



September 2020



# Goddard Times

## GODDARD HOUSE

### UPCOMING EVENTS

#### THURSDAY, SEPTEMBER 17

“The Beauty and Power of Music on the Effects of Parkinson’s Disease” will be presented at 7:00 P.M. on Zoom by Kathleen Howland, PhD, Berklee College of Music professor

#### FRIDAY, SEPTEMBER 18

Rosh Hashanah with Barbara at 3:30 P.M.

#### THURSDAY, SEPTEMBER 24

Goodbye Summer Beach Party from 11:00 A.M.–2:00 P.M. with food, games, and music!

#### MONDAY, SEPTEMBER 28

Yom Kippur with Roberta at 3:00 P.M.



Get Moving. Get Involved...with  
**The Parkinson’s Foundation Moving Day Fundraiser** on Saturday, October 3<sup>rd</sup>! For more information on how to donate and join “Team Marching Matildas” (either virtually or in-person) contact Director of Community Partnerships Christine Nagle at [cnagle@goddardhouse.org](mailto:cnagle@goddardhouse.org).

### RESIDENT PROFILE



**Kathy Manzollilo** is new to Goddard House but is already a familiar face to everyone on Olmsted. She can be found singing along during music groups, painting during Creative Arts, and exercising during the Matter of Balance programs. She sure knows how to stay busy!

Kathy spent her childhood in New York City and loved how exciting the city was. When her family moved to Massachusetts she began working at Fabric Place in Framingham as a sales associate. If you have ever met Kathy you can tell how important fashion is to her. She is always wearing beautiful jewelry and her nails are always done perfectly!

When asked what her favorite hobby is, Kathy responded with “singing”. She loves singing on her own, as well as with her friends and family. She is also a huge fan of Johnny Mathis.

Kathy also explained that while her last name sounds Italian, her family is actually from Malta, a small island off the coast of Sicily. She does love Italian food though! Raviolis are her favorite.

Kathy has so many interesting stories to tell, so stop by Olmsted and introduce yourself!

*-Olmsted Program Director Kristen Cipriano*

# Art Therapy at Goddard!



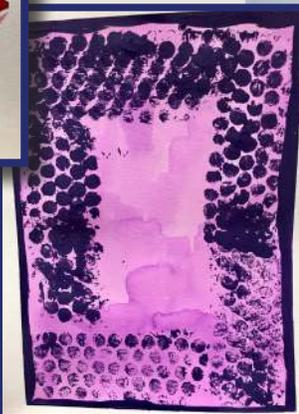
*Arlane L.  
(above)*



*Marty M.  
(right)*



*Judy B.  
(above)*



*Trish M. (above)*



## OUTDOOR JAZZ

*It was a beautiful evening for Cookin' Up Jazz with the Winiker Brothers Band! Photo at far right: spectators Mary C., Fay G., Resident Care Associate Gemma Gonzalez, Trish M., Shirley K., and Peggy M.*



## Goddard House Awarded \$15,000 Parkinson's Foundation Grant for First Comprehensive Parkinson's Program in Brookline

The new Goddard House Parkinson's Program is designed to assist those living with the disease, as well as their families and caregivers, to better manage the symptoms of Parkinson's through mental health support, movement therapies, and an educational speaker series. The initiative kicks off in September with the following programs:

### Virtual Parkinson's Classroom Support Group

Begins *Wednesday, September 2 from 2:15–3:30 P.M.*

Join us for our monthly Zoom support group facilitated by a licensed healthcare professional, co-sponsored by Right at Home Boston Metro West and Goddard House. Caregivers, family members, and persons living with Parkinson's are encouraged to attend. For information on how to join, email Bob DePeron at [bob@rahbostonmetro.com](mailto:bob@rahbostonmetro.com). *Groups are held on the first Wednesday of every month.*

### Movement Therapy

Tai Chi for Parkinson's will be a 12-week virtual class held on *Tuesdays at 11:30 A.M. from September 22–December 8*. Experience an innovative application of tai chi that helps improve strength, balance, flexibility, mental focus and emotional tranquility for persons with Parkinson's disease. The instructor will be Stanwood Chang, founder and director of the Sun Tai Chi Institute of Boston.

### Speaker Series

"The Beauty and Power of Music on the Effects of Parkinson's Disease" will be presented *Thursday, September 17 at 7:00 P.M.* on Zoom by Kathleen Howland, PhD, Berklee College of Music professor and TEDx speaker on How Music Can Heal Your Brain and Heart. Register in advance for this meeting: <http://bit.ly/goddard-music-and-brain>



*Kathleen Howland, PhD*

## Benchmark

*by Resident John Kaufman*



One of the things I miss most, in this time of crises, is eating out at my favorite restaurants. My friends and I enjoy the experience of traveling to

other lands via the cuisine of varying countries. While we don't yet want to dine amid a possible crowd, we've figured out an enjoyable alternative.

A friend drives over to pick me up, having already gotten our lunch at a local eatery. I get into the back seat on the passenger side and roll down the window. The sensation of movement, the welcome sight of scenery passing by, signals the beginning of a fine afternoon.

By the banks of the Charles, we park and find a convenient bench. Gentle breezes stir the leaves of sheltering trees. Birds chirp overhead. At a distance, ever curious dogs guide their owners along shaded pathways. Sailboats lazily cruise down river. Busily paddled kayaks momentarily bob in the wake left by motorboats.

We unwrap our lunch and enjoy a welcome change. Mexico, Japan, Thailand, or China open their culinary doors. A peaceful hour is spent sharing conversation and coffee. Returning home, I look forward to another mini-vacation during the upcoming week.





# Around Goddard



*Clockwise, from top left: Paul W. with a puzzle donation; Marian M.*

*celebrates her 99<sup>th</sup> birthday; Evie P. waves to the camera during a Zoom program; Bernice S. says hello from the porch; Nyle K. enjoys a walk in the Olmsted backyard*

## ASSOCIATE PROFILE



Cook Marc Saint Louis has been part of our Goddard team for more than a year. He came to the United States from Haiti ten years ago, studied

at Boston International High School and Le Cordon Bleu College of Culinary Arts, and has worked in several local kitchens. Marc is passionate about cooking, continuously improving his techniques. At home, he cooks for his wife and watches cooking shows for new ideas. He hopes someday to enter a cooking competition! When Marc prepares food, he considers the presentation, taking care to make the meal look beautiful so that people will be excited to eat! His favorite meal is rice, beans, and chicken, and he'll taste anything. Marc values the way the Goddard family has cared for one another over the past few months, and enjoys taking time to listen and learn from residents. Marc is happy to share his recipes, and always brings a smile and a helping hand!

At home, when he is not cooking, Marc enjoys watching soccer!

*-EnrichedLIFE Director Rebecca Margolin*

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### NEWSLETTER CONTRIBUTORS

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