

Home Times Monthly

*A newsletter for Pond Home residents with all the news
that's fit to print*

March 2019 volume 143

To My Dear Residents;

Will the month of March 'come in like a lion and go out like a lamb' in 2019? I am hoping so, how about you?

Our construction/renovation project on the first floor should also come in like a lion next week (4th-8th) and go out like a lamb as they finish the punch list items we have given them to correct. So, we anticipate one more week of inconvenience and adjustment, and then we can start using the beautiful new lounge and other space.

Thanks for reading,

Becky Annis, Administrator



March Birthday

Please be sure to wish the following resident a Happy Birthday:



9th ~ Roger Mitchell
11th ~ Naomi Bremilst
28th ~ Kay Olson

Resident Spotlight

This month's spotlighted resident is **Ellen Barrow**. Ellen moved to Pond Home from The Community at Pond Meadow in mid-December. Some of you may know she used to interview residents and write for the Pond Meadow newsletter. She made this month's feature very easy, by handling her own autobiography, starting with a poem.



Fran offered me my picture by my door;
I replied, "Thank you, but what for, what for?"
I'd rather have those little green folk
Preserved in green wreathes so they won't croak.

She reports her fondness for frogs developed when she learned they were lessening in number and began being born with birth defects. Like the canary in the coal mine, they are an indication of trouble brewing for humans.

In Virginia, she and her husband dug and filled a fish pond. Within a few weeks, 18 frogs had arrived, although there was no other water nearby. The frogs' sounds had a cheering effect on them and their neighbors. She started to collect frog figurines and jewelry, and became known later at Pond Meadow as "Frog Woman".

Ellen shares she came close to being "unborn"! Her grandmother Daisy didn't want her mother Kay to undergo the birth experience a second time, after giving birth to Ellen's brother Bill in 1927. But, her Aunt Gertrude thought Bill needed a sibling companion and offered funds to finance the second child, as at this point The Depression was happening in full force. The last thing her brother probably wanted was a sister, but on June 16, 1931 Ellen Quay came into this world, immediately becoming a "Daddy's Girl", arriving on his birthday.

She found her father fun loving and adventurous. He was sales manager for a machine tool company. His complete name was Paul Quilliam Quay, (a Manx name). During World War II he rescued an English springer spaniel, the start of their future springer kennel. Later, helping with the dogs and kennel became Ellen's chief chore.

Ellen's mother was Katharine Brooks Quay Pennebaker, a descendant of Isaac Allerton, a Mayflower passenger. She enthusiastically joined the Daughters of the American Revolution. Kay, as she was called, became talented as a watercolorist and known for her pen and ink drawings.

Ellen and her brother Bill were never particularly close, but she was useful to him in one way. They would wander the Northern Ohio woods and fields, as Bill collected live snakes in his butterfly net. Her assignment was to slap the snakes' heads down with her bare hands so the snakes wouldn't jump out! Later, the snakes would dwell in a large terrarium in Bill's room, often escaping and proceeding downstairs to startle "the help" and terrorizing the players in her mother's bridge group. Ellen says her brother taught her an appreciation of birds, butterflies, plants, frogs, and most things in nature.

Bill attended Harvard, receiving a Phd from the University of Michigan, and became a scientist. He died in 1994 at age 67.

Ellen was born in Cleveland, Ohio while her family was living in Cleveland Heights. Subsequently, they all lived in Shaker Heights and then Hunting Valley. The latter far suburb became very posh after her family left!

She first attended a public elementary school before attending two private girls' schools- Hathaway-Brown in Shaker Heights and Holton Arms, in Washington, D.C. Holton Arms was her favorite of all schools, as it helped her with her self-esteem, and exposed her to fun and high jinx, as well as Washington events, such as President Truman's inaugural parade.

At Holton Arms, she won the English Award, before entering Wellesley College. She had planned to major in English, but her freshman English professor thought she should major in sociology and psychology in order to become a social worker. She had hoped to be a newspaper journalist, but her first efforts in that direction were publically displayed as an example of "what not to write"! She did graduate with honors, despite this.

She realizes now she actually was interested in social work since about age 16-18 as she volunteered at two hospital outpatient facilities. She was impressed and saddened by stories she had heard from the patients she met there.

In 1953 to 1955 Ellen attended Social Work School in Richmond, Virginia; at a school now named Virginia Commonwealth University. There she earned her MSSW and met the man who would become her husband, Donald August Barrow, who was also a student. Donald was from New Hyde Park, New York and had attended Cornell University and served two years in the Air Force.

They married on June 18, 1955 and began living in a series of homes and places. Ellen worked in a child guidance clinic and twice in an adoption agency, The Virginia Home Society.

In 1958, Don and she had their first son, Paul William Barrow. He now lives with his wife, Deirdre in Brookhaven , Pennsylvania. He is an operating room technician. Deirdre is talented and works in crafts. Their second son Bruce was born in 1960. He has a PhD from the University of Maryland, and works on government contracts. He lives in Great Falls Virginia now with his wife Joan who works for Microsoft. Amy Barrow Wilson was born in 1962. She graduated from the University of Michigan and has a Masters from Harvard. She lives in Franklin and does tutoring. Amy is the reason Ellen and Don moved to Massachusetts. Ellen reports Amy has cheerfully met her many needs and demands over the years. Amy's husband Chris will soon be retiring from the Plymouth Nuclear Plant. Ellen's youngest "child", Tom was born March 24, 1965. He lives in Apex, North Carolina and has two jobs; one is in electronics and the other is as a licensed massage therapist.

