

Home Times Monthly

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

November 2020 volume 152

To My Dear Residents,

So many things have changed in the past year, but much remains the same. Like most things in life, your attitude can make all the difference in how you handle challenges that come your way. This year, 2020, has been providing many of us new challenges almost daily, but these challenges give us new opportunity too. The creativity and determination I have seen this year from all at Pond Home has been inspiring. It is important to pause and recognize all we have learned about ourselves and our community during this experience.

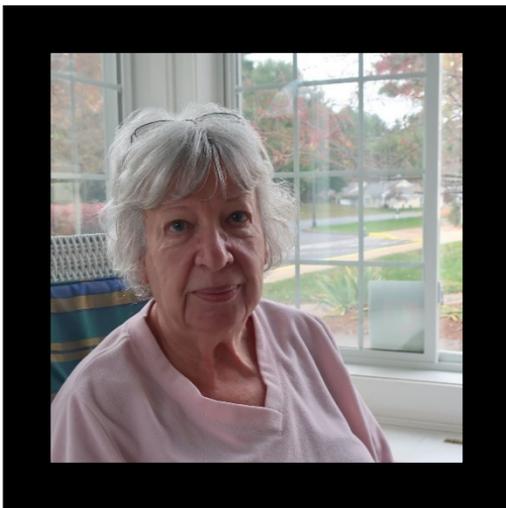
Many credible studies show that those who practice being grateful are happier people in general. It is said that the most beautiful way to start and end the day is with a grateful heart. This month, I hope you will give yourself that gift and make a daily practice of gratitude a priority.

November is the month of gratitude and thanksgiving for all we have. Thanksgiving will likely not be celebrated in the same way we have other years, but it can still be wonderful. Coming at it with a positive attitude will make you a happier person.

We will soon be starting meal service offered in shifts in the dining room. More details on this and new group assignments will be coming soon. You will see our activity offerings are ramping up again. All things to be thankful for now.

Thanks for reading,

Becky Annis, Administrator



Resident Spotlight

This month's spotlighted resident is **Carol Buja**. Carol was born in Attleboro. Her only sibling, her brother Bruce, was 13 when she was born and happy to have a younger sibling. He remained a caring and loving brother throughout his life. The Lightfoot Family lived in Plainville. Her father had many jobs over the years, but the one Carol really remembers is when he was a Custodian in the King Phillip School System. When she was in 7th grade, he started working at her school.

As you can imagine, sharing your school in middle school with your father could be very challenging. Carol says it was at times, but mostly, it was nice to have him around. All her

friends called him "Dad" when they would see him in the halls.

Her father was strict, but a good parent, according to Carol. He continued as custodian through Carol's high school years. She graduated in 1965 from King Phillip High School.

Carol and her friends often visited Jolly Cholly's Funland in North Attleboro, an amusement park and popular hangout for teens at the time. One day, she saw a guy on a motorcycle, which drew her attention. The guy was John Buja of Pawtucket who was six years older than Carol. At first, Carol's parents were concerned about her being on his motorcycle, but John impressed them as a responsible person with a good head on his shoulders.

Carol and John married on April 21, 1967. The newlyweds lived in Pawtucket for the first 5 years of their marriage. John worked at a machine shop in Pawtucket. Within a year, their son Brian was born. Before Brian was ready to go to school, the family moved to Plainville, and John started working at the Foxboro Company.

Once Brian started school, John encouraged Carol to find a job. That is what brought her to Pond Home. She started here February 25, 1976 in the kitchen. She started as a Dietary Aid. Another woman who she had gone to high school with was hired as a cook at Pond Home. Her name was Verna.

That is how John and Carol reconnected with Verna and Roger Mitchell. Roger is also now a resident of Pond Home. They socialized together, and John and Carol visited the Mitchell's 2nd home in Alton Bay, New Hampshire many times.

They eventually bought their own place in the same association. This gave them access to two lakes, Hill's Pond and Sunset Pond. John loved to fish so it was perfect. The family also vacationed on the Cape and in Florida, where Carol's brother had homes.

In her 3+ decades working at Pond Home, Carol was a cook for 10 years. She switched back to Dietary Aid and became known as the Pie Lady, as she specialized in making the desserts, especially pies. During her years at Pond Home, she worked with two Food Service Supervisors, including Ron Cloutier who is here now.

