

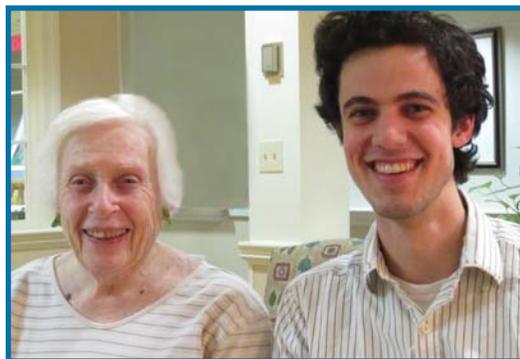
Two-way Streets
GIVING AND RECEIVING

FROM THE TOP MEETS GODDARD HOUSE IN BROOKLINE



From the Top, National Public Radio's weekend classical music show (heard locally on Classical New England 99.5 FM, Saturdays at 5pm), has highlighted the music and the lives of extraordinary young musicians across the country for over a decade. At the heart of *From the Top's* mission is the belief that young people can make an important contribution to the world by sharing who they are and what they love to do. This mission is also brought to life by *From the Top's* Center for the Development of Arts Leaders (CDAL), which prepares young musicians to be instruments of change in their communities.

The CDAL program is offering residents at Goddard House in Brookline an opportunity to work together with a leadership team of young musicians several times each month for yearlong intergenerational adventures.



Sally Holmes & Mike Dahlberg

In Touch sat in on a conversation between the one of the project's team leaders, cellist Mike Dahlberg and project participant Sally Holmes of Goddard House in Brookline:

Mike: Because this leadership project was completely new, we weren't sure where we were headed at the start. In addition to focusing on music, we wanted to discover ways to engage the residents at Goddard House so that they would be partners in creating the program throughout the year.



*Leadership Team with
Goddard House Residents*

Sally: Right. We looked at you. You looked at us (laughing). Both sides wondered, what is this? What are we going to do with each other? There's only a seventy-year age difference here!

Mike: Young people are on a fast track. Everything is about their futures, but you taught us the importance of something very different.

Sally: It's easy-going here. I think we got you all to slow down – just a bit!

Mike: That's for sure. Some of the team members commented that they had never been to a place where they felt this comfortable outside of their own families. That warmth and friendliness at Goddard House helped us feel at ease, so that we could trust our instincts and be more receptive,

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From The Top Meets Goddard House

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learning from you. Young people may be successful, but not necessarily at ease with ourselves because we are still learning who we are.

Sally: We Goddard House residents developed our leadership skills too. As we got going, we felt we could offer you participation, advice, and viewpoints from our own experiences. We all felt part of this team!

Mike: From that rapport, we developed three elements of the program: *Musical Biographies* captured the meaning of music in each participant's life through writing.

Share Your Art gave the leadership team a way to present residents a range of our musical performance styles with discussion to broaden music experience and appreciation. *Sing-a-long* offered a chance to write and perform our own songs as a group and to discover and share music that has meaning for you.

Sally: We really got to be friends. It's all of you I think of first, then your music – in that order. We wish you all the best and hope you come back to visit and report about yourselves and your careers! Thanks to all of you in the first year of the project - Maddy Bauer, Will Hess, John Carney, Tiffany Cheng and Dante Velasquez - and to you, Mike.

Mike: At Goddard House, the team learned that far from just playing music, it's about the relationships you can build through music. It has made a difference in each of our lives.

THE THREE B'S AT GODDARD HOUSE IN BROOKLINE – BED, BREAKFAST & BEYOND

By Lance Chapman, Marketing Director



Shirley Zaret with Executive Director, Nancy Shapiro

Bed, Breakfast & Beyond... the three B's have helped to popularize this lesser known option of our short-term trial stay. Although it has been around for years, we found many families and older adults were not aware that a two-, four- or six-week stay at our beautiful assisted living community in Brookline is available. With the help of some well produced radio advertising on WBZ-AM and WGBH-FM over the last six months, we now get calls from people about this opportunity every week.

Guests move into a lovely furnished apartment and soon begin to experience the warm and lively atmosphere here at Goddard House. Most arrive with just a suitcase since everything else is provided by our staff. We see our *Bed, Breakfast and Beyonders* begin to relax and feel more independent right away. Along with the privacy of their own apartment, they realize that a wonderful combination of services comes with it. These include three meals a day in our dining room, weekly housekeeping, personal care and a full schedule of fitness, arts and intellectual programs.

My experience working with families has taught me that some people get a bit anxious discussing assisted living options. Sometimes we confuse assisted living communities with nursing homes. However, those who visit are pleasantly surprised by our gracious residential setting. One of our recent *Bed, Breakfast and Beyonders*, Shirley Zaret said, "Goddard House is lovely and everyone has been so cordial. It's wonderful. I didn't feel strange or out of place being away from my home in Westport, CT. It's a tribute to the person at the top, Nancy Shapiro."

Executive Director Shapiro returned the compliment: "Shirley is an ideal *Bed, Breakfast and Beyond* resident. She made a leap to try out our community and has opened herself to new experiences – that's wonderful. She is getting back what she gives."



