

# Home Times Monthly

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

---

November 2023 volume 133

---

To My Dear Residents:

November is traditionally the time our country takes a break from the hustle and bustle of day-to-day life to give thanks for our bounty. Even though historians say the first Thanksgiving in Plymouth, Massachusetts probably did not go just the way our elementary school plays portrayed it, I still think it is a useful exercise to focus on the things we can be thankful for in our life.

Thanksgiving is on November 23rd this year. You have plenty of time to think about the many blessings you have in your life. Take your time and reflect on your blessings. Be sure to share your list with someone. It will remind you that, despite challenges you may face, there are things to give thanks for in everyone's life.

My list will include my health and that of my family and my collection of friends. It will also include the fact that I am thankful that I have found a career I love, working with people I enjoy, and for people I enjoy and learn from each day. May your list be long!

One saying that has always helped me get positive perspective on my life is 'Someone else is happy with less than you have.'

Thanks for reading,

Becky Annis, Administrator



**THANK YOU TO ALL RESIDENTS & EMPLOYEES** who are getting their Covid-19 & Flu Vaccinations. We have done so well keeping the building safe since March 2020 when Covid-19 first reared its ugly head. We all celebrated when in January 2021 we could be vaccinated against this new virus. Over time, as viruses do, it has mutated and changed, requiring new formulas to help keep us safe from serious illness and potential death due to Covid. So, like that yearly flu vaccination this will be the new normal.

Employees who chose not to get the Covid-19 vaccination will be required to wear masks while working when the state dashboard levels indicate moderate to high transmission in the community. We are making this tough decision to protect all of you. We are counting on you to be part of this effort to protect our community once more with 100% participation. If you have questions or concerns about getting these vaccinations talk to our Director of Nursing & Assistant to the Administrator Christa Wertz.

**COVID-19 & FLU VACCINATION CLINIC**  
**WEDNESDAY, NOVEMBER 1, 2023**  
**10AM-4PM**  
**LIVING ROOM OF POND HOME**  
**GET A VACCINATION ~ ENTER A RAFFLE!**

**Employee Spotlight**



Hello, my name is Johanne Tannis. I am a people person. I love meeting new people and learning about their lives and backgrounds. I can almost always find common ground with strangers, and I like making people feel comfortable in my presence. This skill is especially helpful when working as a Certified Nursing Assistant here at Pond Home meeting new Residents and their families. My customer satisfaction is one of my best goals working with my residents and coworkers.

Johanne and her dog Sam

## *Resident Spotlight*

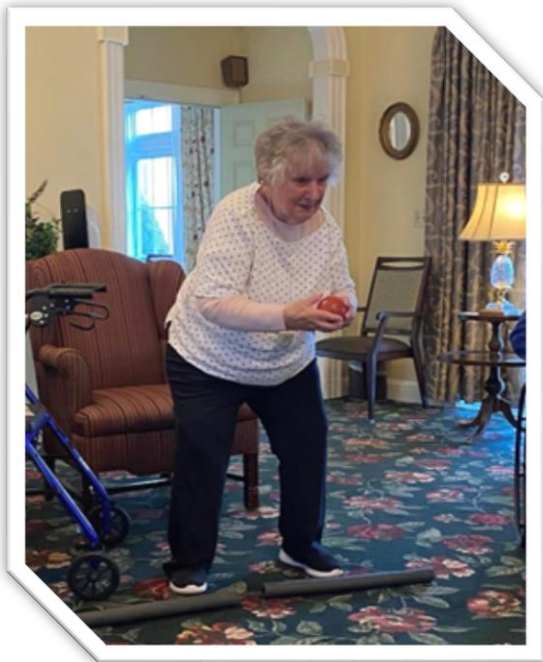


This month's resident spotlight is none other than Pat Moore. You will all recognize Pat by her ever-present smile, and kind manner. Pat grew up in Greenwich, CT with older brother Robert who became a priest, and her younger brother Kenny. Kenny joined her family 17 years later. Pat sat chuckling to herself, as she retold the story of how her mother was not able to attend her High School graduation, as she was in the hospital delivering brother Kenny. Well, it was love at first sight for Pat, and she still loves the role of doting older sister.

