



**Concert with
Brookline Music School**

Saturday, October 15th at 7pm

Brookline Music School seeks to awaken and nurture musical interest, appreciation and artistic excellend in a friendly and stimulating atmosphere, as well as sponsoring a full schedule of public performances. A faculty member form Brookline Music School will serenade residents once a month!



**Sarah Algers Presents on The
Russell Museum**

Monday, October 17th at 2pm

Sarah Alger is the director of the Russell Museum of Medical History and Innovation at Massachusetts General Hospital (MGH). Today, she will discuss the hospital's founding and a handful of the hospital's historic innovations and MGH's work today as the country's largest hospital based research center!



FROM THE TOP

**An Evening of Music with
From the Top**

Thursday, October 27th at 7pm

From the Top is an independent non-profit organization that celebrates the power of music in the hands of extraordinary young people. This evening will feature cellist Matt Ludwig, flutist Mai Nguyen and pianist Max Serrano-Wu, performing music by Mozart, Bach and more. Enjoy!

Goddard House Residents, Family Members and Friends are invited to attend a Halloween Happy Hour on Monday, October 31st at 4:00pm in the Living Room. Dress in costume, or come as you are, there will be treats (and tricks!) for all to enjoy.



For more information visit: www.goddardhouse.org



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