

Home Times Monthly

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

February 2026 volume 158

To My Dear Residents:

Thanks to Valentine's Day being celebrated in the middle of this month, when we think of February, it often brings to mind those we love, heart cut-outs, and of course pretty boxed chocolates! I was thinking about love today and all its different forms.

This reminded me of the saying, "Treat yourself like you would treat your best friend."

That quote really points out the need for each of us to give ourselves self-love. Being kind to yourself and giving yourself grace when you don't measure up to your own expectations further opens your ability to give kindness and grace to others.

When you practice self-love, it is shown to improve mental and physical health by fostering self-acceptance, reducing stress, and building resilience. It also boosts self-esteem, leading to healthier relationships in your life, healthy boundary setting, and reduces your reliance on external validation. Who doesn't want more of all this to fill their head? Banish the negative self-talk and get those positive vibes going!

So, how can you practice self-love each day?

- ✓ Maintain physical health – participate in morning stretch, walking, physical therapy, or other activities that help you maintain strength
- ✓ Nourish your mind with hobbies and games – we have got lots of options scheduled every day to support this and are always open to new ideas to meet your interests
- ✓ Savor your favorite meal – next time we are serving something you really love, take time to acknowledge how much you are enjoying the meal and share that news
- ✓ Find joyful activities and become engaged in them- we have LOTS of options here too!
- ✓ Embrace Self-Acceptance – laugh at yourself sometimes, accept your flaws and acknowledge your worth at any age.
- ✓ Pamper yourself – treat yourself to small luxuries, use that special skin cream every day, join the PH Spa Day we have scheduled this month
- ✓ Practice gratitude to focus on the positive aspects of your life

I hope you give yourself a hug and commit to practicing self-love even more beginning NOW! And now, I will end with another favorite quote, this one from a song, "What the world needs now is love sweet love, it's the only thing that there is just too little of...."

Thanks for reading!



Becky Annis, Administrator



RETIREMENT ANNOUNCEMENT



Wishing Catherine Salisbury a wonderful retirement from Pond Home. After almost 20 years of employment at Pond Home (& a stint before that, covering shifts as an agency Certified Nursing Assistant), this is a well-deserved next chapter in her life. We are thankful for her dedication, enthusiasm, and friendly demeanor. She might be best known for her seemingly endless supply of decorative headbands to brighten many residents' nights and mornings as she worked the overnight shift.

We thought it was only fitting to celebrate this dedicated care giver with the residents at breakfast on Monday, February 9, 2026, following her final shift. So please come down to breakfast that morning full of sage advice for Catherine.

When asked by Becky to share a message with you in this newsletter Catherine shared,

“I am so blessed to have known all of you past and present. You have brought great joy to me in the over 20 years I have been at Pond Home. I loved listening to your stories and memories. I feel blessed to have cared for you in some way big or small. I will hold a special place in my heart for all of you! I will always think of you each and every day! God bless everyone and thank you.”



We hope that Catherine recognizes the significant contribution she has made to Pond Home and so many lives. Best wishes for your next adventures.





PATCHES' PURRSPECTIVE

Did you know I make you healthier and happier because I live here too!? Well, that is what an article in Good Housekeeping says, so don't just take my word for it. I improve your cardiovascular health and can lower your blood pressure. I also reduce loneliness and stress. Who knew how amazing I am? Well, I did!

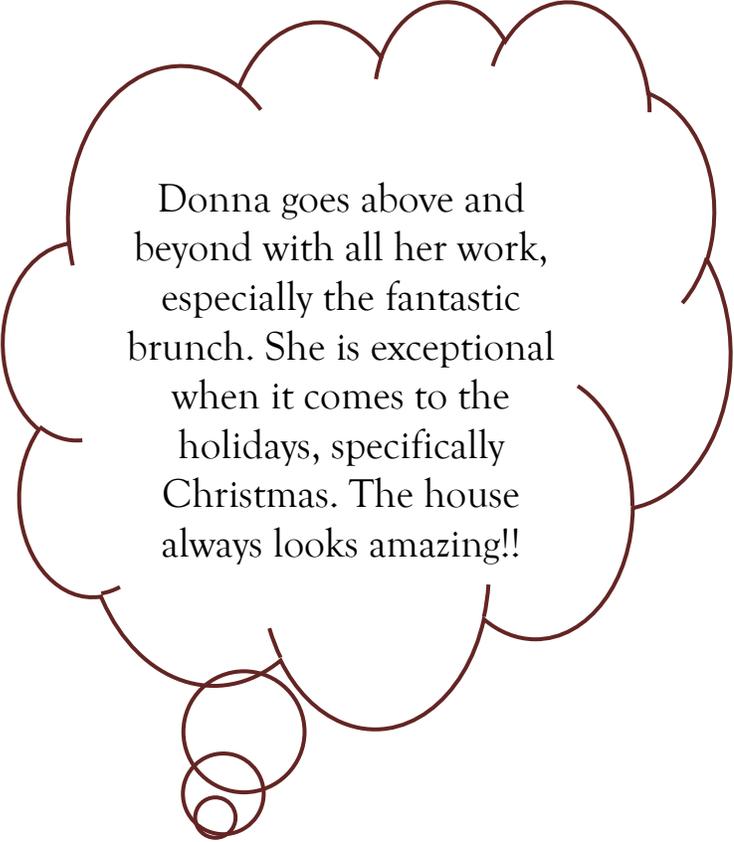
So, next time I saunter by be sure to listen for my purr, chat with me and thank me for all the health benefits I am giving you! I do think it goes both ways. Living with all of you gives me health benefits too.

