

Home Times Monthly

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

November 2022 volume 181

To My Dear Residents,

Gratitude, being grateful or thankful for the blessings in your life, may seem like a Pollyanna, feel-good, or new-age activity. It may surprise you to realize it is actually a self-serving activity that research shows can offer significant benefits to each of us personally. Being thankful all year long for the big and little things in your life can have a positive benefit on your quality of life. Practicing gratitude is a tool to improved well-being each of us has available every day.

Research reveals practicing gratitude can have these seven benefits:

- 1. Gratitude opens the door to more relationships.**
- 2. Gratitude improves physical health.**
- 3. Gratitude improves psychological health.**
- 4. Gratitude enhances empathy and reduces aggression.**
- 5. Grateful people sleep better.**
- 6. Gratitude improves self-esteem.**
- 7. Gratitude increases mental strength.**

Something that offers so much potential benefit, at no cost, is worth making a habit, in my opinion. Hope you will join in and reap the benefits of starting a practice of gratitude.

With gratitude for knowing you,

Becky Annis, Administrator



Debbie's wisdom

Thanksgiving is a great time to practice the expression of gratitude. Take charge of your wellbeing and live your best quality of life. Acknowledge the good in your life with gratitude and joy and experience positive emotions. Seek the silver linings even when (or especially when) things don't go as you expected. Experiencing pleasure in life can boost your immune system, lower your blood pressure, help with pain, and keep you feeling your best. Stay mentally active, find purpose in your day with a hobby, socially engage, have empathy for others, be helpful, offer a compliment, exercise, get good sleep and don't forget to laugh. It is not only happy people who are thankful, but also thankful people who become happy. Being grateful can make you happy but being happy can also help make you grateful.



November Birthday's

Bill Rex	1
Nancy Cormier	5
Sydney Wright	13
Vaili DiTommaso	16
Roy Ciapciak	22
Theresa Valiquette	28
William Annis	28



Employee Spotlight

Dilma Correia Silveira

I was born and raised in Lisbon, Portugal. I have two siblings, but I am the youngest of the family. I am also married to a wonderful husband, Dino. I enjoy being around my family and friends. I also enjoy Facetiming my grandparents in Cape Verde. When I am not working, I enjoy being outdoors, travel, dogs and cats. But the one thing that I will always love and enjoy to do is making new and beautiful memories with my husband. I

enjoy being at Pond Home, because here, I feel welcome and appreciated by everyone. Here at Pond Home, I feel we are all a big family in a cozy and warm home, which brings us all together to create amazing and enjoyable moments for both residents and employees alike. I always will be grateful for the opportunity Pond Home has given me to be here with all of you. I am just thankful that I can make a difference in residents' everyday life.



Activity Highlights for November

Weekly shopping-Stop & Shop and Target Wednesday's at 10:00

Mystery rides Thursdays leaving at 1:30

Exercise daily at 9:15

Movie Mondays - 1:15, LR

11/7 - TBD

11/14 - TBD

11/21 - TBD

11/28 - TBD

Evening Movies - 6pm, LR

11/6 - Funny Girl

11/9 - Sabrina

11/20 - TBD

11/24 - Sound of Music (3pm)

11/3 - Roberta plays the Ukulele

11/5 - Paws of Comfort

11/7 - Golden Opportunities - dogs

11/11 - Veteran's Pinning Ceremony

11/11 - Doug Robinson plays

11/16 - Flower Arranging

11/21 - Catholic Mass

11/23 - Michael plays piano

11/26 - Steven King plays

Hairdresser Thursday & Friday