There are five grandchildren: Katie in New York City, Dakota in Pennsylvania, Savannah in Rhode Island, Andrew in Boston, and Elizabeth at Clark University in Worcester. While four of the grandchildren have "significant others", there are no great grandchildren, yet, just two Golden Retrievers, a floppy-eared rabbit, one giant tropical frog, and a varying number of cats.

Ellen has held many volunteer positions over the years everywhere she has lived. She has been a Girl Scout Leader and camper, twice a Cub Scout Den Mother, a class mother, library aide, a worker at a facility for developmentally disabled people, hospital volunteer, cancer volunteer, a volunteer social worker with a program providing fuel for the elderly, and interviewer, and photographer.

She volunteered, and then had a paying job with an organization to help battered women. She had the same experience at a nature center where she was initially a volunteer and then had a paying job. Other paying jobs of Ellen's

have included Welcome Wagon Hostess, Secretary/Accountant for a Commercial Interior Designer, and Interviewer for the U.S. Census Bureau.

Ellen and Don moved about, following Don's Social Worker career. He worked for the Children's Bureau, headed a Settlement House, worked as a Chief Probation Officer, and worked in Virginia, inspecting homes for the elderly. He also volunteered with the Boy Scouts.

The family camped and traveled extensively, visiting 49 states and 33 countries! Ellen's farthest and favorite trip was to New Zealand. An interesting, but tough trip was to Costa Rica, where she slipped and somersaulted off a 15 foot cliff! She broke her back, landing by the Pacific shore near Panama.

Ellen and Don moved to The Community at Pond Meadow in 2000, as they were finding it a bit difficult to be on their own without good services in rural Virginia. They lived there for 18 & ½ years.

Don died on September 24, 2016 at age 85, from pancreatic Cancer. They had shared 61+ years of marriage. He had been a very helpful addition to "The Meadows", volunteering in many ways.

Ellen moved into Pond Home on December 14, 2018. Such daily activities as gardening, shopping, driving, and just walking around, were becoming difficult for her. She feels fortunate to have found a "sanctuary" nearby (Pond Home), where she already knew some of the residents. She loves her beautiful blue unit and has had fun decorating it. She feels safe and protected here, but recognizes she has had to give up some measure of autonomy. She appreciates the friendliness of the staff. She enjoys participating in such activities as bingo, bridge, word games, puzzles, movies, and exercise.

Ellen offers many thanks to all that have helped and continue to help her in so many ways to adjust to this new chapter in her life. We are happy to have her share her love of frogs and fun with us now.

Activity Highlights for March

On the 1st Entertainer Gary Leanus will be here at 4:00pm

On the 7th Protestant Church service will be held at 10:00am

Get in the spirit of the season with an outing on the 8th to the Wrentham Library to hear the Glen Shan Irish folk duo- be sure to sign up with Fran

Activity Highlights for March *continued*

Because of the outing Rosary on the 8th will be held at 11:00 am

On the 15th Entertainer Tony D will be here at 4:00pm

On the 16th at 4:15pm – Director of Nursing Terri Javery's daughter Abby will be here showing her impressive skill Irish Step-dancing with her dance troop from Showcase Dancers.

On the 19th the LEO Club will be going to Mick Morgan's', to keep up the Irish theme of this month

On the 21st we will be holding the annual First Responders & Wrentham DPW Breakfast from 8:00-10:00 am in the living room. Please stop by to share a cup of coffee with our public service providers and say thank you for the work they do

Get ready for some puppy love – on the 25th, Golden Opportunity Dogs will be here at 11:00

New activities we have begun scheduling include Sarah the Musical Therapist who provides services in the first floor day room and Painting Class for our artists in the craft room on Saturdays.

Employee Spotlight

This month's highlighted employee is **Jennifer Gongoleski**. Jen has worked at Pond Home as a Certified Nursing Assistant since April of 2007. She loves the homelike atmosphere of Pond Home and the close personal relationships she has developed with the residents and her co-workers.

Jen and her husband Jeff have been married 14 years. She and Jeff met growing up in Blackstone, Massachusetts. Jen is the middle child with an older and younger sister, both of which she is very close to. She now lives in Lincoln, Rhode Island, where she and Jeff bought a home. Their daughter Julie is 11 year's old, in her last year of elementary school. Julie took her first airplane ride in October of last year, flying to Florida with her aunt. While there, she visited Disney, and loved it.

Their home is full, with three dogs too! A Golden Retriever named Jerry, Lucy, a hound, and Trixie, a Maltese. When not working, her daughter and dogs keep her very busy.

She loves to get together with her family; spending time with her parents and two sisters, who she is very close to. Her newest hobby is painting. She recently found out she enjoyed painting with acrylics at a party she and her sisters attended. She liked it so much she purchased the art supplies she needed to continue this new hobby at home. We are glad Jen devotes so much of her time to this home too.



Watch the Weather

Snow is beautiful to look at, but when it comes we often get ice too, so be safe out there when you take a walk or go for an appointment.

Keep the warmth in and the cold out

Please ask your able bodied friends and guests to limit the use of the blue “handicap” button to only as needed. When just the people who really need to use the button, use it, we cut down on heating the outside! ***You residents should always feel free to use the button.***

Remember each room has its own thermostat so you can control the temperature of your room for your comfort. If you are too hot, please start by turning the heat down, not opening a window in the cold weather. Our heating bill will thank you!