

Home Times Monthly

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

January 2023 volume 135

To My Dear Residents:

With the New Year's arrival, many of us take time to reflect on the past year and plan for the coming twelve months. Most people make resolutions for self-improvement, usually related to a habit they would like to break. This year I'm taking a slightly different view of resolutions I will be making. On the belief that it is better to say what we plan to do, over what we need to stop; I think it is a great time to reflect on how we can treat each other with kindness every day. Even when we come at something from two very different perspectives, we can be kind and respectful.

I love the quote, "No one ever regretted being too kind."

I bet every one of us can recall a time when we were not kind enough. Likely we have some regret over it. So, this year, let's all work towards being kinder than expected! What a wonderful year it will be if we are able to give the gift of kindness to each other.

Happy New Year to each of you!

Thanks for reading,



Becky Annis, Administrator



Resident Spotlight



This month's Resident Spotlight is our very own **Barbara Emerson**. Barbara grew up in the town of Needham, MA. Her family owned Eaton Funeral Home, and she lived in an apartment upstairs from the family business with her parents, brother, and a cousin who lived with the family, who was very much like a sister to Barbara.

Barbara loves sports and grew up playing Field Hockey and Basketball. She still enjoys following our awesome Boston Sports teams. Also, during her youth, Barbara was a member of the Drum and Bugle Corps and played the bugle as well as the Bass Drum. She was a Girls Scout and later an Advisor with the Girls Rainbow Masonic Association.

Barbara grew up in Needham but in the summers of her late teen years, lived in beautiful York, Maine where she worked for the Yorkshire Harbor Inn. This beautiful Inn

provided lodging for the summer for the waitstaff. It is here that she met her husband Tom, and they fell in love. In August, prior to his Senior Year at Middlebury College, they were married. They had a lovely apartment off campus and thoroughly enjoyed their married life together in Vermont. After graduating, the young couple returned to Needham, where Tom became a schoolteacher. They eventually bought their own home, and it is in the beautiful town of Needham that they raised their 4 children. Barbara would work as a Switchboard Operator and a secretary for local pharmacies while raising her family. Barbara and Tom's beautiful family has grown, having several grandchildren and great grandchildren, who all love to visit when they are able.

Later in life, Barbara was very fortunate to move to the beautiful town of Pocasset down in the Cape. She thoroughly enjoyed her life there with a beautiful view of the harbor. Her children and grandchildren would visit often and was lucky to have several close friends as neighbors. Many happy memories were made there, and leaving such an idyllic home was very difficult, but she is finding her move to Pond Home to be a very positive move indeed.

Barbara enjoys knitting and crafts and can be found at most of our activities. Next time you see Barbara be sure to say hello and sit and enjoy a conversation with this lovely woman, you will be very glad you did.



PATCHES' PURRSPECTIVE

Recently I went to my annual checkup at the veterinarian. I was deemed in excellent health and actually lost a few ounces from last year's checkup. The vet was pleased with this as last year I was informed I would benefit from weight loss. I was insulted, as any fluffy cat would be, but clearly, I took those words to heart and made a bit of an effort!

The vet assistants all oohed and ahhh-ed over me. They said I was a sweet and handsome boy. I even appeared to be 'hugging' one of them who held me, but technically I was just finding a comfortable place for my paws, which happened to be on either side of her shoulder. If she wants to think it was a hug, who am I to suggest otherwise?

I mention this as I just want to remind you of how lucky you are to have me in your home! Thank you to those of you who only give me vet and Pond Home approved treats, so my kidneys stay healthy. If you need a new supply of treats for the New Year, just check with the front office, and they will give you a baggy full.

I was advised to have my teeth professionally cleaned. Becky is the one who took me to the vet, so I am at times miffed with her, but I know she cares about me as she has scheduled the cleaning appointment for February.

Make sure you are brushing your teeth well each day and taking advantage of the help offered by staff if you need it. Oh, and Happy New Year! It will be a very happy new year for me if you all get that supply of treats I spoke of- but PLEASE only greenies or my kibble so I remain the picture of health.