GODDARD HOUSE RESIDENTS ENJOY AMERICAN REPERTORY THEATER

Goddard House made a trip this summer to the American Repertory Theater in Harvard Square to see *Woody Sez*, a spirited play about iconic American folk musician, Woody Guthrie. The show chronicled Guthrie's life and included the



moving and provocative songs he wrote and sang, often about the hardships he, his family and friends faced. The events in the musical, notably the Great Depression, held special meaning for Goddard House residents, as they too, lived through them.



Residents Dorothy and Milton Berman with Brendan Shea of A.R.T.

Woody Sez capped an exciting year where Goddard House was invited to partner with

the American Repertory Theater's new Community Connections Program. **Through the collaboration, residents, families and staff were able to attend every A.R.T. production of the season, including the Tony Award-winning musical *The Gershwins' Porgy and Bess*. What's more, the shows were previewed at Goddard House with discussion or performance to offer residents a way to connect to the play even before setting foot in the theater.**

Brendan Shea, Outreach and Education Associate at A.R.T., talked about what it's meant to team up with an organization like Goddard House and offered a preview about what we can expect in the upcoming season:

"One of the many highlights of our partnership, and perhaps the most important one for me, was getting to know the residents. I hadn't expected them to be as open, curious, adventuresome and willing to connect as they were. I loved welcoming the residents to each production and seeing how the arc of an entire season affected each one of them." remarked Shea.



*Residents gather around *Porgy and Bess* star Phillip Boykin at the A.R.T.*

Brendan went on to say, "Community Connections is an experiment of sorts, in taking the mission of the A.R.T. - to expand the boundaries of theater by putting it in a community context. How do we work with organizations like Goddard House around the city and complement their mission with our own? Having a committed partner like Goddard House to collaborate with us, to teach us, and to engage with us, was a gift."

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THOUGHTS ON THE FUTURE OF GODDARD HOUSE

**From Board President
Elizabeth Molodovsky**

As some of you may know, Goddard House in Brookline had a sister facility in Jamaica Plain, a skilled nursing facility providing nursing home services to Boston area seniors.

This fall, Goddard House in Jamaica Plain closed. The decision leading to the closure was influenced by a variety of factors, including a trend towards more independent living options among seniors and the need for extensive, costly renovations to the facility. Fortunately, we were able to successfully transfer all residents to other appropriate facilities and help employees identify new job opportunities.

Despite outstanding staff and a long history of quality care at our nursing home, the Goddard House board believed our resources could best be used to support seniors hoping to live as independently as possible. It was this same commitment that led the board to invest in Goddard House in Brookline sixteen years ago. Through our experience in Brookline, we have seen that creating environments in which seniors can continue to live independent lives, with support when needed, is an option that is very much in demand.

The board of Goddard House is currently considering how to use resources that would have been spent operating our Jamaica Plain facility to support Boston's seniors. Of course, the commitment to

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A.R.T.

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The 2012/13 Season started off with the outrageous *Marie Antoinette*, complete with sky high wigs, rowdy dance routines, and electrifying sets. Throughout this upcoming season, Goddard House in Brookline residents can expect to enjoy modern takes on productions of *Pippin*, *The Glass Menagerie*, and the *Pirates of Penzance*, just to name a few!

Thoughts on the Future

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Goddard House in Brookline remains firm. In fact, it has taught us much about what seniors need to be able to live in the community with dignity, engagement and well-being.

We'll update you as more information becomes available. In the meantime, please know that we continue to think creatively about programs and services that will make the Goddard House in Brookline experience even better for our residents.



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LOLA'S GIFT



Lola Silva

Lola Silva resided at Goddard House in Brookline in the Olmsted Place Memory Program for nearly three years. When Lola died earlier this year, she left \$4,500 designated for Employee Appreciation there, the largest single donation ever for that purpose. The circumstances of Lola's life make that bequest a unique example of giving and receiving. Her friend Lisa Frost, M.D. of Brookline shares this story with *In Touch*:

"Lola was born into poverty in Rio de Janeiro, Brazil in 1922. She entered into a life of domestic service at an early age, cooking and cleaning for a wealthy family. When the daughter of that family married an American and moved to Boston, Lola came along. Later, when the couple decided to move to New York City, Lola felt settled in her Boston apartment and decided to stay and seek new employment. She found work not far away with several Brookline families, including my parents. I knew Lola my entire life and she was the hardest working person I've ever met. I will always remember the scent of her chocolate chip cookies wafting from the oven when I was growing up – she would bake a million of them! Along with an industrious nature, she made friends, entertained, traveled and saved up as much money as she could through the years, which enabled her to live at Goddard House in Brookline when she needed it.

Coming to Goddard House was heaven on earth for Lola! Despite the losses she experienced during her older years, including memory impairment, she got to really enjoy these last years of her life. She wanted to give back to the staff of Goddard House who cared for her with the same devotion that she herself had shown while working for families in this neighborhood. On behalf of Lola, 'thank you!'"

Visit us at www.goddardhouse.org

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