

Home Times Monthly

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

April 2019 volume 144

To My Dear Residents;

The earth laughs in flowers ~ Ralph Waldo Emerson

Have you seen all the green leaves of crocuses, hyacinth, tulips, and daffodils in the front landscaping of Pond Home? We even had some crocuses blooming on one of the sunny March afternoons recently. These have been coming back without fail for many years and are always early thanks to their south facing location and proximity to the building. The first sight of them each year always makes me smile and my heart feel just a little lighter. They are a promise of warmer days which are always a welcome after winter snows. Hope you get a chance to go outside. Be sure to look for signs of the earth laughing!

Thanks for reading,

Becky Annis, Administrator

April Birthday

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



4th ~ Kay Pember
10th ~ Phyllis "Bunny" Wyllie
26th ~ Joan DaCruz
26th ~ Netta Kaizzi
28th ~ Gloriann Crowe

Further Improvements

We are pretty much done with our renovation that impacted much of our first floor. The last week in March we finished replacing flooring in resident rooms in the nursing section. The final planned improvements for the first floor are new resident room doors and glass in the nurses' station; both things are still on order.

Not to leave the second floor out of the "fun", we have work that started at the end of the last week in March that will continue through the first week in April to install a new air handler for our heating and ventilation system. The work for this will take place at the end of the east wing, second floor hallway.

Access to and from most of the rooms on that hallway should remain open throughout this process. We will work to limit the disruption as much as possible to our residents and staff, but realize it will take adjustment on everyone's part through April 4th. If your room is in the area that will be impacted you have been notified in advance.

We did have to move all the furniture out of that end of the hallway, so we ask that those who like to walk the hallways avoid that area during this time.

Resident Spotlight

This month's spotlighted resident is **Naomi Bremilst**. When sitting down to meet with Naomi about this article, the first thing she said was, "The most important thing in life is God."

That statement clearly shows her life's focus and priority. Naomi was born at home in the little town of Mexico, Maine. She was the first child of the Hutchinson family, later joined by a younger brother, Carrol. She always loved the outdoors and has fond memories of exploring the beautiful land around her hometown. She remembers spending hours outdoors playing games with other children on her street, like kick the can and many games they invented for their own amusement.

She attended Mexico High School back when the girls had to wear skirts to school. She said it was just what they did, but as you can imagine it was cold in the winter in Western Maine.

Many who lived in Mexico, Maine at the time Naomi was growing up worked in the local paper mill or at the local hospital. She knew that was not what she wanted to do, so she followed a girlfriend to Wrentham to work at the Wrentham State School, providing personal care for the children who lived there. During this time she lived with her friend's aunt.

She met her future husband, Arthur Bremilst, when he stopped by the state school looking for a job. He was just home from his time serving with the Navy, and came in his dress whites, attracting Naomi's attention. He did get a job at the state school and eventually went on to a long career working at the Massachusetts Correctional Facility, Walpole; now called Cedar Junction. He was a guard and worked his way up to its Superintendent, before retiring.

Naomi and Arthur married when Naomi was 25 years old. She became a mother immediately, as Arthur had three young children, a son and two daughters, from a previous marriage. Their son, Arthur, has passed away. The daughters, Margie who lives in Fairhaven, Massachusetts and Patricia, who lives in Norton, remain close to Naomi. Arthur and Naomi had three biological children as well, Carol who lives in Wrentham; Nancy who lives in Norfolk; and Marie who lives in East Providence, Rhode Island. She has eleven grandchildren, eight girls and three boys. She also has four great-grandchildren, all girls. Naomi says they are all her kids, and always have been.

The family spent summers camping at Dummer's Beach in Weld, Maine. Naomi looked forward to listening to the loons on Webb Lake at Dummer's Beach and to picking fresh Maine blueberries (the little kind). They enjoyed sitting by the campfire and making sandwiches and roasting marshmallows for s'mores over the fire.

Naomi taught her children to appreciate nature on these trips to Maine. They made annual visits to Smalls Falls and Angel Falls, and always took a trip to the Rangeley Lakes area seeking out moose and deer along the way. They would stop off at the Height of the Land turn-out, overlooking Rangeley Lake State Park and the spectacular view of water, mountains, and unspoiled land, as far as the eye could see.