DEBBIE'S WISDOM

2024 New Year's Resolutions:

1. It's always a good idea to appreciate the things we already have but the new year is the perfect time to commit to finding new ways to live fuller and happier lives. Let's all turn over a new leaf.
2. Improve your diet. It's more important than ever to focus on healthy foods that improve wellness and prevent illness.
3. Be active. Pond home has a great exercise program. Falls are the leading Because of injuries among older adults so build your strength and endurance. Don't forget to exercise your mind.
4. Manage your mental health, not just your physical health.
5. Get enough sleep. Your goal should be 8 hours a night.
6. Be social. Visit and connect with someone who might be lonely.
7. Nurture your existing relationships. Tell them you love them.
8. Pick up an old or new habit like knitting, drawing, chess, music, meditation, etc. Take a break from TV/News.
9. Practice gratitude. Keep a positive mindset.
10. Lastly ...increase your joy and peace, laugh often, and be happy!



January Birthday's

James Meranda 23rd
Suzanne Bouffard 27th



Activity Highlights for January

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

1/1 - "Sleepless in Seattle"

1/8 - "G.I. Blues"

1/15 - "The Wonder"

1/22 - "Mr. Holland's Opus"

1/29 - "The West Point Story"

Saturday Matinee - 1pm, LR

1/6 - "Wonder Man"

1/13 - "With Six You Get Eggroll"

1/20 - "Love and Friendship"

1/27 - "Last Chance Harvey"

Sunday Evening Movie - 6pm, LR

1/7 - "The Conspirator"

1/14 - "My Life with the Walter Boys"

1/21 - "An Hour Behind"

1/1 - Rose Bowl Parade

1/3 - Music with Paul and Vin

1/4 - Pastor Ken: Ecumenical Service

1/5 - Al Testa

1/12 - Doug Robinson performs

1/16 - VRNS Speaker: Fall Prevention

1/17 - Chinese Luncheon

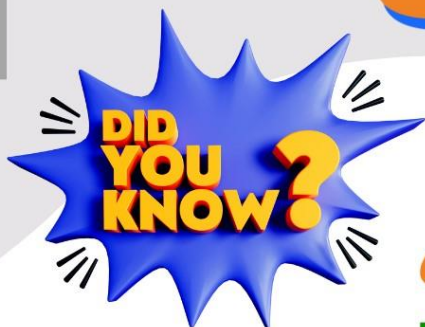
1/19 - Michael Leidig plays piano

1/24 - Unlikely Story Book Store

1/27 - Greg Peters entertains



HAIRDRESSER THURSDAY & FRIDAY



**BOOK USING THE APP
OR CALL 800-698-7676**



GATRA GO United is an on-demand same day, affordable and accessible public transit service serving the towns of Foxborough, Franklin, Mansfield, Norfolk, Norton and Wrentham.

HOURS:
Mon-Fri 6:30am-8:00pm
Sat 9:00am-8:00pm
Sun 12:00pm-6:00pm

FARES:
\$2.00 a ride
Children under 6 free

MILES FOR HEALTH

Local and long distance medical transportation for seniors 60+ and persons with a disability in Franklin, Foxborough, Norfolk and Wrentham.

**TO MAKE SURE YOUR
DESTINATION IS ELIGIBLE,
CALL 800-698-7676**



Local, \$5 each way
Travel to medical facilities
in a 15 mile radius.

Long distance, \$10 each way
Mon - Worcester
Tues - Boston
Wed - Needham, Natick,
Framingham, Dedham, Wellesley
Thurs - Boston
Fri - Brockton or Boston

FIXED ROUTE BUSES IN GATRA GO UNITED AREA

Medway T Shuttle
Route 14 Plainville to North Attleboro
Route 18 Taunton/Norton/Attleboro

Full fare \$1.50 one way
Full fare options: \$4 day pass; 10-ride pass \$13.00; 31-day pass \$40
Reduced fare \$0.75 for Seniors 60+ or persons with a disability
Reduced fare options: \$2 day pass; 10-ride pass \$6.50; 31-day pass \$20

DIAL-A-RIDE

Curb to curb transportation service available to seniors 60+ and persons with a disability who reside in the town of Wrentham.

This is a free service offered through the Wrentham Council on Aging.

Towns serviced are:

- Wrentham
- Foxboro
- Norfolk
- Franklin
- Plainville

CONTACT THE COA FOR MORE INFORMATION

Wrentham Council on Aging
400 Taunton St
Wrentham, MA 02093
508-384-5425



Si usted desea traducir esto en Español, por favor llame 508-823-8828 ext 263
Se você preferir esto traduzido em Português, por favor ligue 508-823-8828 ext 263

Need help with travel planning?
Have any questions?
Contact Kerri Victorio
Outreach Coordinator
774-226-1212
kvictorio@gatra.org



Rev 12/23