

Our Homes to Yours

News from  Goddard / Homestead
A Caring Community for Elders



In and Out of the Box Programs

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All programs are free and open to the public. For more information and a link to our Facebook page, visit our website at www.goddardhomestead.org.

Champagne and Chocolate Opening Reception

Sunday, April 11, 2 to 5 p.m.

Meet the artists, view the show and enjoy incredible chocolate desserts, a glass of champagne, and the irresistible sounds of Chet William's Chromatic Swing duo.



Threaded Pear, acrylic painting by Mary Dewey

Artist Demonstrations

Sunday, April 25, 1 to 3 p.m.

In and Out of the Box artists demonstrate and discuss their techniques. Refreshments served.

Poetry Reading

Tuesday, May 4

Wine & Cheese: 6:30 p.m.

Reading: 7 to 8 p.m.

Members of the Worcester County Poetry Association read poems inspired by *In and Out of the Box*. All are welcome to listen or read.

Coffee House

Friday, May 7, 7 p.m.

Chuck & Mud (and friends)

Admission: \$12 per person.

These local favorites perform their *out-of-the-ordinary* blend of folk, accompanied by Walter Crocket on lead acoustic guitar and Mark Manuel on bass. Complimentary coffee and tea.

In Memoriam: Robert E. Maynard

Robert E. Maynard, former president of Goddard/Homestead, passed away on December 18, 2009 after a long and courageous battle with cancer. Bob served on the Board of Trustees for many years and as president from June 2008 to August 2009, when he stepped down due to his illness. An executive with R.H. White Company for 35 years, Bob used his financial and business expertise to help Goddard/Homestead continue its mission of providing affordable supportive housing to Worcester-area seniors.

In remembering Bob's contributions to the organization, Interim President Christopher G. Mehne said, "Bob Maynard was an energetic, visionary leader and a valued friend to the entire Goddard/Homestead family. His boundless enthusiasm, talent and commitment during his many years of service to the organization will be fondly remembered and sorely missed by all who knew him."

Spring into Spring Special

We know how difficult it can be to move after a long, cold winter and we want to help!

Visit Goddard House or Homestead Hall between now and May 31, 2010 and move in by June 30, 2010 and we will give you \$500.00 off of your first month's rent.

In and Out of the Box

Goddard House Art Gallery

April 11 - May 9

Goddard House invites you to explore its eighth annual art show, *In and Out of the Box*, on view in the Art Gallery from April 11 to May 9. From skyscrapers to scallop shells, batter's boxes to calf pens, the tried and true to the wildly unexpected, this juried exhibition turns conventional ideas of boxes inside out. In a variety of media, including painting, photography, mixed media, textile, paper, collage and sculpture, the works of 52 local artists broadly interpret the theme of boxes and their presence in our lives. You won't think of boxes in the same way again! The exhibit is free and open to the public daily from 1 to 4 p.m.

Program of events on back page



massculturalcouncil.org

This program is supported in part by a grant from the Worcester Cultural Commission, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Community, media relief sculpture by Stacey Parker

The artists: Lisa Barthelson, Emily Boosahda, Emmeline Brown, Lora Brueck, John Buron, Laura Cahalane, Bettie Carlson, Rose Carlson, Doris Carter, Justin Clapp, Carrie Crane, Zabelle D'Amico, Donna Desautels, Mary Dewey, Susan Fisher, Ryan Foley, Muriel Funka, Jane Grover, Stephen Halpert, Tasha Halpert, Oliver Herring, Lindsay Howland, Elisabeth Hyder, Maren Jansen, Tom Kellner, Peter Krashes, Marcia Lagerwey, John LaPrade, Mary-Ellen Latino, Rosemary Lebeau, Susan Matusen, Julia McKinley, Beckie Moss, Cassie Murphy, Doris O'Keefe, Cade Overton, Stacey Parker, Don Ricklin, Leona Ricklin, Ron Rosenstock, Jacqueline Ross, Connie Salter, Susan Sedgwick, Amaryllis Siniosoglou, Marcella Stasa, Susan Swinand, Dick Taylor, Mary Walter, Julie Warchol, Cheryl Wareck, Christopher Whitehead, Agnes Wyant, Nicholas Yavarow, Mary Zywar.

Art Boutique

In and Out of the Box will be accompanied by an art boutique, featuring one-of-a-kind works by local artists and artisans. An enticing selection of prints, photography, jewelry, scarves, pottery, note cards, and other items will be for sale. Come shop for unique gifts for Mother's Day, and those upcoming graduations and weddings. All boutique proceeds will benefit the Goddard House art show.

Goddard Coffee House



Chuck & Mud

The musical team of Chuck and Mud, accompanied by Walter Crocket on lead acoustic guitar and Mark Manuel on bass, bring their popular blend of folk tunes to the Goddard Coffee House on **Friday, May 7 at 7 p.m.** Admission is \$12 per person and includes complimentary coffee and tea. Desserts and bottled water can be purchased at a nominal fee. Seating is limited. Call (508) 753-4890 for reservations. Tickets will also be available at the door.

