

# Home Times Monthly

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

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March 2025 volume 149

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To My Dear Residents:

Remember what it was like the first day of school or a new job? The apprehension you may have felt about the UNKNOWN. I am sure you can remember a similar feeling when you first moved into Pond Home. Everything and everyone is new, and you're not sure what is expected of you.

Luckily, most people soon learn that we will do our best to accommodate your interests and schedule. Yet, no matter how 'homelike' we work to make it here, moving into a group living situation is an adjustment for everyone. Suddenly everything about you and your family is "exposed" to strangers' scrutiny.

Thankfully, none of us stay strangers for long! The warmth and friendliness that makes Pond Home so special and comfortable for those of us who work and live here comes shining through like crocuses poking their heads up out of the snow after a long winter. So, enjoy the signs of spring that you find inside and out and the warmth that is the heart of Pond Home.

Thanks for reading,



Becky Annis, Administrator



## *Resident Spotlight*



This month's resident spotlight is **Joan Ioannidis**.

Joan was born in Cleveland, Ohio, the daughter of Eugene A. Gaston and Helena Hotchkiss Gaston. When Eugene completed his Residency at the Cleveland Clinic, they moved to the Boston area, settling in Framingham, MA when Framingham Union was in its infancy. She grew up on Singletary Lane and remembered loving the freedoms of her childhood, playing impromptu baseball games and roaming far and wide with the neighborhood kids. She was the oldest, her brother Gene about 5 years younger and Eddie, who was about 10 years her junior.

Joan attended Framingham Public Schools until high school, when she was sent away to Northfield, a boarding school for girls in Western Massachusetts. She was a very good student who excelled in the sciences, especially chemistry, but she remembered the challenge of learning Latin! She fondly remembered smoking cigarettes with friends on the balcony, trying to avoid getting caught! In the summer she enjoyed summer camp and was a camp counselor in her high school years.

She was encouraged to go to college and was accepted at Skidmore College, in Saratoga, NY, majoring in chemistry. She met some of her best friends there, including Jane Harrington, who remained a lifelong friend.

After college, she married her first husband, Stan Anderson, whom she had met waitressing at Chan's, a summer camp attracting many out-of-state families in Southern, ME. She got her first chemistry job at the Water Laboratory in Augusta, where she met a dear friend, Mary Sturtevant. Soon, her husband accepted a job with International Paper Company, which led them to Ashland, ME, a very small, rural town in Northern Maine. Her husband, Stan, worked long hours in the Northern Maine Woods.

Within several years, she gave birth to twin girls, Kris and Kate. They were a big surprise to her, her husband, and Dr. Higgins. Without the benefit of ultrasound, the twins hadn't been detected! It was the delivery nurse who suspected there was a second baby. Dr. Higgins had been more interested in the Harvard Football game and hadn't been paying attention! Dr. Higgins apologized to Stan (for years) for his oversight. Joan became well known as "the lady with twins" as Ashland hadn't had a set of twins for a long time.

As the girls grew up and were in school during the day, Joan started her own home chemistry business. She set up a small laboratory where she was able to do blood alcohol and breath tests for the Police Departments of Northern Maine. (This was prior to breathalyzer technology.) The police were thrilled to have a chemist in Northern Maine who could deliver results to them quickly. She enjoyed getting to know the police who were able to drop off tests day and night given a secure drop box in the house entryway. Her small business was very profitable until technologies changed in the late 1970s.

Joan and Stan mutually agreed to divorce in the late 1970s. Joan moved to Needham, MA and enrolled her daughters at Needham High School. She applied for and accepted a job at Draper

Laboratory, in Cambridge, MA, learning how to use the gas chromatograph and other large machines, as she developed fluids for Gyros, used in rockets and missiles. She enjoyed the new challenges and met very interesting coworkers at Draper and MIT.

Joan's parents were avid travelers and proposed that she join her mother on a trip to Greece, while her dad hike the Grand Canyon. She readily accepted and Joan flew to Athens with her mother, Helena. They boarded a very small cruise ship called the "Aquarius" owned by Hellenic Mediterranean Lines and cruised the Mediterranean. They loved visiting Greek and Turkish sites including Santorini, Mykonos, Crete, Istanbul, and Ephesus. It was on the Aquarius, that Joan met a kind Purser (ship accountant) named Symeon Ioannidis. He introduced Joan and Helena to other ship officers and the Captain. Joan spoke of his wonderful kindness while onboard. He wondered if she might be open to touring the Caribbean where the Aquarius sailed in the winter months. The day that Helena and Joan left the ship, Symeon recounts saying goodbye and watching them disembark the ship. He felt she was a very special woman and wanted to know her better. Joan felt the spark and they wrote love letters through the fall. Joan agreed to join Symeon's Caribbean cruise in February. Their relationship blossomed on the "Love Boat," and they continued to adventure via ship and see many ports of call. They married in 2000 in the Greek Orthodox Church in Weston with his dear sister, Sophia and niece, Dmitra attending from Greece.

Joan and Symeon have had a happy and adventurous 40+ years together! It is a joy for Kris and Kate to see their mother so in love with a wonderful husband like Symeon! He has been supportive and loving to Joan and her family through all her transitions. What a love story!

Joan moved into Pond Home in September 2024.

