

Home Times Monthly

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

July 2024 volume 141

To My Dear Residents:

Time to celebrate our country's birthday! As you know we spent last month focusing on celebrating our employees with some fun events. Our Employee Engagement Committee wants to keep the fun going by having a Spirit Week the first week of July. Here is the list of planned dress up days. Feel free to join in the fun and check out the employees' take on these ideas.

Monday 7/1: Crazy hair/hat day

Tuesday 7/2: Pajama Day

Wednesday 7/3: Wear red, white and blue

Thursday 7/4: Wear red, white, and blue again – who can get enough! Cookout 12p-1p Employees are invited to join residents for a traditional 4th of July cookout that Ron and the kitchen staff will be preparing.

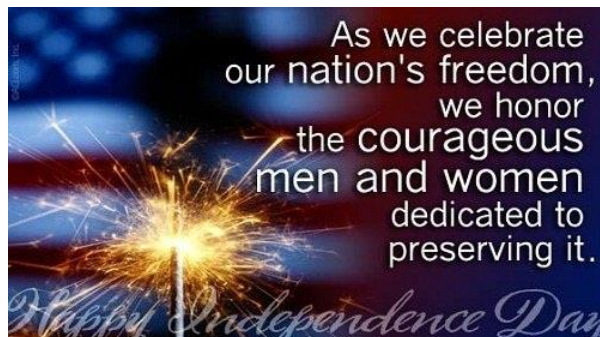
Friday 7/5: Casual Friday

Think of how innovative our founding fathers (& mothers) were when creating this country. Must have been an exciting and scary time. Trying something new can feel that way, but you might just discover a new hobby, interest, or friend; so, I encourage you to step out of your comfort zone and try a new activity in July.

Thanks for reading,



Becky Annis, Administrator



Resident Spotlight



This month's resident spotlight is our own **Kathleen Gookin**. Kathleen grew up in West Roxbury, MA. She was an only child until she was nine years old and welcomed her new brother into the family. She reports that she "idolized" him as did her parents.

Her paternal grandmother was born in County Cork, Ireland. She was one of eight children, an Irish Brood! Tragically, her husband (Kathleen's grandfather) fell off a roof while working and broke his hip. He was unable to be fully functional because of this accident. However, his wife (Kathleen's grandmother) was a strong woman. She raised eight children, and

Kathleen remembers her love for lilacs that adorned her garden. Kathleen still shares her grandmother's love for lilacs.

Kathleen speaks of the Irish propensity for choosing favorites among family members. She discusses how her father's sister (her aunt) was the chosen favorite of her grandfather (her father's father). The family was heartbroken when she died of Diphtheria at the age of 17.

Despite the difficulties that her ancestors suffered, Kathleen's father went to Harvard University. He taught Latin and became the Vice Principal of Charlestown High School.

After Kathleen was married, she lived in Gloucester where she raised her daughter Diane. She vividly remembers their turquoise roof. Her husband was a Marine in the Korean War. He later worked for Western Electric in Watertown as an Engineer. Kathleen worked for IBM for twelve years as a Key punch Operator in Needham before she had her daughter.

She is a grandmother to two babies, ages one and two.

Kathleen still wears the map of Ireland on her face and in her demeanor.

Kathleen moved to Pond Home in September 2023. She enjoys the music at Pond Home.



PATCHES' PURRSPECTIVE

For all you Humans without fur, here are some
Sun Safety Tips:

- ❖ Limit your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are most intense.
- ❖ Wear clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. Sun-protective clothing is now available.
- ❖ Slip on some sun-protective clothing that covers as much skin as possible.
- ❖ Slop on broad-spectrum, water-resistant SPF30+ sunscreen.
- ❖ Slap on a hat that protects your face, head, neck and ears.
- ❖ Seek some shade.
- ❖ Wear light-colored, long-sleeved shirts, pants, and a wide-brimmed hat made from breathable fabric when the UV Index is 3 or higher.
- ❖ And Most Importantly: DRINK PLENTY OF WATER.

