

Our Homes to Yours



Part of the Family

David Raphael's father, Saul, came to Homestead as a participant of the respite program last summer. David, and his wife, Nancy, had planned a vacation to Portugal and needed Saul to be somewhere safe while they were away – but didn't want to send him to a nursing home. At Homestead Hall he was offered an opportunity to stay in a newly furnished room while David and Nancy took their vacation.

Saul had been spending five days a week at Summit Elder Care, which is an adult day health center providing meals, activities, and medical care. And while at Homestead, Summit continued to provide home health care for Saul. According to David, "Even though it was a great program, his doctor at Summit wanted us to move my father into a nursing home. The doctor thought he might require too much care to live at Homestead."

David continues, "From day one, I can't say enough about the staff at Homestead. When you're an advocate for a parent, you're fighting a battle. I fought for him. Every family here should know that the staff is an added advocate for their loved one. June (Andrade, a care coordinator) was on the phone with doctors and social workers telling them that Homestead could do this, they could do that, and everything she said they could do, they did."

Whenever David came to visit his father, whether it was early in the morning, in the afternoon, at night, everything was right. They'd coax him to eat and drink even if he didn't really want to. Laughs David, "The hardest thing they had to do was get him to the TV room. He was stubborn. But they just had a way. They all



Kelley Chesna, Activities Director, David Raphael, and June Andrade, Care Coordinator (and Saul Raphael's patient advocate extraordinaire!)

worked together with the same smiley, happy attitude. They treat the residents with dignity, and they are proud of the job they do. You can see it every day."

"As far as I'm concerned every resident that's here is an individual, to the staff. They become part of their own family," exclaims David. "I just can't say enough."

Saul passed away in June. He was 97 years old.

Going Green

At Goddard/Homestead we are continuing our commitment to eliminate waste and decrease our environmental footprint. With that in mind, we'd like to send out as many newsletters as we can via e-mail. It is easy to sign-up. Simply go to www.goddardhomestead.org and click on the newsletter button in the lower right-hand corner. You can request an email copy by providing us with your basic contact information to let us know that you would like to save some paper and assist us in our efforts!

**Goddard/Homestead
Officers & Trustees**

Executive Director
Margaret Parker Naylor

President
Christopher G. Mehne

Vice President
Richard V. Kesseli

Treasurer
Paul J. Braney

Assistant Treasurer
Richard V. Kesseli

Clerk
Marcia A. Priestley

Trustees

Paul J. Braney
David C. Buckley
Joan E. Cusson
Roger L. Dubuque
Eric M. Dunphy
Nelson J. Ezen
Helen D. Fifield
Brendan C. Herlihy
John F. Hirbour
Franklin S. June
Richard V. Kesseli
Christopher G. Mehne
James M. O'Coin
Judith H. Overdorf
Marcia A. Priestley
Thomas V. Rouvina
Richard A. Sheils, Jr.
John F. Woods

Corporators

Kevin F. Early
Matthew F. Erskine
John L. Foley
Dorothy C. Hurlburt
Caroline B. June
Florence P. Phelps

Goddard House:
1199 Main Street,
Worcester, MA 01603
(508) 753-4890

Homestead Hall:
10 Homestead Avenue,
Worcester, MA 01610
(508) 753-4890
www.goddardhomestead.org

Design: Priestley Marketing
Group

Writer: Michelle Lunt

A MESSAGE FROM MARGARET NAYLOR, EXECUTIVE DIRECTOR

Home for the Holidays



*Peg Naylor,
Executive Director*

At this very special time of year, as we move closer to the winter and holiday seasons, we begin to think of cozy warm spaces filled with friends and family. A meal with relatives, a family gathering, and time spent with others is often associated with this time of year. This is especially true as we think about the pace of life today for many families. Running from work to evening meetings to events for children leaves us with precious little time to engage in comprehensive family activities that we may have enjoyed in the past. The holiday season seems to remind us to slow down and enjoy the company of others.

Many elders are fortunate to be able to benefit from outside social programs and community-based events. Others have the benefit of being cared for at home by family and professionals alike. But what about the elders who do not engage in these practices? For many, this time of year can be especially lonely and isolating. Limited access to transportation, icy and snowy

sidewalks, and fewer community programs during the winter months are among the added stresses of everyday life which can leave many elders feeling lonely.

At Goddard House and Homestead Hall we are pleased to offer a number of activities designed to engage our residents and to further foster a sense of "community" within each setting. Daily meals, taken with friends, serve to provide a forum for discussion as well as a break from the isolation of living alone. Our programming also challenges the mind through interactive group participation in the areas of contemporary learning, exercise, technology exposure, and interactive guided group conversation, just to name a few. These programs are available to our full-time residents as well as for those who are staying with us for respite care (either following a medical procedure or during a period of time where the primary caregivers are away or simply need a well deserved break).

We shouldn't underestimate the power of "community". From lending a feeling of being connected to others, adding a feeling of safety and security to simply providing basic companionship, our communities help elders to thrive. We sincerely hope that you have an enjoyable holiday season and welcome you to visit "Our Home" for the holidays.



