

Home Times Monthly

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

March 2024 volume 137

To My Dear Residents:

At the request of the residents who participate in the Resident Council, we have added a **Kind Comments Board** to the wall leading to the employee time clock, lockers, etc. This is on the first floor, near the nurses' station.

Residents are invited to put up their kind and happy observations of the wonderful work our Pond Home employees do to make life easier or happier for you, the people we are here to support our residents. We ask that all publicly displayed comments be those that are positive and kind. If you need assistance posting one, please ask any of us in the front office.

We know with all the moving parts that are part of a day at Pond Home – between employees and residents about 120 people interact, 120 meals are served to residents, 4-5 activities are offered, and countless work orders responded to, vendors interacted with, telephone calls coming in and going out each day – there will be times we do not meet the high standards you have come to expect. Let us know about those times too. These can be shared with any employee, the employee who did not meet your expectations, a department head, or during Resident Council meetings. Our goal is to meet your expectations the majority of the time.

Thanks for reading,

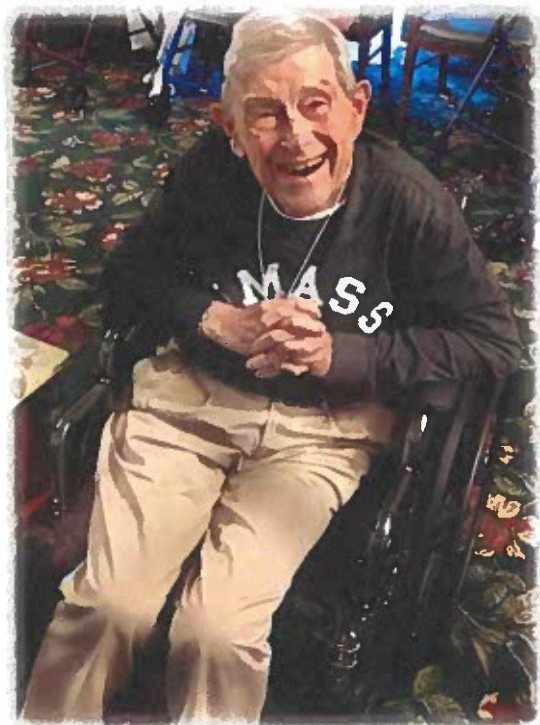


Becky Annis, Administrator

"We are here to add what we can to life, not to get what we can from life." ~ William Osler

"Perfection is not attainable. But if we chase perfection, we can catch excellence." ~ Vince Lombardi

Resident Spotlight



This month's spotlighted resident is **William Rex**, better known as Bill. He was born in Boston and lived in Arlington until his family moved to Foxboro when he was in the 7th grade.

He has always enjoyed athletics. In Arlington, the best sport to be a part of was hockey, so he began skating and playing that from an early age. He remembers taking a trolley to Lechmere station to watch four hockey games at The Garden each Saturday.

When he moved to Foxboro, there was no hockey. He saw his first basketball game there and played in one at a Boy Scout's meeting. A natural athlete, he quickly picked this sport up as well as football. He was football and basketball captain at Foxboro High. In his four years there, he earned 12 varsity letters, two of which by participating in both baseball and track in the same season!

After high school, he was accepted to Brown University. They were not offering much in financial scholarships, but they did offer to send him to Wilbraham-Monson Academy for a year prior to entering college. He went there for one year. Meanwhile, UMass offered him a full scholarship to play on the football team.

He anchored the University of Massachusetts's football team for three years. He graduated from UMass in 1954 with a degree in Physical Education and a minor in Science. In 1953, he married his high school sweetheart Ann. That was his last year at UMass as she had finished nursing school.

A requirement at the time for UMass was that every male student had to sign up for ROTC. Bill signed up with the Air Force ROTC. When he graduated from UMass, he was a Lieutenant in the Air Force. He was stationed at Presque Isle, Maine for two years. His first year of teaching was at Foxboro High where he taught Science. The next year he taught science in Stoughton and served as assistant football coach. His third year of teaching found him at Franklin High School teaching science and coaching their football team. Later he coached their baseball team as well. In the nine years he was there, he had two championship teams in football and the Hockomock League Champions in baseball. He also was promoted to the House Master of the new high school. He is a member of the Massachusetts's High School Football Coach Association's Hall of Fame for his football coaching at Franklin High.