Joan & Symeon on the  
M.S. Aquarius



Joan & Symeon on his recent  
visit to Pond Home



## **PATCHES' PURRSPECTIVE**

I recently had my yearly physical. I guess I am doing pretty good, although they stuck me twice to steal my blood. We should have those results in a couple more days. I am up to date on all my vaccines now...like the purrfect boy I am. I still need to be on my special diet, so please only feed me the treats allowed:

Greenies Feline SmartBites ~ Natural Chicken Flavor  
Greenies Feline Adult Dental Cat Treats ~ Catnip Flavor or  
Oven Roasted Chicken Flavor.

The office always has my food and treats. You can ask for a baggie to have on hand.

### Your furry friend



# COMMENT/GRATITUDE BOARD


Thank you to Adam in the kitchen. He has great interest in his job and pleasing us. He is polite, kind, alert, and conscientious.

Barbara B. - Joan D. -  
Theresa V. - Marilyn S.

Rose is kind,  
patient & caring  
- anonymous  
resident

Pond Home is a  
godsend.  
Everyone makes it  
a home.  
- the Killion family

Kristin F. is  
always available  
for Nursing  
Staff!! 

Overheard by staff from  
resident:  
Melissa is my go-to - I never  
found anything she doesn't  
know how to do 

## WORDS OF WISDOM

- ❖ “Be patient, good time is coming.”
- ❖ “Be productive, not busy.”
- ❖ “Welcome March, thank you for coming once again.”
- ❖ “You get what you give, so always give well.”
- ❖ “Be a warrior not worrier.”
- ❖ “It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.” - Famous quote by Charles Dickens.
- ❖ “March teaches us about the worth of patience and perseverance.”
- ❖ “Hello March, the promise of spring and rejuvenation.”
- ❖ “March winds and April showers bring forth May flowers.”
- ❖ “It’s March Madness time!”



### March Birthday's

Roger Mitchell	9th
Virginia Lucey	12th
Catherine Owen	15th
Marlene Reiling	17th
Elsie Maione	28th

## RESIDENT REMINDER

### FOOD

Food in rooms must be kept covered and protected in airtight containers. Please use the refrigerator available to all residents in specified areas. Appliances and microwaves are permitted with permission.

If you are bringing in personal food from the outside and are storing it in one of our refrigerators, please ensure that it is labeled with your name and date. We also ask that you discard it on or prior to the expiration date.

## **Message from Christa, DON**

Hello Residents and Families

This is a friendly reminder from your nursing care team. If you or your loved one have a scheduled appointment with a medical provider outside of Pond Home, if you could kindly follow the basic steps below:

- 1) Inform nursing as to the date and time of your appointment, as well as an expected pickup time. This will allow nursing to ensure you have received any care and medications needed prior to your departure.
  
- 2) *Day of appointment*, please stop at the nurse's station to sign out and pick up a packet that nursing has prepared for you to present to the provider. In this packet there will be basic demographics, pertinent health information and on the last page an order form. In the event the physician you are meeting with would like to order a new medication, discontinue a medication, or request anything further from us, if he or she can kindly write on the order form and sign, it would be greatly appreciated. This will allow us to take a collaborative and timely approach to your care.
  
- 3) *Upon return* to Pond Home, please kindly sign back at the nurse's station and return the packet to us with any follow-up from the provider.

**There was also a meeting with another transportation provider. Please see the flyer below:**

**Touch Of Class** 

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## Rate sheet

### Sedan and Minivan

- Base fee: \$35.00 each way
- Mileage rate: \$3.25 per mile each way
- For day trips, ex. wedding, concert, family functions pricing will include base rate:  
( \$3.25 per mile and the \$35.00 base fee each way )
- First hour of wait time free, \$50.00 per hour each additional hour

### Wheelchair Van Rate

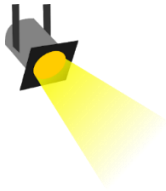
- Base fee: \$50 each way
- Mileage rate: \$5.00 per mile each way
- For day trips, ex. Wedding, concert, family functions pricing will include base rate  
( \$5.00 per mile and the \$50 base fee each way )
- First hour of wait time free, \$60 per hour each additional hour.

10 mile minimum for Wheelchair van and Sedan and Minivan.

*ORadius*

*-25<sup>th</sup>/fee -  
- Wait time fees*





## **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**

**CUDDLES with CODY - Tuesdays at 1pm**

**Wednesday's Music with Paul & Friends 2pm LR**

**Thursday Nights - Popcorn & a Movie 6pm LR**

**Exercise/Morning Stretch daily at 9:15**

**Monday Matinee - 1:15pm, LR**

3/3: "Awakenings"

3/17: "Evelyn"

3/24: "Lion"

3/31: "Wicked"

**Saturday Matinee - 1pm, LR**

3/1: "Here"

3/8: "It Ends with Us"

3/15: "The Quiet Man"

3/22: "Before and After"

3/29: TBD

3/1: Steven Kings entertains

3/4: A Taste of New Orleans

3/5: St. Mary's Ashes

3/6: Roberta plays for Nursing

3/7: Eddie Dillon performs

3/10: Sing along with Roberta

3/12: Becoming Katherine Graham

3/17: Catholic Mass

3/17: A Taste of Ireland

3/17: Aoife Clancy entertains

3/18: Pond Home Annual Meeting

3/20: Resident Council

3/21: Michael Leidig plays piano

3/27: Pastor Ken/Ecumenical Service

3/28: Tom Kennedy performs

3/29: Kathy Earabino entertains



HAIRDRESSER THURSDAY & FRIDAY