Return service requested

www.goddardhomestead.org

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Worcester, MA 01610

1199 Main Street

A Caring Community for Elders

Goddard / Homestead

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www.goddardhomestead.org

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A Message from Margaret Naylor, Executive Director



Peg Naylor,
Executive Director

Our annual art show has become an anticipated event in the local art community, and this year topped them all. We received over 170 submissions from 60 local artists! Our sincere thanks go to Michael Hachey, Professor of Art at Worcester State College, who helped us jury the show, and to our intern, Julia McKinley, a Clark University art student who is helping us produce *In and Out of the Box*. We are also grateful to the Worcester Cultural Commission, who awarded Goddard House a local cultural council grant, supporting our efforts to bring art to Webster Square.

Spring brings a tradition of new beginnings. It also is the time of year when many seniors think of making the transition into a retirement community. If you are considering such a move, we'd like to make it a little easier for you. We'll take \$500

off your first month's rent if you visit Goddard House or Homestead Hall by May 31, and move in by June 30. To make an appointment for a tour, please call me at (508) 753-4890.

P.S. Don't forget to check out the Art Boutique that will accompany *In and Out of the Box* at Goddard House from April 11 through May 9. Think Mother's Day!



The bedroom and adjoining bath in a Goddard House apartment.

Beating the Housing Market Blues

These are challenging times for seniors who want to sell their home and move into a retirement community with supportive services. Longtime Worcester realtor Roz Levine¹ has some seasoned advice that might help beat those housing market blues.

"De-clutter, de-clutter, de-clutter," Roz says. "A buyer cannot visualize their own things in a house that is full of someone else's." That means packing all the knick knacks away, as well as photographs, until the house is sold, she advises.

Taking a careful look at the front door is the second most important strategy. "It takes six seconds to make an impression," Roz says. "That means it is imperative that the front of the house be presentable." She advises shoveling the sidewalks all around the house in winter, mowing the lawn in summer, and making sure the front porch

is clean and tidy. A fresh coat of paint on the door and flowers in attractive planters help create a good first impression.

The two most critical rooms in the house are the kitchen and bathroom, according to Roz. "They have to look as if no one lives there." Counters, sinks, and floors should be sparkling clean, dishes should be put away, and clean towels should be hanging on the rods. Throughout the home, holes in walls should be patched and painted and carpets that are stained or torn should be removed. "A buyer will immediately start deducting from the asking price everything they think they need to do to the house," Roz explains.

What if there are problems with the house? "Be honest," advises Roz. "Don't try to hide things. There's no such thing as a perfect house."

¹www.rozlevine.com

Faces of Goddard/Homestead

Seeing the World from Homestead Hall

Sandy Hughes and Kelley Chesna are the dynamic duo that keeps Homestead Hall residents busy and engaged seven days a week. The Activity Assistants plan and run programs that stimulate residents' memories and senses, strengthen their eye coordination and concentration, exercise their bodies, and are just plain fun. "We're always trying to come up with something different that will challenge them," says Kelley.

The most popular events have been entire days centered on a particular culture, such as Hawaii or Mexico. "Everything we do all day, from activities to meals is related to the theme," Sandy explains. "They experience the culture through their senses: taste, sight, and sounds. We call it armchair travel." How does she come up with the next cultural theme? "I will ask residents where they want to go next," she says.



Sandy Huges, standing, watches Homestead Hall residents play a ball toss game.

Not everyone always wants to participate in the group activities, Kelley explains. When that happens, "we go to them," she says. "We'll bring music to their room and give them one-on-one attention with maybe a hand massage or back rub."

The warmer weather expands the activity possibilities. Using the Goddard/Homestead van, Sandy, Kelley, and Program Director Sue Foisy take residents for picnics at the Rutland State Park, rides to the country for ice cream, and excursions to local attractions. Friday cookouts on the patio are a favorite summer treat.

Every year Homestead Hall residents also plant a small patio garden with tomato, cucumber, and herb plants.

However, the temptation of vine-ripened vegetables just outside the door can be too much, Kelley says. "Sometimes we catch them sneaking out to pick a tomato!"

Board Focus: Christopher G. Mehne



Christopher G. Mehne, Esq.

In the 25 years since Christopher Mehne became a trustee of Goddard/Homestead, he has seen the non-profit organization through several transitional milestones. During his tenure on the board, Goddard House merged with Homestead Hall to form Goddard/Homestead, Goddard House was expanded and transformed from a rest home to an independent living retirement community. Last year, the organization reached its 135th anniversary.

An estate planning and elder law attorney with the Bowditch and Dewey law firm of Worcester, Chris served as president of Goddard/Homestead from 1994 to 2001. He returned to that leadership position last summer after the late Robert Maynard

stepped down due to illness. "Goddard/Homestead has really taken on the role of a second family for me," he says.

This longtime relationship gives Chris a good perspective on the organization and its future. "Goddard/Homestead serves a very specific segment of the population: elders who are in need of quality, affordable housing, that will provide them with supportive services, but still allow them to maintain a certain level of independence," he says. "We've been able to carry out that mission extremely well."

While the current economy has made it difficult for seniors to sell their homes so they can move into supportive housing, Chris feels that Goddard/Homestead's unique strengths position the organization to successfully meet this challenge and carry on its charitable mission begun over 135 years ago.

"While we see a lot of facilities around us that provide very nice facilities and good services, they are not as affordable as we are," he explains. "One of our strengths is that we have always been able to offer very good facilities and services to our residents at a very affordable price."