

Home Times Monthly

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

July 2023 volume 189

To My Dear Residents,

We have got some “home improvements” happening in July. We are reconfiguring and updating the second-floor nurses’ station to make it more functional and attractive for those who work and live here.

In July, we are also reconfiguring the Activity/Social Work office to increase the storage capacity for all the supplies needed for the fun things you do every day. It will also upgrade the working space for the two employees who utilize that office.

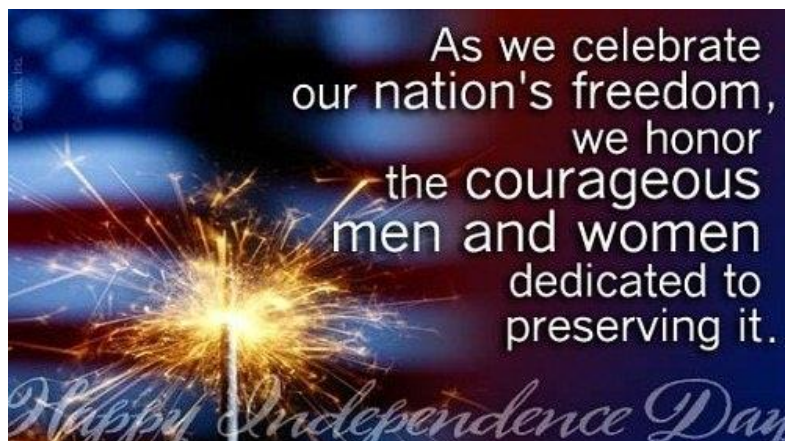
Remember doing home improvements at your house? All the options and things you had to consider. Then you come up with a budget and live within it. You place the order, coordinate with the contractors and vendors, and then wait. Sometimes you wait and wait and wait!

These two projects have been in the works for many months now. We look forward to seeing the visual improvements as well as the functional improvements they will bring to your home.

Thanks for reading,



Becky Annis, Administrator



Resident Spotlight



This month's Resident Spotlight is none other than our own **Barbara Brunner**. This goes against Barbara's personality, as she is quite the humble woman, who just enjoys stepping back into the outskirts of the room to observe; so, I felt very privileged to be able to sit and learn more about this tremendous woman.

Barbara grew up in Rochester, New Hampshire. Rochester was a large Rail Town at that time, and if you wanted to get anywhere through New Hampshire, Rochester was the epicenter. She fondly remembers her childhood, where her and her sister would ride their bikes down to the gas station and see all the "city folk" from Boston and really everywhere, as they stopped in on their way to visit their beautiful state. It

was a great place to grow up where they spent countless hours just playing and being kids.

After a year in college, Barbara decided that college was not for her, and instead enrolled in a trade school in Boston, where she learned Phlebotomy. From there she went on to work in a private doctor's office in Boston, where she would perform tasks such as blood-draws and x-rays for 10 years.

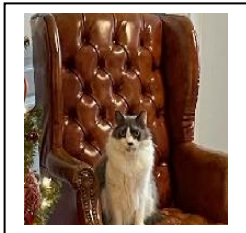
It was during this time that she met her husband, Richard Brunner, in Boston at a Young Republicans Mixer. Richard was a bona fide genius and had an amazing position as an electrical engineer.

Following their marriage, they moved to Foxboro where they lived their entire married life together, raising their two beautiful daughters. Barbara remembers when the only way to Foxboro from Boston was driving down Rt. 1. Then in 1970, the New England Patriots came to town, and when the stadium was built, they highways and boom in town came to follow. Barbara and Richard had a supportive marriage where they were happy to let each other fully pursue their interests and hobbies. So, as he excelled in his career and hobbies, Barbara fully gave herself during her free time volunteering for St. Mark's Episcopal church in Foxboro. She was very active in their thrift store the Trading Post, where she volunteered for 50 years.