Bill shared that he had some of resident Theresa D'Errico's boys as students when he was at Franklin High. He also says the best football player he ever coached is a relative of Theresa's.

He views himself as an educator on and off the field. He became the principal of Foxboro High School where he remained for sixteen (16) years. Three of his six children were students while he was the principal.

His children include five girls and a boy: Catherine, who lives in Anderson, S. Carolina and is retired from a property management company; Elizabeth, who lives in Foxboro and is a retired physical education teacher; Judy, who lives in Vermont and is the executive director of a crime advocates organization; Sally, who lives in Vermont and is a director of guidance; William, who is a retired fire captain of the Hyannis fire department. He now works at the Hyannis Marina; Amy, who is the superintendent in Northern Vermont. He has ten (10) grandchildren and five (5) great grandchildren.

He and Ann enjoyed many wonderful trips with another couple. Bill's favorite is probably a trip they took to England and Ireland.

After retiring, he and Ann moved to Vermont. They had a small camp that they had used for skiing trips for years. They fixed it up and made it a nice year-round spot, but the snow got to be too much for them. They moved back to Foxboro in 2008. Sadly, Ann passed away in 2020.

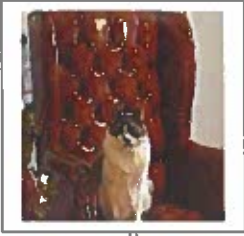
Bill has always remained active and exercised on a regular basis. This is a life-long habit he has maintained since moving to Pond Home in October of 2015. He credits this habit with helping him recover as much as he did from a stroke that he had in 1996. He sees himself as an educator first and is always happy to share ideas and his insights. He is an avid Cribbage player. Most Tuesday afternoons and Saturday mornings, you will find Bill at the card table playing crib. We are glad to have him as a part of the Pond Home community.



Bill playing his favorite game



Enjoying the Mardi Gras festivities



PATCHES' PURRSPECTIVE

Well, I did not get my teeth cleaning as the day it was scheduled, Tuesday, February 13, 2024, we had a pretty exciting snowstorm.

I thanked Mother Nature for getting me out of that visit.

Later in the week, I did end up having to go visit the vet, as staff noticed I was not acting like myself. Not eating, hiding, and not making my rounds with all my friends. Thankfully they noticed, and my people got me to the vet on an emergency basis, Friday morning, the 23rd.

The vet said I had a completely full bladder as it was blocked. He said I was in critical condition. I know I sure did not feel well.

Thankfully, the kind people at Franklin Veterinary Clinic took great care of me, and I came back Saturday the 24th, purring and happy to be home. I have to be even more cautious about following my very restricted diet.

I need your help to do this, because I will eat and drink anything put in front of me! Please only let me eat my prescription cat food or Greenies Treats Smart Bites: Chicken flavor or Greenies Dental Treats: Catnip or Oven Roasted Chicken flavors. You can find both at the front office or the nurses' station.

And I should drink only water!!

Thank you for helping me to stay healthy.



DEBBIE'S WISDOM

Grief – A deep sorrow, especially caused by someone's death. We all experience mourning, and the stress can last for days, months or years. Coping with loss is quite difficult. It is uncomfortable and painful to feel all the feelings, but it is an emotional and spiritual necessity and the price we pay for love. The only cure for grief is to grieve. Some steps to help ease some of the pains are to exercise, get adequate sleep, talk with caring friends/family and be patient with yourself. The life of the dead is placed in the memory of the living. Please do not isolate yourself and suffer alone. We all at Pond Home have a built-in support system so share stories of love and grief, keep each other company and together we can process these complicated feelings and emotions. Death leaves a heartache no one can heal but love leaves a memory that no one can steal. May we all find gracious peace especially after the loss of a loved one.