Your furry friend



DEBBIE'S WISDOM

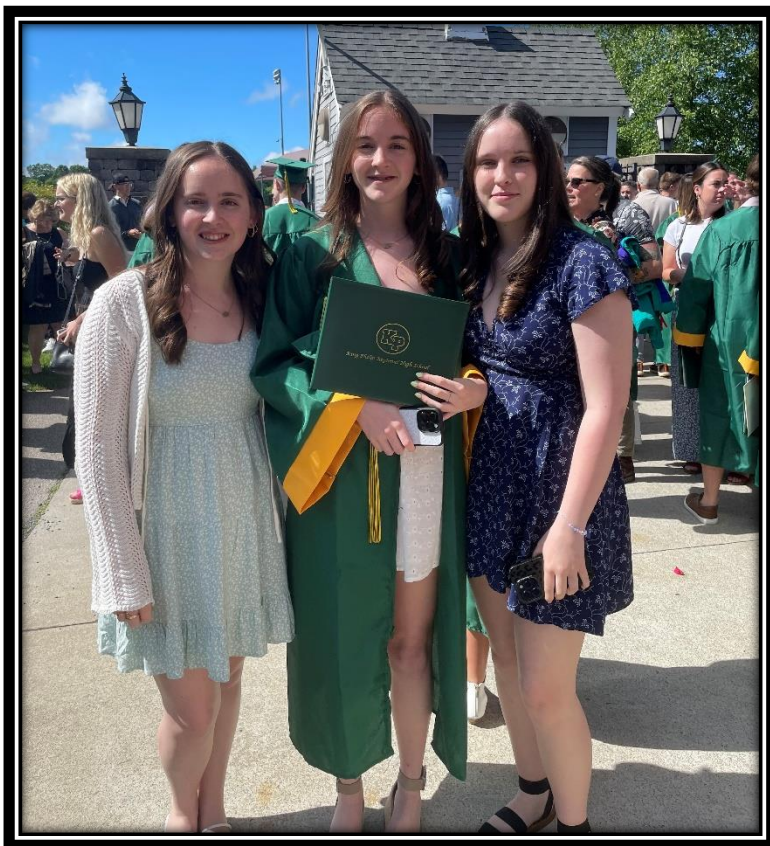
The Fourth of July (Independence Day) is a holiday deeply ingrained in the hearts of America. We look forward to the vibrant fireworks, fun barbeques, flashy parades, and crowded gatherings. Enjoy the hottest month of the summer and all the joys it brings. July signifies the celebration of freedom, unity, and pride. Look back at our history and honor those who sacrificed for the liberties we enjoy today. Many of us lived thru this transformative period in American history. Some of us are veterans who had to fight for American's principles making the 4th a highly personal and important occasion. During your celebrations or just being out in the heat, remember to hydrate. As we grow older, our bodies have less ability to hold on to the water so don't wait until you're thirsty to drink. Stay healthy and enjoy the dog days of summer.



July Birthday's

Barbara Deely	2nd
Kathleen Gookin	21st
Joan Blitchington	23rd

Employee Spotlight



This month's employee spotlight is **The McGowan** sisters. You know them as **Hannah** (far left), **Ava** (middle), and **Abigail** (far right).

Hi, my name is Hannah McGowan. I am 22 years old and i am the oldest of the sisters. I have been at the Pond Home as a diet aide for 4 years now. I am going to college to an Ultrasound Tech. When i am not working at the Pond Home, I love going out with friends, reading and spending time with my pets!

Hi, my name is Ava McGowan, and I am 18 years old. I am the middle child of the sisters and I have been at

the Pond Home for a little over two years. I am also a camp counselor at Everwood Day Camp. I am going to Worcester State University for psychology. In my free time I like to paint, hangout with my friends, and my 5 pets.

Hello, I'm Abby McGowan, the youngest of three sisters, and I'm 16 years old. I'm getting ready to start my junior year at Tri-County High School, with hopes of becoming a dental hygienist. I have been working at Pond Home for a year. Outside of school, I love hanging out with my friends, family, and pets.



Gunny, Piper and Weasley



Gigi and Pugs



Activity Highlights for July

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

7/1: "Pretty Woman"

7/8: "The Philadelphia Story"

7/15: "Race"

7/29: "The Long Game"

Saturday Matinee - 1pm, LR

7/6: "Guarding Tess"

7/13: "Yours, Mine & Ours"

7/20: "Please Don't Eat the Daisies"

7/27: "Chariots of Fire"

Sunday Evening Movie - 6pm, LR

7/7: "The Fugitive"

7/14: "Tea for Two"

7/21: "North by Northwest"

7/28: "Daisies in December"

7/5: Dave Laprise entertains

7/6: Steven King entertains

7/10: Skating Club of Boston: Olympic Hopefuls

7/12: Steel Drum Band

7/15: Catholic Mass

7/17: Aoife Clancy performs

7/18: Resident Council

7/19: Michael Leidig plays piano

7/20: Paws of Comfort

7/24 & 7/31: Out to Lunch Club

7/25: Pastor Ken

7/26: Olympic Opening Ceremony



HAIRDRESSER THURSDAY & FRIDAY