Home Times Monthly

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

September 2025 volume 155

To My Dear Residents:

It is back to school time for all the children right now. Yesterday I watched a bittersweet rite of passage unfold at the corner of my street. A little boy with perfectly combed hair and a brand-new backpack stood at the corner awaiting the arrival of the Kindergarten bus for his first day of school. His little brother watched excitedly (maybe jealously?), and his parents waited anxiously with camera ready. They were sending their little boy off into the public school system for the very first time.

I got a lump in my throat just watching this family remembering decades ago (could it be that long ago?) when my husband, youngest daughter, and I watched Heather get on the bus for the first time.

My father-in-law was one of 7 children, and there was no Kindergarten at that time, (probably the same for most of you), so when he was going to school he had older siblings to walk with on the way to their one room schoolhouse in Rockport, Maine. He shared his mom and dad were too busy taking care of the farm and his younger siblings to note this rite of passage, but I believe all parents get a universal lump in their throat whenever they are sending their offspring out into the world. It might be a lump of apprehension or excitement for what is to come, but it gives us pause to reflect on our memories and how quickly time passes. Having children in school is a change for the parents also because it creates an entire new social network and someone is now "grading" *our* work-in-progress.



Do you remember your first school days or sending your children off to school for the first time? I bet many of you have a picture of your child holding an apple posed at the front door on that very first day!

Thanks for reading!

Becky Annis, Administrator



PATCHES' PURRSPECTIVE

Like some of you, I am on a medication. Mine is for a thyroid issue, but sharing this is not breaking HIPPA rules, because it is MY medical information to share!

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For some time now I have been taking my medication in the pill form. Recently, I decided that was a real burden to me. I don't like swallowing any pills. The staff got rather freaked out by my lack of cooperation, so they checked with MY doctor (a veterinarian). The vet recommended switching me to a liquid form of the medication. Great news for me, it is flavored like chicken and beef!

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I don't know if you can get your medication in great flavors like this, but if you are feeling burdened by swallowing the pills you are prescribed there are options for you to consider.

- See the flyer I have attached to this newsletter (I might have gotten some help from our Woodmark Pharmacy Consultant on this one)! Hey, I only have paws after all.
- Talk to your primary care provider about your desire to cut down on your personal pill burden. They may have ideas that can support this desire.

And that is my purrrrspective.....
Your furry friend



WORDS OF WISDOM

- "September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn."
- "Life starts all over again when it gets crisp in the fall."
- "By all these lovely tokens, September days are here, with summer's best of weather and autumn's best of cheer."
- ❖ "September is the month of maturity; the heaped basket and the garnered sheaf. It is the month of climax and completion."
- "The winds of September whisper of new beginnings."
- *"As the alluring song of September begins to whisper in my ear, my passionate spirit yearns for the splendor of its promise."



September Birthday's

Pat Webster 14th Adrienne Ciapciak 24th

RON'S KITCHEN CORNER

September 6th - Cookout

September 18th - Final cookout of the season

Next menu meeting September 18th @10am - these menus will be used for fall/winter beginning October 1st.

REMINDER FROM THE MAINTENANCE DEPARTMENT

For any maintenance work requesting to be done (lightbulb out, sink clogged, a leak, etc.) a workorder must be submitted. You can come to the front office and let the office staff know. Any one of them can put in the order. If you are unable to come down to the front office, you may let any staff member know you need a work order put in and **Employees please be mindful of this as well.** Workorders are tracked in monthly reports.

Ice Cream Social

Meet and Greet Woodmark Pharmacy!

This is fun opportunity to learn more about what our pharmacy has to offer, the dos and don'ts of purchasing over the counter medications, and new and exciting pharmaceutical approaches!

Bring all your questions!

Date: September 23rd

Time: 2:30pm

Location: Pond Home Living Room

Hope to see you all there!



Vaccination Clinic



Attention All Pond Home Residents And Staff!

Protect yourself and others from getting sick! Get vaccinated and help stop the spread of illnesses like Influenza, COVID-19 and RSV!

Date: 10/15/2025

Time: 09:30-11:30am

Location: Pond Home Living Room What you need to know:

- *Please bring a copy of your insurance card
- *A link to pre-register will be shared as we get closer to vaccination day!

Any questions and or concerns, please reach out to Christa Wertz, Director of Nursing at

don@pondhome.org or 508-384-3531 X226



Reducing Medication "Pill Burden"

Are vitamin and mineral supplements necessary?



"Pills are not a shortcut to better health and the prevention of chronic diseases," says Larry Appel, M.D. Director of the Johns Hopkins Welch Center for Prevention, Epidemiology and Clinical Research.

Be a savvy consumer. Some advertisements for dietary supplements in magazines, online, or on TV promise that some of these products will make you feel better, keep you from getting sick, or even help you live longer.

Studies have shown that multivitamin and mineral supplements don't reduce the risk for heart disease, cancer, cognitive decline (such as memory loss and slowed-down thinking) or an early death

Some multivitamins and supplements may interfere with other medications you take and may cause nausea, vomiting, or headaches.

How can I get the vitamins, minerals and nutrients I need?

Most older adults can get all the nutrients they need from foods, by following a healthy diet. It is usually better to get the nutrients you need from food, rather than a pill. That's because nutrient-dense foods contain other things that are good for you, like fiber.

Your goal is to eat a well-balanced diet that meets all of your nutritional needs through food and eliminate unnecessary vitamin and mineral supplements

At The *Pond Home,* All meals and snacks are provided based on a diet recommended by your doctor. Meal planning is done according to *your* preference, and all meal breakdowns are reviewed by a Registered Dietician to verify proper nutrition.

Talk to your physician or pharmacist about opportunities to reduce "Pill Burden"



Activity Highlights for September

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

Social Under the Stars - weather permitting - Wednesday evenings!

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

9/1: "Secondhand Lions"

9/8: "Greyhound"

9/15: "The Martian:

9/29: TBD

Saturday Matinee - 1pm, LR

9/6: "In the Good Old Summertime"

9/13: "My Favorite Wife"

9/20: "Sleepless in Seatle"

9/4: Pastor Ken worship

9/5: Eddie Dillon entertains

9/6: Steven King performs

9/9: Scusset Beach Trip

9/12: Carmen entertains

9/18: Menu Planning Meeting

9/19: Michael Leidig plays piano

9/22: Roberta plays the Ukulele

9/23: Meet the Pharmacist Ice Cream Social

9/25: Resident Council

9/26: Tom Kennedy performs

9/27: Jimmy Buffett Party starring Bill Reidy