March Birthday's

Roger Mitchell	9 th
Viginia Lucey	12 th
Catherine Owen	15 th
Jackie Sullivan	16 th
Elsie Maione	28 th

Vendor Spotlight



Pond Home would like to introduce our newest addition, hairdresser Celeste D'Elia. Celeste grew up in North Attleboro, graduating from North Attleboro High School. After, she attended Blaine's hairdressing/cosmetology school in Boston. Upon completion of her training, she began working at a salon in N. Attleboro center, owned by her mother, Louise! The salon had 6 stations and typically 10 stylists, of all different ages, working together. This exposed Celeste to a wide range of styles for all ages and types of events. This vast exposure let her hone her skills in all aspects of the beauty industry.

Once starting her family, after 20 years owning and managing a large salon, she decided to become a self-employed chair renter licensed and insured in Massachusetts. She has 3 children: Cosimo IV, almost 26, Calista, 24 and Carly, 22.

Celeste is happy to be joining us on Thursdays and Fridays presently to have your hair shampooed, cut, colored, permed, or just styled to make you look and feel your best. Seeing how much she impacts our residents' well-being is the most rewarding part of her work here. She hopes to implant her touch of beauty and great grooming on all her guests, relieving them of their dreaded "bedhead!" Still being able to continue to service her 42-year career clients on Tuesday & Wednesday is very important to her and her loyal long-timers.

You can leave a note in the salon for her to book an appointment or call/text her at 508-844-7589. We look forward to her being with us for years to come.



Louise, Celeste, Cosimo IV, Carly, & Calista

New Services:

HealthDrive, who already offers Optometry services to Pond Home will now be offering in-house visits for Audiology Services. Their first visit will be this coming Monday 3/4.

Onsite Dental Care will be offering in-house visits for Dental Services. (Please see the attached flyer) Their first visit will be Tuesday, 4/16.

Nancy, the Nursing Administrative Assistant will be asking residents and/or families if they would like to sign up for these services or you are welcome to email Christa Wertz at don@pondhome.org

Coming Soon: Mental Health Services - More to follow in next month's newsletter!

Onsite Dental Care

provides our residents with access to convenient, comprehensive oral care.

- ✓ Services are conveniently provided in our community
- ✓ Comprehensive services include...
 - Full Preventative
 - Full Restorative
 - Full Denture services
- ✓ Private confidential communication with family and residents

For additional information please contact
Onsite Dental Care

1-800-632-0306

www.OnsiteDentalCare.net

 **Onsite** Dental Care
Compassionate Care for Health & Wellbeing



Activity Highlights for March

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!**

Wednesday's Music with Paul & Vince 2pm LR

Thursday Nights - Popcorn & a Movie 6pm LR

Exercise/Morning Stretch daily at 9:15

Monday Matinee - 1:15pm, LR

- 3/4 - "Silver Skates"
- 3/11 - "Julie and Julia"
- 3/18 - "Waking Ned Devine"
- 3/25 - "Mona Lisa Smile"

Saturday Matinee - 1pm, LR

- 3/2 - "The Catcher Was a Spy"
- 3/9 - "Apollo 13"
- 3/16 - "Toscana"
- 3/23 - "All Together Now"
- 3/30 - "Chocolat"

Sunday Evening Movie - 6pm, LR

- 3/3 - "The Help"
- 3/10 - "That Touch of Mink"
- 3/17 - "The Quiet Man"
- 3/24 - "Reversible Errors"
- 3/31 - "Easter Parade"
- 3/2 - Steven King performs
- 3/7 - Menu planning meeting
- 3/8 - A Spice of Life - featuring Carl & James
- 3/10 - Jim & JJ entertain
- 3/13 - Wrentham Co-op Bank
- 3/15 - Michael Leidig performs
- 3/17 - Irish Step Dancers
- 3/18 - Catholic Mass
- 3/21 - Resident Council
- 3/23 - Chuck D performs
- 3/28 - Trappistine Abby Gift Shop
- 3/29 - Doug Robinson entertains



HAIRDRESSER THURSDAY & FRIDAY