

Flower Power

Flowers evoke beauty, hope, and new life. *In Touch* welcomes spring and summer with a look at lives inspired by flowers.

TRANSFORMED BY FLOWERS

Stepping into the tenth-floor Beacon Street apartment/artist's studio is a visual delight. Light and slopes of Brookline hills embrace the windows from the outside like a sculpture. Evidence of a lifetime of loving art abounds. Tendrils, squiggles, leaves, and blooms – the artist's favorite subjects – dance around the space. These lovely flowers and potted plants in Riva Berkovitz's home catch the eye. But Berkovitz's photographs of them dazzle. They are a revelation of form, beauty, and the art of macro photography. Her recent exhibit at Goddard House in Brookline prompted *In Touch* to learn what inspired Riva to buy her first camera just several years ago, close to her eightieth birthday:



Riva Berkovitz

"I had enrolled in a drawing class at the Brookline Senior Center. I was at Griggs Park, which is like sitting in a painting itself, trying to capture the landscape but just could not.

Frustrated, I thought to myself, I bet I could photograph it – and resolved to buy a camera. Early on, I was cropping a photo of a flower taken with that first Canon A510. Pow! The flower just popped out of the computer in a way that I had never seen, as an abstract image. That was it! I was amazed by what I began to see.

Growing up in a family of professional photographers in Chicago influenced me, but I never had taken pictures myself. As for flowers, I never paid much attention to them or had them around the house. Now, it's kind of a joke because I can't be without them. I quickly moved on to an Olympus DSLR camera that I use with a macro lens, a special lens to take close-ups. Photographing flowers everywhere and every day is now part of the rhythm of my life – here at home, at my

dentist's office, at parks, florists, and greenhouses. It has changed the way I see and experience them. It has transformed my life.

My daughter hosted a show of my work in Chicago. The next day I got a call from a New York Times reporter who wanted to interview me about macro photography. Exciting! Just recently, I received the only jurors' award for photography at the Brookline Art Center exhibit of works created at the Minot Rose Garden. It was for one of my favorite photographs – a cluster of roses, some in full bloom, others old. After the death of a very close friend, I began to photograph old flowers. They are so evocative of the entirety of our life cycle and that has great meaning to me.

Inspired by artists like Cézanne, Rothko, Picasso, Klimt, and Turner, I've always had a great appreciation for art but never thought I might become an artist like this. What's my favorite flower? I love anemones! So

much is revealed in them. I photograph simply because of the beauty of it all – making the journey to discover flowers with my imagination, my camera, and my computer."



www.rivaberkovitz.com

SAVE THE DATE!



DOMINIQUE EADE IN CONCERT!

at
Goddard House in Brookline
Assisted Living

WEDNESDAY, MAY 20TH
7:30 P.M.
Free of Charge

Limited Seating,
Call 617-731-8500 to reserve
your seat

"One of the finest musicians in town."
- The Boston Phoenix

*"She's one of the few imaginative
artists to have emerged in the field
of jazz singing in this decade,"*
- New York Newsday

International Jazz Singer and
RCA recording artist, Dominique
Eade, will perform a concert in
honor of Older American's month
with guitarist, John Wheatley.



FARMERS' MARKETS SEE GROWTH DURING ECONOMIC RECESSION



The Massachusetts Agricultural Commission reports that flowers, gardening, and farmers' market produce are expected to be a growth industry throughout 2009 in Massachusetts. This anti-recession trend stems from a move towards locally and homegrown products, which promote consumer trust and offer inexpensive ways to partake in nature's bounty. We are delighted to share this recipe for lavender cranberry lemonade from the Brookline Farmer's Market just in time for your warm weather celebrations, and as we await the Market's opening in mid-June!

BROOKLINE FARMERS' MARKET LAVENDER CRANBERRY LEMONADE RECIPE FROM THE HERB LYCEUM AT GILSON'S

LAVENDER CRANBERRY LEMONADE

Ingredients for 1 gallon of
Kathy and David Gilson's
lavender cranberry lemonade:
3 cups of frozen lemonade
concentrate (available at your
local supermarket)

To make lavender infused water:
Boil 12 cups of water in a
large pot

1 cup of frozen cranberry
concentrate (also available at
your local supermarket)
12 cups of lavender infused
water

Add 6 - 8 fresh cut lavender
sprigs and boil for approx. 15
minutes

Let the lavender water cool for 10 minutes and add it to the
concentrate in a large punch bowl. Place the bowl in the
refrigerator and let it cool for at least 3 hours before serving.
Garnish with fresh lavender or lemon peel! Enjoy!

Visit: www.gilsonslyceum.com



THE STORY OF A LIFETIME PROJECT

Someone announces, "Have I got a story!" Our ears perk up. We drop what we're doing, and our curiosity stirs. Who can resist a story? And the stories we tell! Everyday our conversations are laced with scores of stories; we humans are wired for them.

As we age, a tale emerges that is uniquely our own. We not only tell our stories but we become a living story, through our wealth of experience. Realizing that our story is worth telling is one way we find meaning; it is essential to our well-being and self-esteem.