Carol had a lasting impact on future residents of Pond Home with one extracurricular activity she did while employed here. Always an animal lover, she started feeding a stray cat that used to frequent The Barn behind Pond Home (now the Community Center for the Community at Pond Meadow). Eventually the cat came in, was named Ginger and was adopted by the home. Ginger was the first house cat at Pond Home and the legacy continues with Patches today.

Carol retired from Pond Home on December 20, 2013, more than 37 years after she started here. At about the same time, John cut back his hours. That gave them more time to enjoy riding around New England together on their motorcycle. Sadly, John passed away in 2015. Carol is thankful her son Brian lived with her in Plainville.

Despite being one of our first admissions (in July 2020) since the pandemic, Carol has connected with many other residents here. She enjoys taking walks around the property with a few of them every day the weather cooperates. She also enjoys Blooming Corner and the Café with its supply of ice cream, two areas that have seem major improvements since her retirement from Pond Home. We are thankful to have her here and are honored that a former employee is experiencing Pond Home as a resident.

Lee's corner:

**I am grateful for what I am and have. My
Thanksgiving is perpetual – Henry David Thoreau**



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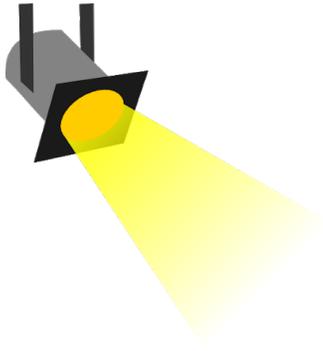


Staff Spotlight

Wendy Harper

In 2018, I decided to move away from corporate America and end my 21-year career as a computer software analyst/QA engineer and pursue working a job where I can help others. I was fortunate to find that opportunity by taking a position as a Certified Nursing Assistant at Pond Home in Feb 2019. What I enjoy most about being a CNA at Pond Home is making the residents happy with my care. Every day is different and yet similar. Whether I am providing hands on daily care, helping to pick out an outfit, having a kind conversation, helping to make someone feel safe, learning something new about

our residents, finding something lost or telling a joke; every experience is one that is meaningful to our residents and me. I am grateful to have the opportunity to care for this amazing generation. When I am not working at Pond Home, I am enjoying the outdoors at Lake Archer in Wrentham where I live with my husband and my twin daughters. I also have a stepdaughter, stepson and 3 step grandchildren. My favorite lake activity is paddle boarding, but I also love to kayak and cruise around in our pontoon boat. I also love to hike and walk with my husband and my friends. I love to travel, dance, read (romance mostly), buy shoes, and go to country music concerts. My daughters are attending college this year as Freshman, and so now, I am adjusting to my empty nest!!



Activity Highlights for November

November 11th Veterans luncheon at 11:30, LR

Scrapbooking with Lee 18th at 10:00, CR (see Lee to sign up)

Ice cream floats will continue to be served every other Saturday starting at 2:00 (room service)

Mystery ride are every Tuesday and Thursday, 1:30 (see Fran to schedule)

Geriatric exercise group every Friday 10:00 --10:20--10:40
(See Fran for your time slot)

Movies and manicures Mondays at 10:00, LR

11/2 My Fair Lady

11/9 Music man

11/16 Sound of music

11/23 Rebel without a cause

11/30 Holiday Inn

Word games, trivia, and hangman daily at 3:00 / 4:00, LR



November Birthdays

Bill Rex	1 st
Sydney Wright	13 th
Vi DiTomasso	16 th
Roy Ciapciak	22 nd



Wear masks, wash hands frequently and social distance!

How to hug to limit exposure during the Covid-19 Pandemic:

Do:

- Wear a mask
- Use hand sanitizer before and after hugging
- Turn your heads in opposite directions
- Embrace briefly and then quickly back away

Don't:

- Hug face-to-face or with your heads facing the same directions
- Cry while hugging (avoid exposure to body fluids)
- Talk, laugh, or cough while hugging
- Touch the other person's body or clothes with your face or mask

✓
DO hug facing opposite directions



✗
DON'T hug cheeks together, facing the same direction



As with all touch, everyone should feel comfortable with the potential exposure this brings to everyone involved, so ask first.

Thank you to all our Veterans!



Fun resident veterans match game

Which of the following residents were in the Army? One was not!

1. Joe Vatkevich
2. Ed Cavallari
3. George Jussaume
4. Bill Rex
5. Roger Mitchell
6. Jim Kelleher