

Home Times Monthly

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

October 2023 volume 132

To My Dear Residents,

We are getting a consistent chill in the air, the pumpkins have all turned orange, and it is time to break out those sweaters, meaning heating season has arrived at Pond Home! Each room is equipped with a thermostat so each of you can set the temperature in your room to your liking. If you are uncertain how to use your specific thermostat (as there are a few kinds in the home), please let a staff person know. We would be happy to help you get your room set at the temperature you like. If your room feels cold or hot, making **SMALL** adjustments to the thermostat is the recommendation from our maintenance staff. The Maintenance staff is happy to explain the system to anyone who would like the information.

Thanks for reading,



Becky Annis, Administrator





PATCHES' PURRSPECTIVE

It is said that when you reach a certain age you like to talk about your ailments. I am not sure I am of that age, but some people within the Pond Home Staff adore me and want to keep me around forever so they are forcing me to talk about a little medical issue I had a few years ago.

An alert staff person noticed some issues with my elimination. I was taken to the vet (UGH)! There I was poked, prodded, and had lab work done. It was discovered I had a kidney problem. With everyone's effort this problem could possibly be cured without surgery.

I was put on a special diet, which lucky for everyone, I LOVE! After several months I went back to the vet for more lab work which showed I had been effectively cured. But the vet warned my human friends that I must remain on this special diet to stay healthy. The only treats I am allowed to have are Greenies or my dry food. I get wet food every morning that is also part of my special diet. It is expensive, but I am worth it!

So, if you would like to give me treats, make sure you are asking for some dry food from staff or getting me greenies as these will keep me healthy. I also love a good scratch around the collar, playing with my many toys, and brushing every once in a while.

DEBBIE'S WISDOM

There are around 700 million people over the age of 60 (1 in 10) and that number is expected to rise to 2 billion by 2050 (1 in 5).

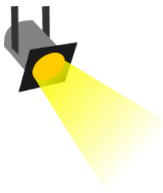
International Day of Older Persons is on October 1st. This holiday was first observed in 1991. You might find officials and politicians making speeches that focus on this growing population. The media will publish interviews of older people who have had an impact on our society. It is dedicated to honor, respect, and care for the world's wisest. October is also National Mental Health Awareness Month. Mental Health issues are one of the largest health crises in the world. 1 in 5 seniors over the age of 65 suffer with a mental disorder. Do not suffer alone in silence. Please use our supportive community and/or reach out to someone on our team ... we have mental health support services available to make sure your mental health is being addressed just like your medical/physical needs.

HAPPY HALLOWEEN!



October Birthday's

NO OCTOBER BIRTHDAYS



Activity Highlights for October

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

10/2 - TBD

10/9 - TBD

10/16 - TBD

10/23 - "The Dig"

10/30 - TBD

Saturday Matinee - 1pm, LR

10/7 - TBD

10/14 - TBD

10/21 - TBD

10/28 - TBD

10/3 - October Fest

10/4 - Emergency Practice Drills

10/5 & 10/26 - Roberta plays the Ukulele

10/7 - Steven King entertains

10/11 - Wrentham Co-Op

10/14 - Paws of Comfort

10/14 - Tom & Sheila sing

10/16 - Catholic Mass

10/18 - Fall foliage tour/Blessing Barn Coffee shop

10/23 - Nature Photographer: Daniel Kerrin

10/25 - Out to Lunch Club

10/26 - Pastor Ken

10/27 - Steve Rudolph performs



HAIRDRESSER THURSDAY & FRIDAY