Need Temporary Care for a Loved One?

*Taking care of a loved one is a lot of work ...
and we should know. We've been caring for seniors
throughout Central Massachusetts for over 135 years!*

Whether you need temporary assistance to care for a loved one during your vacation, after a surgery or simply for a needed a break ... we can help. Goddard House and Homestead Hall offer respite care for seniors who are independent as well as those who need a bit more care.

*...a caring community
for elders*

*To find out if our Respite/Vacation
Program is right for you and your
loved one, call us today.*

508-753-4890



Faces of Goddard/Homestead

Fremont Nantelle: Just an Ordinary Joe that hit it lucky

Fremont Nantelle has lived at Goddard House since 2005 – when his apartment building was put up for sale. He had friends who lived at Goddard and was therefore familiar with the place and its history. Says Fremont, “I’m in my own neighborhood. I’ve lived in the Clark area since 1943. I’m only a mile away now. I can still get on a bus and get to most places. I can still go to St. Peters, the church I’ve gone to all my life, it’s been my anchor, and there’s also a church right across the street that I can walk to.”

Disabled by a childhood knee infection and declared 4F – not qualified to serve in the military, Fremont did his part for the World War II “war effort” by working for weapon manufacturer Harrington and Richardson Arms. He followed that service with three years at American Steel and Wire and then spent thirty-six years working at State Mutual Life Insurance before retiring in 1991 at the age of 67. It was a good fit for Fremont. He says, “I still call one of my old bosses sometimes when I have questions about my insurance. You don’t hear of people working thirty-six years at the same company anymore; but I could go along with the flow and I was happy.”



Fremont Nantelle shares some stories about his life before and at Goddard House.

Fremont enjoys living at Goddard. “It’s a secure place, and I’m comfortable here,” he explains. “There’s a Clark University student who helps out a few times a week to try to keep us busy doing things; and I keep learning. I’ve learned about the

continued on back page

Michelle Dwyer and Amy Bouvier, Homestead Hall’s Registered Nurses

If you’ve spent any time at Homestead Hall in the last year, you have undoubtedly come across either Amy Bouvier or Michelle Dwyer. They are job sharing – splitting the hours of one Registered Nurse’s position between the two of them. Explains Michelle, “Job sharing works great as long as you work well together and communicate. You have to let the other person know what’s going on or else you cause more work for her. So we phone or send an email, and for us it works!”

Both RNs juggle other nursing jobs and busy family lives. Amy has three daughters under the age of thirteen and Michelle has a son and daughter under twelve. Between the two of them, they provide Homestead residents with two to four days of nursing every week.

Both Amy and Michelle have hospital nursing backgrounds. And while Homestead is very different they’ve found the challenges rewarding. “There’s a lot of learning. We have to follow state-mandated regulations to make sure Homestead is in compliance. We work with residents, their families, their doctors, and the responsible persons (RPs – the caregivers who help the residents on a daily basis) to make sure everyone is getting the care they need,” says Amy.



Michelle Dwyer and Amy Bouvier – job sharing RNs.

As part of their job, Amy and Michelle screen prospective residents to ensure the level of care required can be provided at Homestead Hall. They communicate with physicians to oversee resident care and check their medications; they work with the RPs to address any new issues or alert them to watch

continued on back page

Michelle Dwyer and Amy Bouvier, Homestead Hall's

continued from page 3

for possible problems; they train staff on anything from catheter care, to medication side effects; they track all narcotic use and ensure that proper paperwork is filed with the state. They also monitor falls, send orders to doctors for review, administer flu vaccinations to residents and staff, and ensure that all public health regulations are met.

"There's a lot to do, but we love both the autonomy and the flexibility we've found here. And it's such a family-oriented place. For the residents, this is their home. The staff is great to work with, and they really care about the residents. It's a really great environment," continues Michelle.

Fremont Nantelle: Just an Ordinary Joe that hit it lucky

continued from page 3

Internet a bit at a time. I picked it up from the cook, from some of the people that work here, and Joe (Sandagato). I like to look up a lot of things. When I see the doctor, I write down what they tell me and come back and search on the Internet to get health information. And I get a great kick out of Google Street View Maps. Someone showed me how they used that to find landmarks when they were going to be driving somewhere they weren't familiar. I use it to look around where I used to live on Main Street and Clark University."

"God was awful good to me; I can tell you that. I'm just an ordinary Joe that hit it lucky," insists Fremont.

Special Offer

*We know how difficult moving
can be and we want to help!*

Visit Goddard House or Homestead Hall between now and December 31, 2011, move in by January 31, 2012, and we will give you \$500.00 off of your first month's rent.

Spend next year in the comfort of your new community with new friends and a new outlook on life!

**Don't Delay...Call Us Today
For A "No Obligation" Tour**

508.753.4890

*One coupon per person/per rental unit. All rules and conditions apply.


Return service requested

www.goddardhomestead.org

508-753-4890

Worcester, MA 01610

1199 Main Street,

 **Goddard / Homestead**
A Caring Community for Elders

Non-Profit Org.
US Postage
PAID
Permit# 46
Worcester, MA