Naomi and Arthur enjoyed having a big vegetable garden each year. They would grow every vegetable you could think of and were happy to give away any extra they had. She also enjoys cross-stich and crocheting. For years she has crocheted hats and donated them to local charities to be given away to children in need. Ask her to show you what she is working on, bet it is a hat!

Decades ago, after cooking a full Thanksgiving turkey with all the trimmings, Naomi sat down with her family to enjoy it. She informed them then, "I'm never eating meat again."

That is the day she became a vegetarian. She continued to make meals that included meat for her family, but knew she felt better not eating meat.

Once her children moved out of the house, Arthur told her she no longer needed to make meat dishes, and he ate vegetarian at their home as well.

Naomi moved to Pond Home in January of this year. She adds a warmth and kindness to any interaction she has with others.



Allergy Alert

It is getting warm again, meaning the earth is re-awakening. For some of us, that means our seasonal allergies pop up again. Remember to carry with you, or ask for, tissue when you need to blow your nose.

Activity Highlights for April

On the 3rd we will have a photographer here in the afternoon from the architect firm that designed our new addition and renovation. As pictures with people are always more engaging we will be asking a few residents and staff to be part of the pictures, so be sure to brush your teeth after lunch!

Protestant church services will take place on the 4th at 10:00

On the 11th come be creative and join us decorating eggs for Easter. This will take place at 10:00am in the craft room.

Entertainer, Doug Robinson will be here at 4:00pm on the 12th

Catholic Mass will be held on the 15th at 10:30am

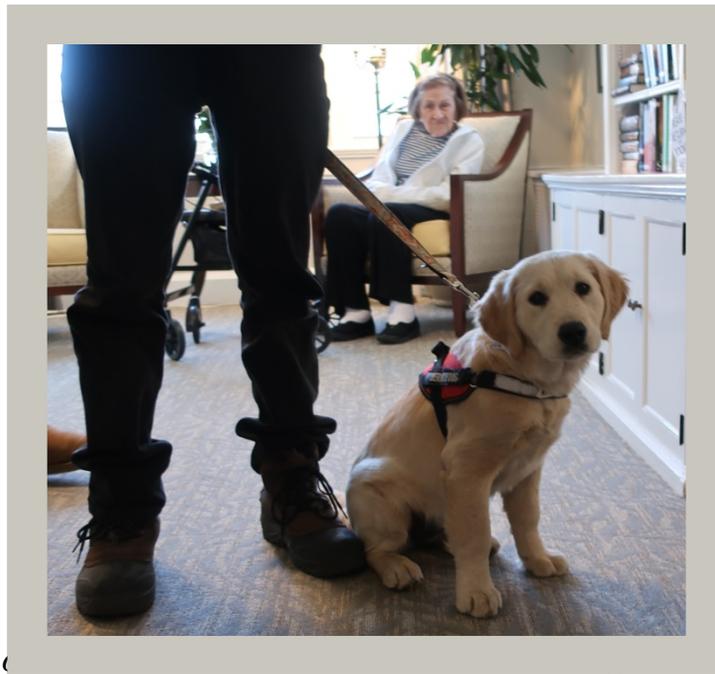
On the 16th the LEO Club will be going to Longhorn for lunch, leaving at 11:30am. Be sure to see Fran to sign up if you want to join the group

Resident Council will take place on the 18th at 10:00am in the living room.

On the 21st, **Easter Sunday**, we will have a coffee social at 2:00pm for residents and any family who would like to join us

On the 24th Hollis entertains at 11:00am

The Golden Opportunity Service Dogs will visit on the 29th at 11:00am



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Best Wishes/Employee Updates

Activity Assistant/Transportation provider **Maureen Morse** has worked her last regularly scheduled Saturday, as of March 30th. We wish her all the best in her next adventure.



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Congratulations to Receptionist **Melissa Bellerose**, who recently became engaged to her long time honey, Paul. Be sure to ask to see her beautiful ring!

CNA **Kristina Chou** is getting married this month to her longtime partner. Her last name will soon be changing to **Unkuski**. Ordering the new name badge now!



