

Home Times Monthly

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

January 2025 volume 147

To My Dear Residents:

Did you know our brains are wired to prioritize negative over positive information? It is not surprising then that in a day when thousands of things go well, our mind tends to linger on the one thing that didn't go as well as we might have liked. That one thing could be our briskness with someone when we wish we had been kinder, or maybe the bed wasn't made exactly as you would have made it if you were still capable of doing it yourself.

Whatever didn't go 'right' in our minds can haunt us (if it was our behavior) or make us speak negatively about it for days or weeks.

Science says this happens for these reasons:

Humans have a negative bias that developed to give us an evolutionary advantage. We needed to pay more attention to threats and dangers to stay safe.

Humans have a stronger emotional response to negative emotions like fear, anger, and sadness.

Studies show that **negative events or experiences are processed more deeply in our brains**, leading to better recall.

Then there is the **social aspect** of sharing negative events. Negative emotions can be contagious, spreading quickly through social networks as people react to and share experiences. We humans tend to seek validation of our negative feelings by sharing them with others.

Why am *I* sharing all this? I am hoping with knowledge of our social and evolutionary pre-dispositions we can work to overcome them. When reflecting on your day, try focusing your mind on all the positive that happened in that day. Share the good with your friends and tablemates. **Let's make positive experiences and emotions contagious here at Pond Home!**

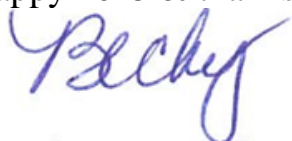
Here are some positive words to encourage all of us in the new year:

"For last year's words belong to last year's language, and next year's words await another voice." ~T. S. Eliot

"You are never too old to reinvent yourself." ~Steve Harvey

"A new year is a fresh start, a blank canvas, a new opportunity to paint your life with the colors you choose."

Happy 2025 & thanks for reading,



Becky Annis, Administrator

Resident Spotlight



As we head into the New Year, we have decided to revisit Pond Home's eldest resident **Elsie Maione**, as she will be celebrating her 102nd birthday in 2025. She was born to the Roland family on March 28, 1923, in Gloucester, MA; the youngest of seven siblings. She graduated from Gloucester High School in June of 1941. By September of 1941, all of her eligible male classmates were in the service. Elsie remembers crying when her short stature restricted her from serving in the WAVES or WACS.

Her first job out of high school was as Clerical Staff at Cape Ann National Bank. Her first car was a 1939 Chevrolet. She had to nurture that car and kept it through World War II

because all the automobile manufacturers stopped producing cars and converted to production needed for the war effort.

Speaking of World War II, like so many in her generation, Elsie answered the call when her country asked for help. Many of the men in her community and the boys she went to high school with went to train and fight on the front line. The women were needed to fill the positions they left behind. Elsie and a group of girlfriends answered the call and drove down to Washington, DC. During World War II, she was employed by the U.S. government at the Army Medical Library.

Prior to heading down to DC, she met a Navy medic named Joseph Maione at a dance set up for recent high school graduates. It was a mixer of many towns' high school classes. Joe was a graduate of the class of 1941 from Providence, RI. She says that dance was when they fell in love. Soon after, he shipped south for training with the Navy, and she took the Civil Service Test so she could serve as well. Joe and Elsie married in September of 1944. They had been married 37 years upon his death.

Elsie said she and her friends realized part of their experience in DC was to help bring some joy and laughter during war time. Each Saturday, they attended dances held for different military groups headed off to war. When Elsie sees recent high school graduates now, she is amazed by what her class had to face right out of high school.

She and Joe had three children. They raised their family in North Providence and later in North Attleboro, MA. Her son, Brian, now lives in Washington state, Joe lives in North Attleboro, and Elaine lives in Attleboro. Elsie remains proud of them all.

During Elaine's senior year in high school, Elsie went to work in North Attleboro High School as a cashier in the cafeteria. That was the high school Elaine attended. Elaine says she didn't mind having her mother there. Elsie loved interacting with the students there, and one can only imagine how much they loved her!

After retiring from her work at North Attleboro High School, she didn't want to just sit around at home. Sears was hiring, so she became a cashier there.

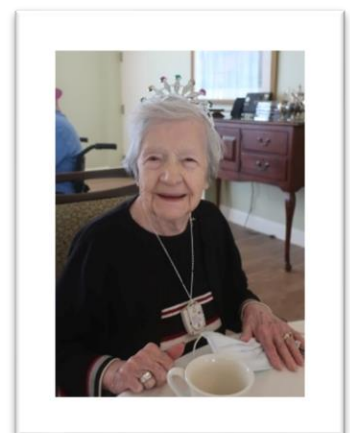
Elsie and Joe were known as Grammy and Grumpy to their four grandchildren. Elsie is known as GiGi to her 6 great grandchildren. She enjoys spoiling them all.

If you have met Elsie, you know she is a people person. She always has been. She was a Girl Scout Leader, a Red Hatter, member of the YMCA Live Wireers, and an active participant in the North Attleboro Senior Center activities. She particularly loved line dancing. She was a phenomenal flower gardener, baker, especially apple pies and Christmas cookies and did beautiful needlework.

Elsie was very active in her church and loved the people in her community very much. Her activities were the Ham and Bean Supper, parish fair which included the Tea Room and was an aide in the CCD program. She received the Marian Medal from her parish for unselfish service to others.

