

Home Times Monthly

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

Frances Goncalves-Editor October 2019 volume 150 Melissa Bellerose-Proof reader



Welcome fall

*Autumn is coming Crisp...Crasp...Crunch are the sounds of leaves
Silent makes all the sounds of autumn all amazing sounds.*

All through autumn leaves are awesome colours.

Autumn is beautiful over and filled with wonderful colours.

Dry autumn leaves are great to look at use caution when wet!

Resident Spotlight



This month's spotlighted resident is **Anthony Capone**, better known as **Tony**. Tony was the fourth child born to his parents. He was born in Norwood in 1917 and raised in East Walpole, Massachusetts. His parents had both emigrated from the Avellino Province of Italy. He eventually had four younger siblings, for a total of eight children in the family. They lived in a house with lots of land. Tony said in a family of ten he found himself often hungry. They had a large garden in the yard and grew as much as they could to help feed the family. Tony remembers they grew tomatoes, corn, potatoes, peas, beans, and many other things. He graduated from Walpole High

School in 1935.

It was a very difficult time to find work, so he busied himself around the home and took odd jobs wherever he could get them helping others with projects around their home. He enlisted in the Army in 1941. After going through basic training down south, he came home on leave.

His younger sister Anne was working at Plymouth Lumber at the time. She took Tony to work to “show off” her brother in uniform. Turns out her co-worker and friend, Barbara, “liked what she saw,” as Tony puts it with a smile and a twinkle in his eye. She soon came to visit the house, and Anne pressed Tony to visit with Barbara. He says he wasn’t very social worrying about getting involved with anyone when he was about to go off to war, as there was always the chance he would not return.

A few weeks later a letter and a box of candy arrived at the base for Tony from Barbara. He says, again with a smile and a twinkle, he *had* to respond with a thank you to Barbara. This started a regular correspondence between the two. Tony admits he looked forward to her letters and the connection to home it gave him. On his next furlough visit home, his sister pressured him to take Barbara out. Tony recalls they went to a movie together. He was eventually sent to the Philippines for 18 months. One day while on patrol, a shot was fired hitting Tony in the left arm. While recovering from his injury he was awarded the Purple Heart. After five years in the Army and the war ending, he was happy to get out as ‘He had a girl waiting for him at home.’ It was 1946. Six months after he was honorably discharged from the Army, he married Barbara Raymond who was from Norwood. Tony got a job as a Letter Carrier with the U.S. Postal Service in Walpole, and they settled there. He loved the job and the security it brought his family. He and Barbara had three children, James, Jeanne, and Raymond. When not working, Tony enjoyed bowling and vacations with the family all over the United States. He also enjoyed gambling! He liked to bet on dog and car races. When asked about his gambling record, he said he had a 50-50 success rate. It was a fun pastime, but he knew his limit. Tony remained a Letter Carrier for twenty years in Walpole. When the opportunity presented itself he took a position as a Postal Clerk in Walpole, where he remained for the next twenty three years. He retired from that position in 1981. Barbara and Tony traveled to Europe, including Italy, but he never made it to Avellino, his parents’ hometown. His children all live locally. His family has expanded over the years to include five grandchildren and three great grandchildren. This month Tony will celebrate his 102nd year on this earth. When asked about his secret for longevity, he says a small glass of wine every day is the answer. His favorite is Chianti. I couldn’t resist asking him if he had any advice for those younger than him. He offered that we should use common sense - stellar advice. Tony came to live at Pond Home in August 2019. We are happy to have him join our community where you can often hear beautiful music wafting into the hallway outside his room.

Employee Spotlight

Alisha Butera

Alisha has been a dietary aid here since August of 2016. She lives in Norfolk, Mass with her mom and dad. She has two older sisters. One of my sisters lives in New York and the other lives in Connecticut. I enjoy coming to work and seeing all the residents. They always put a big smile on face, and I love putting one on theirs with my baking. As say, "if it's good I made it if not it came from the store." I enjoy my family, friends, and movies. Eventually my plan is to attend school and become an LPN, perhaps work here at the Pond Home.



My Dear Residents;

Last week Pond Home was a Gold Sponsor of the HESSCO Age Well Caregiver's Conference. The keynote speaker at this event, Jim Ryan, is an author of *Simple Happiness, 52 Easy Ways to Lighten Up.*

He spoke about how to be happy under any circumstance you may find yourself. I know, some may think of this as silly feel-good stuff, but it does seem to be true; our attitude can impact how happy we are in life. He shared a host of terrific quotes about being happy and maintaining a positive attitude. This month I will share one from Wrentham's former summer resident, Helen Keller:

“Self-pity is our worst enemy & if we yield to it we can never do anything wise in this world.”

When you take a moment to think about the challenges Helen Keller faced throughout her life, this is an amazing and admirable attitude.

One thing we should all be happy about; living in New England in the fall. We don't have to book a trip to see the glory of the season!

Thanks for reading,

Becky Annis, Administrator



**Jim gets advice about his grandmother's Crochet blanket from expert Joan!
Maybe Jim will learn crochet!**



Artist at work!

**Welcome Home!
When passing by in the dining room stop
by and say "Hello" to
Tony Capone
Ed Cavallari
Catherine Owen
Welcome your new neighbors!**

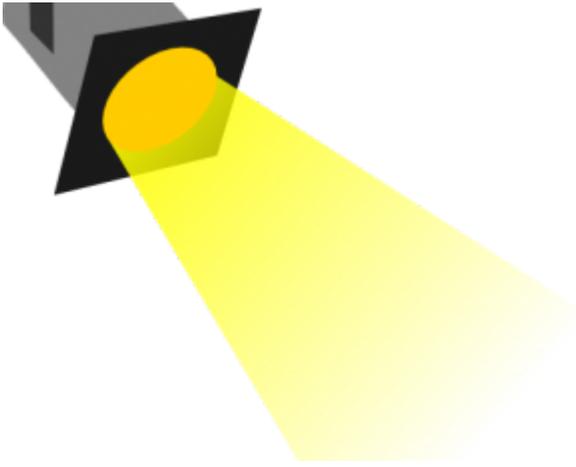


**Notary public services are available to all
residents at no cost!
See Fran Gonçalves Activity Director if
you are in need of her service as notary.**



**80 years of friendship and going
strong!**

**Lee says.... Resident council is every third Thursday of the month. It's open
to all residents of the Pond Home. The purpose of the resident council is to
give the residents a true voice and to speak freely, raise issues and concerns
about the home. Concerns are promptly relayed to the administration, and
followed up at the next meeting. Your opinion matters!
(Lee says... is a new corner of this newsletter look for her wisdom monthly).**



Mark your calendar Activity Highlights for October

Baby picture day October 1st

Apple tasting day on 2nd at 10:00 in the living room

Protestant church service at 10:00 in the 3rd

On the 3rd we will be having the last ice cream truck until next year that is!

Beat to a new drum come try the Drum circle on the 8th at 2:00

Decorate pumpkins with Susan on the 14th at 10:00

Resident council on the 17th at 9:45

On the 17th as well there will be crafts with Lee and friends at 10:15 in the craft rm

After a busy morning Ron is having an Italian lunch on the 17th

Accordion player “Tony D’Aramo” will continue the Italian theme on the 18th at 4:00

On the 22nd we will be going to the Bass Pro shop for our LEO leaving at 11:30

28th Golden dogs visit at 11:00

Senior center Halloween pizza party on the 30th leaving here at 11:30 see Fran to sign up

On the 31st (Halloween) we will be having Farm visits at 3:00 maybe some of the animals will be dressed up!