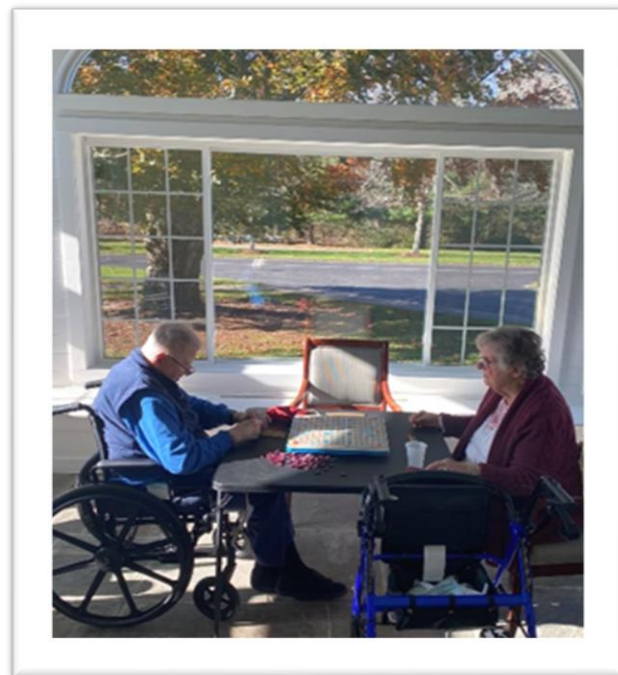
Greenwich was a wonderful place to grow up with many fond memories and amazing friendships! Pat is lucky beyond measure, as she still has a close friendship with her 3 best friends Snowy, Bobbie and Karyl that she has been friends with since Kindergarten! The 4 keep in close contact all these years later, how many of us are lucky to say that they have friends that have literally been with them through all stages of life! What a lucky woman!

While attending Nursing School at University of Connecticut, Pat and her roommate attended a CYO Dance, that is where Pat met her husband, Fran. They became friends, but Fran soon went off to the service and they remained friends. A few years later, Fran returned, and their friendship grew into a beautiful love story. They married in 1956 and spent 66 love filled years together until his passing in 2022. While living in CT, they welcomed six children and in 1965 moved to Walpole where they welcomed 3 more sons. Pat enjoyed every moment being a stay-at-home mom to her 9 beautiful children and attended every sporting event and activity! Later as the children grew up and moved on Pat and Fran moved on to Sutton, MA. They enjoyed traveling for over 30 years in their RV on cross country trips, as well as all over New England. Pat was very active in her community and church. She has brought that same level of involvement here to Pond Home, where Pat helps with Rosary each Friday, and can be found at most activities!





Bocce!!



Scrabble!!



Dog Visits are always fun!



## **PATCHES' PURRSPECTIVE**

Sometimes I can be reflective and thoughtful. Sometimes my only thought is where is the sunniest spot to sleep in.

Today I am thinking about the Pumpkin Spice craze. I know there are those of your pro-pumpkin spice and probably as many anti-pumpkin spicers too. I don't get it.

I have a heightened sense of smell compared to you humans, and even I don't get much aroma from a pumpkin. Cloves, cinnamon, and nutmeg are great smells, but they are not pumpkin spice.

I hear there are pumpkin spice nacho chips, salsa, coffee creamer, cream cheese, cookies, cakes, and so much more. Catnip and grass are not among the items that require pumpkin spice to make them smell good. They just naturally do smell great.

Well, if you are on Team Pumpkin Spice – enjoy the season. If you are not, I encourage you to try some catnip and share it with me!



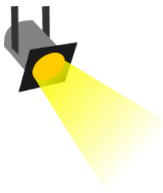
## DEBBIE'S WISDOM

The Thanksgiving season is a wonderful and much needed time to reflect on what we are thankful for. While aging is inevitable (if we are lucky), feelings of sadness and despair don't have to be part of the aging process. One way to find happiness is to practice gratitude. "It is not joy that makes you grateful, it is gratitude that makes you joyful". At the end of each day, think of 3 things that you're grateful for. This will get easier with practice because you are building a new eye that is learning to focus more on the positive things that happen in your day such as that good cup of coffee you enjoyed, having the sun on your face, etc. Smiling at a stranger, saying thank you more often, strengthening your hope and faith are all ways to add some positivity and help us all live our best lives.



### November Birthday's

Bill Rex	1st
Nancy Cormier	5th
Roy Ciapciak	22nd
Theresa Valiquette	28th
William Annis	28th



## **Activity Highlights for November**

**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 6pm LR***

**Exercise/Morning Stretch daily at 9:15**

### ***Monday Matinee - 1:15pm, LR***

11/6: "The Boy Who Harnessed the Wind"  
11/13: "A Beautiful Day in the Neighborhood"  
11/20: "Mr. Smith Goes to Washington"  
11/27: "Night and Day"

### ***Saturday Matinee - 1pm, LR***

11/4: TBD  
11/11: "Monument Men"  
11/18: TBD  
11/25: TBD

11/1: Fall Foliage Drive  
11/2 & 11/30: Roberta plays the Ukulele  
11/4: Cooking Club  
11/4: Steven King entertains  
11/8: Wrentham Co-Op Banking  
11/8: Out to Lunch Club (See Donna)  
11/10: Veteran's Program  
11/10: Greg Peters entertains  
11/15: Flower Arranging  
11/16: Fall Tasting  
11/17: Doug Robinson performs  
11/20: Catholic Mass  
11/20: Michael L. plays piano  
11/23: Macy's 97<sup>th</sup> annual Thanksgiving Day Parade  
11/25: Kevin Wolfe entertains  
11/29: Memorial Service  
11/30: Pastor Ken - service



HAIRDRESSER THURSDAY & FRIDAY