

Home Times Monthly

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

February 2024 volume 136

To My Dear Residents:

Love is Ageless. That statement can mean something different to each person who reads it. Today I am thinking of it in the form of developing friendships, at any time in life.

It is said that developing friendships late in life is difficult, but not so at Pond Home. One of the joys of my work here is seeing people reconnecting with past friends or making new ones thanks to shared experiences or perspectives. Living at Pond Home with dozens of other people helps friendships blossom. For many of you, this is the first time you have been in such close proximity to peers since your school days.

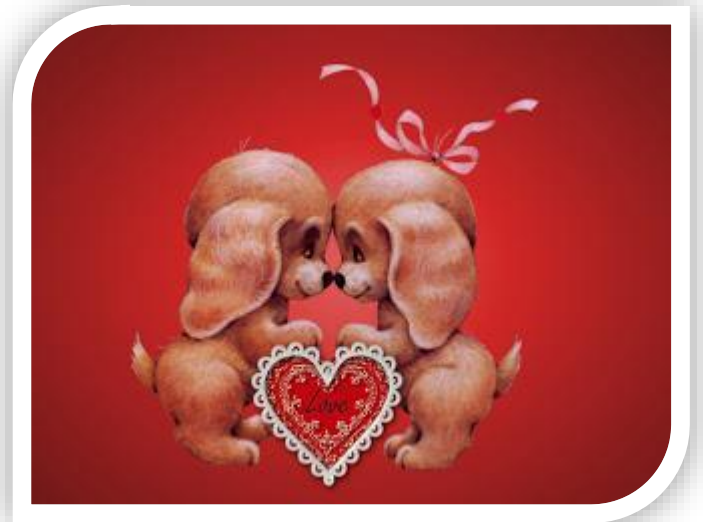
During the month of February, we expect to have lots of new potential friends moving in. Please help make them feel welcome and encourage their participation in all the fun that happens here.

Remember, the friendship you make benefits both of you significantly. Now let's all sing, "Make new friends, but keep the old...."

Thanks for reading,



Becky Annis, Administrator



FRIENDSHIP IS THE ONLY CEMENT THAT WILL EVER HOLD THE WORLD TOGETHER ~ WOODROW WILSON

Resident Spotlight



This month's resident spotlight is our very own **Margaret Dougher**. Margaret was born and grew up in Chicago, Illinois. After attending two years of college, she married and moved to Massachusetts, due to her husband's job. Margaret and her husband had 4 children, 3 daughters and a son, that they raised here in Wrentham. After her marriage ended, Margaret went on to finish her college degree at Bridgewater State College. She had many jobs through the years, her favorite was being a legislative aide to State Representative Peter Forman. She worked with him for 10 years as he worked his way up to the House Minority Leader. Margaret then moved on to work for the Department

of Public Health, and the Department of Tourism.

This very accomplished woman volunteered for the Literacy Program and was on the Board for the Attleboro Art Museum. Margaret was one of the founding members of Christmases For Kids in Attleboro, where she met so many of her friends.

Margaret is a very talented artist, who loves to paint and works with all different mediums. Some of her beautiful work adorns the walls of her room here at Pond Home. Her faith is also very important to her, and she enjoys saying the rosary. We are lucky to have her join us each Friday afternoon, when some of our residents gather as a group to pray the Rosary with special intentions for our residents, staff and our world. Some of Margaret's other favorite activities before moving here were Book Clubs and playing Bridge; but her favorite was raising her dogs. She has been the dog mom to 11 dogs, so our occasional visit from therapy dogs is an extra special treat!

Be sure to say hello to this very sweet and interesting woman then next time you see her in an Activity!



PATCHES' PURRSPECTIVE

As mentioned last month, I am in need of a teeth cleaning. It is scheduled for Tuesday, February 13, 2024. I have to be at the veterinarian's office at 7:00am. But that is not the worst part.... the worst part is I cannot eat after 8:00pm the night before!

Most of you know I am not very good at limiting myself, so this will be a challenge for me. I am counting on all of your help. No feeding me anything after 8pm on the 12th. I cannot have water after midnight that evening as well. The good news is I will be back to myself come the 14th, Valentine's Day, so be sure to get a supply of my veterinarian approved treats from the front office, so you can show me some love on that day and the weeks to come!

Thank you for helping me to stay healthy.



DEBBIE'S WISDOM

Happy Valentines Day! Many of us yearn for love. Love is wonderful and complex. It is an emotion that connects people which we all need. Love makes us feel happy and boosts our immune system, improves our sleep, reduces stress, and lowers our blood pressure by releasing hormones such as oxytocin and dopamine. We all experience love differently and it can change for us over time. Our romantic/passionate love can turn into companion love. One of the many benefits of being at Pond Home is that you never have to feel alone/lonely and there are many opportunities to build connections and make meaningful relationships. Spread your love to those who might need it most. My final suggestion is to love life. You only get one so stay positive and live it to the fullest.



February Birthday's

NO February Birthdays

Employee Spotlight



Hello, my name is Mayra Vaz. I live in Rumford, RI. I began working as a CNA at Pond Home when I was only 17 years old. This was the first job I had after getting my license. I heard about the Pond Home through my mother, Domingas, who also works here. She spoke very highly about the home, and her words did not disappoint. Shortly after I turned 18, I enlisted in the Army Reserves. I had to be gone for 6 months' worth of training but was assured that when I got back, my job would be waiting. I decided to go back to

school to get my MedTech license but learned about a new position being offered at Pond Home. I immediately contacted Christa, the new DON. She was eager to meet with me and offered me the position. I am now the new RP of the second floor. I absolutely love the environment and people I work with daily. I am very thankful for this opportunity and look forward to doing the best job I can.

Resident FYI:

If you are in need of stamps, the office is able to print stamps for you at a discounted price. The price of stamps is \$0.64 each, which can be billed to your monthly invoice.



Activity Highlights for February

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

2/5 - "Guess Who's Coming to Dinner"
2/12 - "The Lost Valentine"
2/19 - "TBD"
2/26 - "TBD"

Saturday Matinee - 1pm, LR

2/3 - "The Buddy Holly Story"
2/10 - "42"
2/17 - "American Hot Wax"
2/24 - "Sweet Dreams"

Sunday Evening Movie - 6pm, LR

2/4 - "Erin Brockovich"
2/18 - "A Walk in the Clouds"
2/25 - "Living"

2/1 & 2/8: Sing a-long with Roberta
2/2: Doug Robinson performs
2/7: Wrentham Co-Op Bank
2/9: Eddie Dillion performs
2/10: Dogs of Comfort
2/11: Superbowl Party
2/13: Mardi Gras Party
2/16: Michael Leidig performs
2/17: Cooking Club
2/19: Catholic Mass
2/22: Ecumenical Service
2/23: Kathy Earabino performs



HAIRDRESSER THURSDAY & FRIDAY