With the guidance of Jon Schum, expressive therapies clinical supervisor, and Carolyn Crotty, Lesley University art therapy intern, a group of ten to twelve residents of Goddard House in Jamaica Plain gathers weekly to share stories. The Story of a Lifetime session may begin with a few simple anecdotes, and before anyone realizes, the stories begin to flow. Or it may begin with a folktale, poem, or a reference to the season or a holiday. Stories are often written down and displayed at Goddard House Skilled Nursing & Rehabilitation Center, along with photographs, artwork, and poetry. You can be sure that stories gathered from lives lived seventy, eighty, or ninety-some years produce a wealth of material!

There are stories about occupations and work, stories about birthplaces and hometowns; growing up and moving on, and stories about travel near and far. Tales emerge out of childhood recollections, historical milestones, family traditions, and memorable moments of struggle, celebration, and achievement.

The group welcomed spring by recalling favorite flowers and "flower-ful" memories, stringing their thoughts and images into a lovely seasonal poem.



Members of the Story of a Lifetime Project

Bouquet

(Poetic Excerpts from the Story of a Lifetime Group)

*What kind of flowers do we see
in springtime?*

Orchids? Too cold for them.

Tulips? A nice smell.

Mmm. Smells beautiful.

Magnolias? Are they yellow?

Cherry Blossoms

Smell all through Washington.

I'll never forget.

Pink. Nice color.

Sometimes red, sometimes blue.

Purple.

Purple violets.

Red roses.

Have thorns – be careful!

Violets can be blue.

Sugar is sweet and so are you.

Flowers – you see them.

But you don't see them – lovely.

TRANSPLANTED

Barbara Woods sits in the country kitchen looking out to blue skies and red-tipped branches that hint of spring. Along with other Goddard House residents, she recently attended the flower show, BLOOMS!, sponsored by the Massachusetts Horticultural Society. The colorful beauty and fragrant smells evoked memories of her fondness for flowers, the outdoors, and walks taken in the wooded area surrounding her Falmouth home.

Barbara has donated nearly fifty bulbs of daffodils, irises, and narcissus from her Cape Cod garden and many more from her son's garden to Goddard House in Brookline, where she currently resides. Many are bulbs that her mother had given her. "These flowers are the gift that keeps on giving – they are like family to me!"

Barbara's eyes sparkle as she speaks of creating arrangements with bare branches from a forsythia bush which, when placed in a large vase of tepid water indoors, were soon covered in yellow blossoms long before the flowers appeared outdoors. Lovely pink lady slippers adorned her wooded grounds in spring, growing naturally in the Cape's slightly warmer climate. "Once I picked a bud of Siberian iris, placed it in warm water, and watched in awe as it bloomed right before my eyes – like the birth of a newborn. I'm so fascinated by this miracle of flowers. I used to sneak outside in the very early morning hours just to see what was blooming at daybreak. I just might try it here, too!"

What does she like most about gardening? "It's good for the soul, good for the body, and good for the mind". Thank you Barbara Woods, for transplanting yourself and your wonderful flower garden to your appreciative Brookline home.



SHE TAKES THE CAKE!



Roberta Graffam

Roberta Graffam, Olmsted Program Director for memory impairment at Goddard House in Brookline Assisted Living and pastry chef extraordinaire, stands by her flower covered masterpiece, the "Golden Anniversary" cake. Goddard House donated the cake to the Brookline Aging Collaborative's recent Golden Anniversary celebration to honor 60 Brookline couples that have been together 50 plus years.



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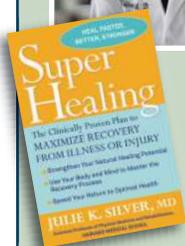
JULIE K. SILVER, M.D.

AUTHOR OF *SUPER HEALING*

The Clinically Proven Plan to Maximize Recovery from Illness or Injury

at Goddard House Skilled Nursing & Rehabilitation Center in Jamaica Plain

WEDNESDAY, MAY 6TH, 2009
5:30 - 7:00 P.M.



Renown Harvard Medical School psychiatrist (physical and rehabilitation medicine) and writer, Julie K. Silver, M.D. shares the principles of her book, *Super Healing*, that have guided both her work with patients of all ages and her own recovery from cancer.

Call 617-676-6312 to register now and receive a free copy of *What Helped Get Me Through* by Julie K. Silver, M.D. Seating is limited so register today!

A PERFECT SCORE FOR THE PERFECT BLEND OF CARE!

Goddard House Skilled Nursing & Rehabilitation Center received a perfect score, deficiency free survey from the Massachusetts Department of Public Health this April. The rating places our Jamaica Plain eldercare facility among the highest ranking skilled nursing centers in Massachusetts, and upholds the Goddard House mission of providing care excellence, dignity, self-reliance, and a warm sense of community for older adults that was established by its founders 160 years ago. Goddard House also scored within the top 10% of skilled nursing facilities in the state in a customer and work-force satisfaction survey conducted by the Massachusetts Senior Care Organization.

For on-line tours, visit us at www.goddardhouse.org

201 South Huntington Avenue
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Address correction requested