

Home Times Monthly

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

August 2023 volume 130

To My Dear Residents,

You may have already heard the great news. I have hired a new Director of Nursing/Assistant to the Administrator for Pond Home. Her name is Christa Wertz, and she comes with a great deal of nursing administration experience. She will begin training part time as early as this week. Her first full time day will be Monday, August 28, 2023. She has a BS in Psychology and a Master's in Nursing Administration. She has worked extensively in the Veterans Healthcare Hospital System and most recently, at a psychiatric hospital for all ages. She misses working with the elderly and is excited to come to a place where she can settle in and help take Pond Home to the next level. In addition to me, four of Pond Home's nursing staff interviewed her, and we are thrilled to have her join our team. She lives with her family in Franklin, MA.



In between Carrie's departure and Christa's full-time status, we will receive support from Terri Javery, RN, who previously held this position, and Beth Crowley, RN, BSN, CDDN, who is the Director of Clinical Compliance & Quality for Rogerson Communities (our Management Company) will be helping to support us in the interim.

Thanks for reading,

Becky Annis, Administrator

Resident Spotlight



Margaret “Peg” Howard moved to Pond Home in May 2023 from Foxboro. She was born in Boston to the MacDonald family, the youngest of four children and the only girl. Her brothers were 7, 10, and 15 years old when she was born! They were raised in Roxbury and Peg graduated from St. Patrick’s High School.

She worked as office help in a real estate office located at 10 State Street in Boston. She was there until her mother became ill, and she needed to leave the position to help take care of the house until she could get back on her feet.

Peg met her future husband, George Howard, at a dance in 1955. He didn’t call her right away, so she began to think she was not going to hear from him, but he called after almost a week and asked her to go out to Beacon Terrace for dinner and dancing. This became the theme of their two-year courtship, going to Beacon Terrace weekly. Peg said they really got to know everyone who worked there.

They married in 1957 and first lived in Walpole Center in an apartment. George worked in Norwood for Forte Cashmere Co., now located in Woonsocket.

They moved to a new apartment in Norwood when their first child, George, Jr. was born. One and a half years later John was born. Two weeks before he arrived, they moved into their house in Foxboro. Peg laughs that she cannot believe they managed that while she was so pregnant, but they made it happen.

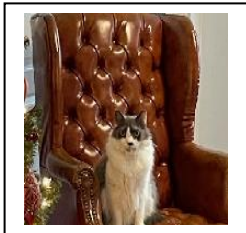
She stayed at home while the boys were young. As they got older she had a switch board operator position at the Red Fox Motel for some years, retiring in 1985.

Peg shares she has never been much of a joiner, but George was the social one. They balanced each other out, enjoying 66 years of marriage together before George passed away, just this year. He was a resident for a very short time here at Pond Home, with Peg.

Friends laugh that George was the one who loved sports, but Peg could always come up with the name of the player if he could not remember it!

George, Jr. and his wife, Amy, live in Newtonville, MA. They have one daughter who will be entering high school in the fall. John and his wife, Cathy, are Missionaries for the Alliance Church. They have three children. They live in Pennsylvania when they are state side. They spend three out of four years in Guadalajara, Mexico.

Peg is a soft-spoken woman who exudes kindness and gratitude wherever she goes. Pleasure to have her as part of our home.



PATCHES' PURRSPECTIVE

You may have noticed that I recently got my summer 'do'. During the dog days of summer, I like to be cool. My friends at Pond Home noticed I was shedding a great deal and trying to take my hair off with my tongue (I do not recommend this method), so they got my annual spa treatment scheduled. Becky took me to a very nice groomer in Foxboro where I have been a few times. They always report back on what a well-behaved cat I am during my spa treatment.

Some people say I should have this look all year long, but I like the variety of looks that growing my hair back for the wintertime gives me. Plus, like all good New Englanders I need to wear a sweater in the winter!

And that is my purrrrrrrspective! Patches



DEBBIE'S WISDOM

Let's focus on the benefits that come with age and not the extra candles, wrinkles and things that don't always feel good. Practice adapting to change. Spend your energy focusing on the present and not so much on the future or past. Coping with change is hard for those of us who are creatures of habit, but learning to be flexible will serve you well. To continue to be fulfilled and find your happiness, you may need to find new things you can enjoy and different ways to connect to your community. Get out of your comfort zone. It might bring anxiety and fear but don't forget that you are resilient and strong and have had a lifetime of experiences that will help you adjust. Commit to maintaining your physical and emotional health and wellbeing. Managing your stress will also help reduce the risk of a physical decline. Learning to adapt to an ever-changing world will help build your resilience and help you make the most of the good times and keep your perspective when times are tough. Practice gratitude and focus your energy on what you can control like your attitude, sense of humor and connections you make with others. When you're happy, you smile but believe it or not... when you smile, it makes you happy. Here is something to help you smile!



August Birthday's

No August Birthdays

Employee Spotlight



My name is Meghan Hallman. I grew up in Raynham, MA but spent a lot of time in RI when I was little because that is where both my parents grew up. I used to do competitive dance but had to give it up when I got my first job at Panera Bread. When on breaks, I live at home with my mom, Tracey, my dad, Jonathan, my younger sister, Jillian, and older brother, Andrew. I enjoy reading and taking care of my many plants when alone, and when with friends, I like going to Boston, being out in nature, and trying new coffee shops.

I am going to be a junior at Curry College in the fall. I am studying

nursing and have a minor in biology and mathematics. During school, I am a Resident Assistant and an office assistant on top of my studies. I started at Pond Home at the end of May this year. I learned of the CNA position through my neighbor, Activities Director Donna Morin. I really enjoy the job because it is all the work I did during my clinicals, but I get to see the same residents. This enables me to learn more about our residents each shift instead of having new people each time. It is very rewarding getting to help the lovely residents at Pond Home, and I can not think of a better job for the summer.



Meghan with her family



Activity Highlights for August

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

8/7 - "Dear John"
8/14 - "The Jazz Singer"
8/21 - "The Pajama Day"
8/28 - "On Moonlight Bay"

Evening Movies - 6pm, LR

8/6 - "Where the Tracks End"
8/10 - "Glass Castle"
8/13 - "The Man in the Moon"
8/20 - "Molly and Me"
8/27 - "A Dog's Purpose"

8/3 & 8/11 - Sing-along with Roberta
8/5 - Steven King entertains
8/9 - Root Beer floats
8/11 - Sean Fullerton performs
8/16 - Bon Voyage Olivia
8/18 - Michael L. plays piano
8/21 - Catholic Mass
8/24 - Ecumenical Service
8/26 - Greg Peters



HAIRDRESSER FRIDAY & SATURDAY