Elsie's great granddaughter interviewed her for a school assignment many years ago. Here is what was written at the end of her school assignment: The world has changed a lot since GiGi was a child. It's more advanced in many ways. Then there was no television, no color on movies, there were records and record players. Now there is more technology and back then girls didn't wear pants until the 50's and 60's. Gigi went through a huge war and the death of loved ones and if she had to do it all over again, she said, "I wouldn't miss a thing. The sad time we had was the war. We children were very innocent. Life was simpler then."

Elsie moved to Pond Home in May of 2021 and jumped right into the fun of joining in activities and adding her special warmth to everyday here.





PATCHES' PURRSPECTIVE

Happy New Year Roomies! 2025 is going to be a great year. Why do I know this? I just saw a Chewy order filled with my food and treats arrive, as if by Santa (I think it was really Amazon). Seriously, why is it going to be a great year?

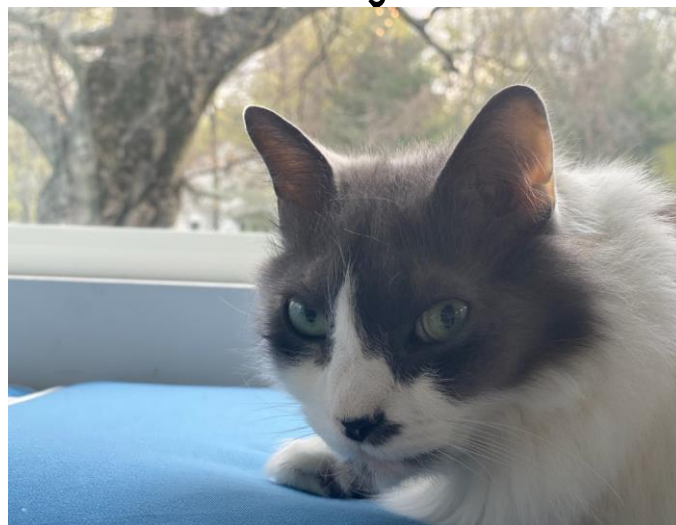
Because I am going to make it so.

I intend to purr more and continue to enjoy my life here at Pond Home. I hope you all get an opportunity to spend time with me, because you know, time spent with cats is never squandered, it's 'purr'fect!

It is said we cats are connoisseurs of comfort. I think I have got the comfort thing down pat. I enjoy wandering around this big house but give myself 'alone' time under a conveniently located desk, bureau, or on a bed when I need my beauty rest or space. You humans require a lot of my energy when I am out and about!

Here is my purr-fect plan for you too – Commit to making 2025 a great year for you too! Let's do it together.

Your furry friend



COMMENT/GRATITUDE BOARD

I am thankful for
having this as my
home
V. Lucey

Becky, congratulations
on 30 years!! I can't tell
you how happy we are
that mom is at Pond
Home...you and your
team do a fantastic job!
Bob Waters

Becky, thank you so much
for arranging things so
David and I could join my
mother, P. Hainsworth, for
Thanksgiving dinner. The
dinner was lovely, and my
mother had a very good day.
She said over and over how
wonderful the food was,
how nice the people were
that were helping, and how
grateful she was. We are
grateful too!
Genie Hainsworth

I am thankful
for the Pond
Home for
taking the best
care of Nana

I am thankful for
all the staff who
care for my mom.
Donna Williams
(B Deeley)

WORDS OF WISDOM

- ❖ January is the month of new beginnings, new hopes, and renewed faith in the magic of everyday life.
- ❖ January brings the snow, makes our feet and fingers glow.
- ❖ January is the perfect time to reset your life's compass and chart a new course towards your dreams.
- ❖ January is nature's way of saying, 'Let's begin again.'
- ❖ January's crisp air whispers stories of new possibilities.
- ❖ January is the quietest month in the garden. But just because it looks quiet doesn't mean that nothing is happening.
- ❖ January's cold embrace reminds us that warmth comes from within.



January Birthday's

Patricia Lotfy	1 st
Marilyn Hill	10 th
James Meranda	23 rd

Message from Christa, DON

The Dentist will be here on Friday 1/3/24



Activity Highlights for December

Weekly shopping - Stop & Shop and Target Wednesday's at 10am

Mystery rides Thursdays leaving at 1:30pm

Lending Library - Monday's at 10am

CUDDLES with CODY - Tuesdays at 1pm

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

1/6: "Juror #2"
1/13: "Conclave"
1/27: "Chocolat"

Saturday Matinee - 1pm, LR

1/4: "The Shop Around the Corner"
1/11: "Blithe Spirit"
1/18: "Ladies in Black"
1/25: "Florence Foster Jenkins"

1/3: Tom Kennedy Entertains
1/6: Let's make bird feeders
1/9: Roberta plays for the Nursing Unit
1/12: John & Linda Entertain
1/17: Michael Leidig plays piano
1/20: Catholic Mass
1/20: Sing-along with Roberta
1/23: Pastor Ken worship
1/23: Resident Council
1/25: Kathy Earabino performs
1/27: Cupcake decorating
1/29: Chinese Luncheon
1/31: Eddie Dillion entertains



HAIRDRESSER THURSDAY & FRIDAY