It was through her time volunteering at St. Mark's where Barbara would help prepare food for Funeral receptions, or ladies teas. Always learning from other's recipes and ideas, she grew to love the idea of catering. So, when the girls went off to college, Barbara headed back to the Henry O'Peabody Culinary School. Upon graduating she went to work for the Foxboro Company, and then for The Doolittle Home, where she prepared food for 10 years.

Lucky for us, Barbara arrived here at Pond Home just a few days before Christmas last year, and as you know, she has been nothing short of a gift to our community. Barbara takes quiet joy in staying under the radar, seeing where she might be able to help someone in any way imaginable and doing what she can. She is a regular at pretty much all the activities, whether participating or watching, and thoroughly enjoying all of the friendships that she has found here at Pond Home. If you take a walk to the covered patio on the back of the building, sit and enjoy the beautiful window box flower garden that Barbara has planted and maintains as her part in the Pond Home Garden Club.

Thank you for being kind Barbara.



PATCHES' PURRSPECTIVE

As great as the last 10 months have been, I am very sad to see my assistant go. She has graciously shared her office and allowed me to spend my day on her comfy chairs. I wish Carrie all the best and hope the next DON will allow me to spend my days lounging on the comfy chairs.



DEBBIE'S WISDOM

July is the hottest month of the year. It is the month to celebrate America's independence and is a day filled with fireworks on the 4th of July. Enjoy your summer! Speaking of enjoying, I have been on a quest to be more positive and appreciate life instead of living life in a negative head space. Being negative is exhausting, draining, and takes away from living a happy life. Being happy is a choice. You can work to choose a more positive attitude. We have happy chemicals in our brain (dopamine, serotonin, and oxytocin), and we need to train our brain to release them more often. Train your brain to scan the world for its beauty and stop your brain from fixating on obstacles. This will get easier the more you work it, and you will soon develop a lens that gives you a more positive outlook on life. Live deliberately happy, and you might even find those around you being more fun to be around... your positive energy is contagious. Be aware of being happy in the moment and not merely in hindsight. Not every day is a good day, but there is good in every day. Find it!



July Birthday's

No July Birthdays

Announcing a Transition in Pond Home Staffing

Carrie Dodge, Director of Nursing & Assistant to the Administrator, has given her resignation. She will be with us through this month. Unfortunately, as much as we all hoped this would be the right fit for her, Carrie feels it is not. In the 10 months she has been here, she has worked hard to stabilize nursing staffing, managed many resident Covid cases, and made significant improvements to our resident medication pass to decrease any chance of medication errors and decrease the time it takes for staff to prepare the hundreds of medications that are passed each day. I appreciate that she is giving significant notice and continuing to make efforts to support our day-to-day operations and prepare for her replacement.

As the person tasked with finding the next great candidate for this position, I remain hopeful and excited about the opportunity to bring a nurse on who will flourish in this position.

The position has been posted and we are getting many interested candidates. If you know an RN who might be a great fit for this position, please have them contact me.



Activity Highlights for July

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

Mystery rides Thursdays leaving at 1:30pm

Lending Library - Monday's at 10am

***Social Under the Stars is back - weather permitting -
Wednesday evenings***

Thursday Nights - Popcorn & a Movie

Exercise/Morning Stretch daily at 9:15

Monday Matinee - 1:15, LR

7/10 - "On Golden Pond"
7/18 - "Guess Whos' Coming to Dinner"
7/24 - TBD
7/31 - "The Lightkeepers"

Evening Movies - 6pm, LR

7/2 - "Mr. Smith Goes to Washington"
7/4 - "Yankee Doodle Dandy" (10am)
7/9 - "Air"
7/16 - "Love & Friendship"
7/23 - "The Secret"
7/30 - "Stand by Me"

7/1 - Steven King performs
7/4 - Boston Pops 4th of July video
7/9 - Eddie Dillion - sings and guitar
7/11 - Out to Lunch Club
7/13 - Resident Council
7/17 - Catholic Mass
7/25 - "Christmas in July"
7/27 - Pastor Ken - Worship
7/30 - The Elderly Brothers perform
7/31 - Trip to The Blessing Barn



HAIRDRESSER FRIDAY & SATURDAY