

Home Times Monthly

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

December 2023 volume 134

To My Dear Residents:

For many, the holiday season means an overwhelming rush of activities to make everything “perfect” for family and friends and to maintain all traditions handed down from past generations. One article I read on having a sane holiday season suggested discarding “traditions” if they don’t fit your life anymore. I found this to be very freeing advice. Another article I read years ago from Jamie Seagle, then President of Rogerson Communities, Pond Home’s non-profit management company, encouraged us to create our own “good old days” now.

It is probably safe to say that moving to Pond Home has forced many of you to change your traditions around the holidays. This doesn’t have to be a bad thing though. Open yourself up to enjoying the festivities that happen here at Pond Home, and you may find you are helping to create your own good old days right now.

May this season be one of peace and happiness for you and all of us at Pond Home.

Thanks for reading,



Becky Annis, Administrator



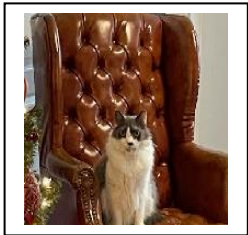
Resident Spotlight



This month's resident spotlight is our very own **Joan Blichington**. Joan grew up in Ansonia, CT. She grew up with a large extended Italian Family who regularly got together. And remembers it as a great childhood. Her best friend was dating a fellow High School classmate who had joined the Navy. One weekend, he was coming home for a visit and bringing a fellow sailor from Georgia home on weekend leave. Joan was asked to come along on a blind date.... And that is how the love story of her and husband, Pete, began. Joan laughs when recalling the two as a couple – “If you asked me, I would have never thought

that we would have ended up together. He was not Italian. He was from the South and was not Catholic, but he was a great guy! He was so considerate, kind, and strong. However, life was not easy. Pete would have to travel for weeks at a time, and Joan was home to raise their 3 boys alone. When the boys were in Elementary/Middle School, they moved to North Attleboro, MA. This was a difficult move as they all had to leave friends behind, and Joan had to be apart from her own mother, whom she was very close with. They settled in and enjoyed their life here in MA. She recalls spending every summer at local beaches with her boys. Joan would work in Medical Offices on call and enjoyed her work. Joan was an avid reader, and although not one to spend beyond her means always loved to window shop. She has 5 beautiful grandchildren; 2 are local, and she is lucky enough to see them regularly. Joan is looking forward to traveling to North Carolina, later this month to spend Christmas with her son and daughter in-law, and their 3 children. Since moving to Pond Home Joan is settling in quite nicely, but still can't believe that she is old enough to be living in a Retirement Home: “Where has the time gone?”. Joan thinks that everyone has been very kind and welcoming, but she has had to step out of her comfort zone to initiate conversations and join in. Joan told me, unless you want to be bored in your room you must put yourself out there, even if it makes you a little uncomfortable. “As old as I am, I'm still growing.” Well, we think you are doing a great job Joan, and enjoy seeing you at most activities and always wonderful to sit and chat with!



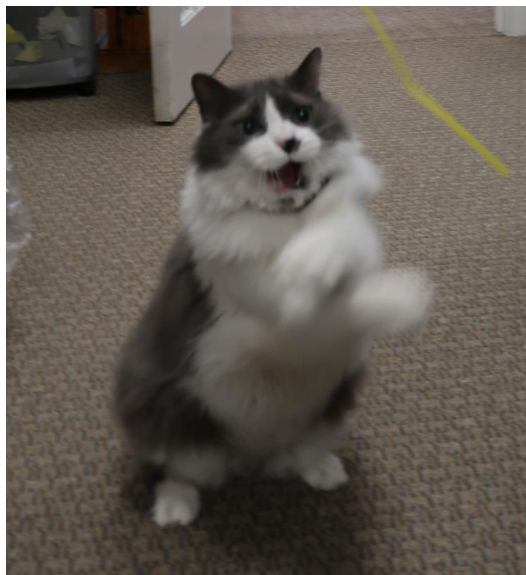


PATCHES' PURRSPECTIVE

Here is a shot of me, captured in a playful, joyful mood. What can I say, I love office supply packaging! December is upon us. With all the many holidays celebrated during this month it can be a very joyful month for many.

I hear holidays come with a mix of emotions for some people. Believe it or not, I am an empathetic fellow. I cannot help that I only have one expression on my face, given to me by the way my fur grew. I do notice the humans your expressions. I can sense different emotions.

If you need me, I am here for you. I don't want to brag, but lots of studies indicate that purring cats are good for human health. I can lower stress and strengthen bones, just by purring. I'm Patches the Wonder Cat! With my many skills it is hard to be humble.



DEBBIE'S WISDOM

This season is the time of extra love and joy. Get into the holiday spirit, slow down and enjoy yourselves.

Here are some rules to follow in order to live a good, meaningful, and fulfilling life.

- ~ Make peace with your past so it doesn't disturb your future. Let any negative feelings go.
- ~ What others think of you is none of your business. Ignore them.
- ~ The only person in charge of your happiness is you. Positive thoughts create positive things.
- ~ Don't compare your life to others. Everyone's journey is different.
- ~ Time heals almost everything. Give it time.
- ~ Stop thinking so much. You don't have to know all the answers. Stay calm and relaxed.
- ~ Smile. You don't own the problems of the world. Life is short... enjoy it!



December Birthday's

Dorothy Sybertz	15th
Margaret Dougher	27th
Mary Adduci	31st



Activity Highlights for December

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

12/4 - TBD

12/11 - TBD

12/18 - "Forgotten Love"

12/25 - "It's a Wonderful Life" - **2pm**

Saturday Matinee - 1pm, LR

12/2 - "Happiness for Beginners"

12/9 - "The Noel Diary"

12/16 - TBD

12/23 - TBD

12/30 - TBD

12/1 - Christmas Tree Lighting Party

12/2 - Entertainer: Alex Glor

12/6 - Wrentham Co-op Banking

12/7 & 12/28 - Roberta plays Ukulele

12/8 - Eddie Dillon performs

12/9 - Paws of Comfort

12/11 - Hot Chocolate Party

12/13 - Hot Chocolate Bar

12/13 & 12/18 - Christmas Lights Tour

12/15 - Michael L plays piano

12/18 - Catholic Mass

12/20 - Girl Scout Christmas Carol Sing-along

12/21 - Pajama Day

12/22 - Christmas Party

12/24 - Movie Special - "The Bells of St. Mary"

12/28 - Resident Council

12/30 - Kevin Wolfe performs



HAIRDRESSER THURSDAY & FRIDAY