

# Home Times Monthly

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

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April 2024 volume 138

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To My Dear Residents:

April in Massachusetts always feels like a time of re-awakening to me. This time of year, the earth shows many signs of re-awakening, with trees budding, bulbs pushing their way out of the still frozen ground, and migratory birds returning to fill the sky with sound and color.

Recently, on a walk I heard what sounded like a jungle of birds in my neighborhood and it smelled like spring! You know what I mean, don't you? It's that wonderful, earthy wet scent of everything coming back to life. Be sure to get out with Activities or take a walk around Pond Home to enjoy the sights, sounds, and scents of the spring season. Our front foundation plants are always among the first to bloom, thanks to their south facing exposure and the warmth reflected off the house.

If it is too cold outside, try getting closer to nature in our sunroom located off the living room. It is a great place to be indoors and let the outdoors in.

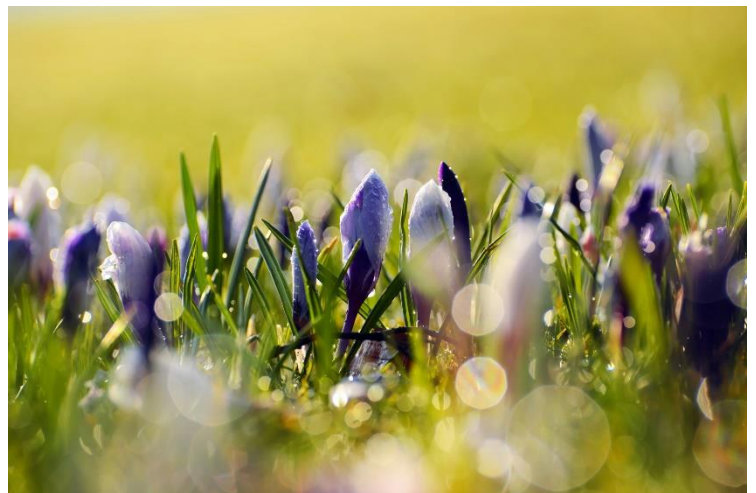
We will be planning for our Spring Fling. This is the outdoor celebration of all our beautiful spaces to enjoy. When Blooming Corner gets reopened it is like an extra living room for the building, but this one is outside. This will happen at the whim of the weather, but we will be sure to share the date when we feel confident, we will enjoy spring weather.

May it be a wonderful month for you.

Thanks for reading,



Becky Annis, Administrator



## *Resident Spotlight*



This month's resident spotlight is **Barbara Deely**. Barbara was born in Boston, MA. She is the oldest of eight siblings. Barbara is full of creative hobbies and was a very active member of her Franklin community. Although Barbara grew up in South Boston, she moved to Franklin in 1964 where she raised her four daughters and two sons.

As if raising six children wasn't enough, she became a Licensed Respiratory Therapist and practiced at Norwood Hospital for ten years.

Barbara is a very hands-on community member. She volunteered on the Board of Directors for Franklin's Rangerette Drill Team for ten years. All of Barbara's daughters participated in the Rangerette Drill Team that travelled for

competitions statewide. And, of course, Barbara volunteered as a chaperone.

So, while raising six children, working, and dedicating herself to the Rangerette Drill Team, Barbara still found time to volunteer as Secretary of the Council on Aging. And, I haven't even gotten to her hobbies.

Barbara's hobbies include gardening, reading (especially historical fiction), and glass painting. She studied Decorative Art at Franklin High School for several years.

Barbara speaks proudly of her fourteen grandchildren and sixteen great-grandchildren and is eagerly anticipating the arrival of two new great-grandchildren. Barbara describes her family as a "blessing"!

Some interesting facts about Barbara:

- 1) She won Best Hair at the Senior Center in Franklin
- 2) As a child, she loved roller skating on Sunday afternoons in Dorchester.

Barbara moved to Pond Home from Pond Meadow where she lived for five years. She loved the High Teas at Palm Meadows designed to visit the amazing gardens within Palm Meadows. She lit up speaking about their beauty. Although Barbara is new to Pond Home, she loves music and snacks. Let's welcome Barbara to the Pond Home family. By the way, she does have great hair.



## **PATCHES' PURRSPECTIVE**

No one likes to deliver news that might be met with resistance. That is why the humans here at Pond Home have put me up to re-delivering this message. They figure coming from a cute furry mouth it will be better received.

One might call them weak, for skirting their duties, but if my message to you is more effective than their multiple attempts at the same message, we can all say, "Well played humans, well played". This is about the main dining room at Pond Home. For the safety of residents and employees, every resident's walker needs to be removed from the dining room at the beginning of each meal. This will allow for as much free space as possible in the main dining room.

Most of you are agreeable to this, and the other humans thank you for your cooperation. I have heard that some of you want special exceptions made and want your walker by your side, just in case. That doesn't work. So, please kindly hand over your walker when you are safely sitting down at your table. Remind staff to take it from you – we all need reminders sometime~ so it doesn't get trapped behind other residents as they arrive. This is to the benefit of everyone.