Fraud Alert

Please don't answer telephone calls from someone you don't know. If you get a weird message, check with your family or office staff before responding to it. Often, the calls or messages left are telephone scams. There are organized groups looking to take advantage of everyone who owns a telephone, and they do it by calling with scare tactics. Every day new tactics are tried.

Right now there is a fake call supposedly coming from Social Security. Even though your caller ID might say Social Security, it is not really coming from a Social Security office.

This is so rampant that the Social Security Administration has put out press releases to say they would never call anyone who has not first called them, and they do not ask for information over the telephone.

So, my advice, if you don't know the person calling, let it go to your voice mail.

Employee Spotlight

This month we are featuring **Wendy Harper**, who began working at Pond Home as a Certified Nursing Assistant in February. This is her first position following her training as a CNA, and she is enjoying the experience taking care of the residents at Pond Home. She knows how much it means to see a friendly face during your day and knowing that her kindness and caring is making a difference for each of you every day is rewarding to her.

Like most of us, her family is extremely important to her. They are the major reason she made her recent career change to become a CNA. Working at the Pond Home has provided her with the ability to spend more time with her family. She is able to have more control over her schedule and the decrease in commute time alone has given her back 2+ hours every day.

Wendy worked as a business professional for the previous 35 years. Her various positions included data entry/management, a compliance officer for college financial aid offices, a quality control analyst, and for the last 21 years as a quality assurance analyst, business analyst/software developer for the retail industry. In March 2017, her Dad suffered a massive stroke. Her experience caring for him the past two years is what inspired her to use a skill she found out she inherently had, caregiving. Wendy knows being a caregiver is an important job and the need for quality caregivers in today's society is crucial.

Wendy has been a resident of Wrentham most of her life. She lives just down the street on beautiful Lake Archer with her husband and 16 year old twin daughters; Samantha and Kristen. She and her husband Rick married in 2015 and enjoy lake life to its fullest; boating, kayaking and paddle boarding, or just



relaxing and enjoying this spectacular gift of nature. She also has a stepson Matthew (32) and stepdaughter Shayna (35) and 3 beautiful grandchildren Caedmon (7), Emberleigh (6) and Risdon (3) who she adores tremendously.

The whole family loves to ski, both on the lake in the summer and on the mountains in the winter! They also enjoy going to theatre shows together; whether in Providence, Boston and even New York City.

One of Wendy's favorite hobbies is dance. She danced with a studio for 41 years, performing in 38 dance recitals! She still performs on occasion with her daughters who are both avid dancers. She took her daughters to their first dance class when they were just 1 year old. Wendy was pleased when they too grew to love dance as she does.

Like this month's featured resident, Wendy loves the outdoors and enjoys walking and hiking with Rick. They often find themselves hiking up and around Sweatt Hill, in the State forests and where the Blue Heron nest; all right here in Wrentham.

Wendy enjoys reading but finds herself 'reading' the audio books more and more as she is driving in the car or out walking. She loves to travel and is always looking forward to her next journey. The most beautiful place she has traveled to has to be Bora Bora Island in the South Pacific. She looks forward to the day she can travel to Europe for more adventures. The more the better!

We are thankful Wendy made the career change and connected with Pond Home when she did. Wendy says it is an honor and a pleasure to work at Pond Home. We are so happy she feels that way.

Spring is when you feel like whistling, even with a shoe full of slush!

We've got you covered

As a Residential Care Home in the state of Massachusetts, Pond Home offers our residents management of their medical care through our nursing staff. To help facilitate this we partner with many individuals and businesses to bring

you as much of the care you need right into Pond Home. Now that we have our beautiful new exam room it is even more convenient to have many services occur right here.

Here is a list of medical services or specialists that can be arranged here at Pond Home. If you have a favorite provider who is willing to follow you at Pond Home let Becky or Terri know as we would love to add them to our services.

Primary Care Providers

Pharmacy Services including over the counter medication administration

Laboratory Testing

X-Ray needs

Physical, Occupational, and Speech Therapy Services

Hearing Aid testing and sales

Ophthalmologist (Eye Exams & Care)

Dental Services

Registered Dietician/Nutrition Counseling

Podiatry Care

Mental Health & Counseling Services

Hospice Services

Hair Salon Services

**The first blooms of spring always
make my heart sing.**

— S. Brown