I thank you for your attention to this request. In addition to the staff asking you to do this, the Resident Council also discussed this at their March meeting and asked that it be consistently enforced. That is your advisory board making this request.

So please, for the love of cute furry animals, cooperate with this request.



## DEBBIE'S WISDOM

Spring cleaning for your mental health. Out with what does not work and in with what boosts your wellbeing.

- Give up harmful habits. Ask yourself, "Does this serve me?"
- Move your body and go for walks. The weather is getting nicer so go outside.
- Proper rest is essential. Don't be sleep deprived.
- LAUGH. It's always the best medicine.
- Find a hobby. There are lots of them here at Pond home!
- Relax, read, meditate, deep breathing... whatever works for you. Do more of that!
- Prevent poor nutrition. Eat healthy nutritional foods and don't forget to hydrate.
- Stay mentally active and practice things that keep your mind sharp and stimulated.
- Socialize, socialize, socialize. Do not self-isolate. Make connections with Pond Home's friends.

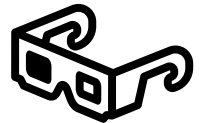


### April Birthday's

Rose Vacca	7th
Lucio DiGiovanni	15th
Barbara Negus	16th
Joan DaCruz	26th
Paul Nolan	29th

### A Total Solar Eclipse is Coming!

On April 8<sup>th</sup>, much of the United States will be able to see some or all of a Total Solar Eclipse. In Massachusetts, nowhere will experience the total eclipse, but here in Wrentham, if the day is clear, the sun will appear 92% covered by the moon.



We have ordered protective eclipse glasses for all residents, employees, and visitors who are here for it. It starts around 2pm and should last about 2 1/2 hours. Everyone who would like may join Donna and others outside to safely see some of the amazing things that happen during a solar eclipse.

Birds will head to their nests, thinking it is evening, shadows will appear differently, and you might get to see the wagon wheel effect. Then, as the light increases the birds will come back out, as if it is morning.

It is a natural phenomenon that happens infrequently, so get outside and check it out!

## *Employee Spotlight*



This month's Employee Spotlight is **Stephanie Tibets**. Stephanie started at Pond Home in August 2023. She started working as a CNA, and now she is also working as an RP. She grew up in Dedham but lives right here in Wrentham, less than a mile away from Pond Home. She is married to her wonderful husband, Larry, and they have 3 children: Logan, who is 13, Fiona, who is 12, and Eva Grace, who is 9.

She is currently attending The Brockton Hospital School of Nursing to attain her Nursing Degree. She loves working at Pond Home and has enjoyed getting to know the residents.

She has a dog named Meeka, who is Hungarian Vizsla. She hikes with Meeka every day in the Foxboro State Forest, providing the weather is good.



Stephanie, Fiona, Eva Grace, Larry and Logan

## **EXCITING event coming to Pond Home on Thursday April 4<sup>th</sup>!**

Last month, the Art Teacher of King Phillip High School reached out to Donna to propose a very exciting project that she had in mind. She would like to have her students come here to Pond Home and talk with our residents. It is the hope that we could form some intergenerational connections between the students and their seniors. We will be having a social on Thursday morning at 10 am for approximately 1 hour where each interested resident will sit with a couple of students and enjoy some refreshments. The students will “interview” our residents to learn more about you. Some questions they may be asking:

- ~ Who is the person who influenced your life the most?
- ~ When you were younger, how did you envision this stage of your life?
- ~ Has anything surprised you about your life’s path?
- ~ How do you think the world has changed during your lifetime?
- ~ What is the importance of friendships and relationships in your life?
- ~ What life advice would you like to pass along to young people?
- ~ What do you want people to remember about you?
- ~ Any other interesting things that you would like to talk about.

The students will then go back and create an art piece based on their experience of meeting you. The art pieces will be on display later in the semester in an Art Show that we will either attend and/or have them bring the pieces here to Pond Home.

We really are hopeful that we will have a lot of participation with our residents to help these students, and hopefully help form new friendships.



## **Activity Highlights for April**

**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***

4/1: "The Great Debaters"  
4/8: "Apollo 13" (6pm)  
4/15: "Girl with a Pearl Earring"  
4/22: "Dark Waters"  
4/29: "The Black Stallion"

***Saturday Matinee - 1pm, LR***

4/6: "Ladies in Lavender"  
4/13: "The African Queen"  
4/20: "Invitation to a Murder"  
4/27: "The Mirror Cracked"

***Sunday Evening Movie - 6pm, LR***

4/7: "TBD"  
4/14: "South Pacific"  
4/21: "Wish You Well"  
4/28: "TBD"

4/4: KP Students & Seniors Project  
4/5: Eddie Dillion performs  
4/6: Steven King entertains  
4/7: NEADS dog visit  
4/8: Solar Eclipse Celebration  
4/13: Chuck D performs  
4/15: Catholic Mass  
4/18: HIGH Tea Luncheon  
4/19: Michael Leidig plays piano  
4/26: Kathy Earabino entertains  
4/30: Briggs Nursery Trip



HAIRDRESSER THURSDAY & FRIDAY