And that is my purrrrspective.....

Your furry friend



COMMENT/GRATITUDE BOARD



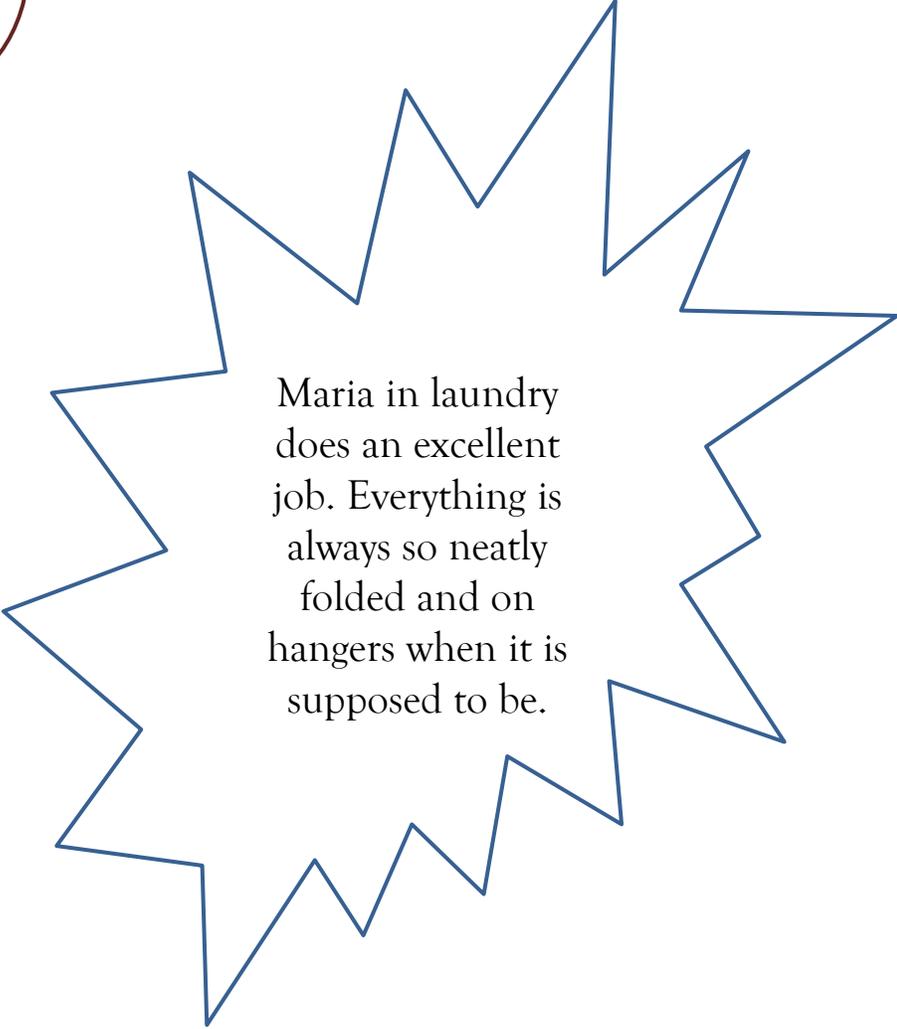
Donna goes above and beyond with all her work, especially the fantastic brunch. She is exceptional when it comes to the holidays, specifically Christmas. The house always looks amazing!!



Steve is an amazing help on the bus and during shopping trips. He is so very helpful!!



We love Paul and all Maintenance Staff!!



Maria in laundry does an excellent job. Everything is always so neatly folded and on hangers when it is supposed to be.

WORDS OF WISDOM

- ❖ “If January is the month of change, February is the month of lasting change. January is for dreamers... February is for doers.”
- ❖ “While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch.”
- ❖ “February is the uncertain month, neither black nor white, but all shades between by turns. Nothing is sure.”
- ❖ “Though, February is short, it is filled with lots of love and sweet surprises”
- ❖ “In the coldest February, as in every other month in every other year, the best thing to hold on to in this world is each other.”
- ❖ “While history is what happened, it is also, just as important, how we think about what happened and what we unearth and choose to remember about what happened.”



February Birthday's

Jean McDonald 20th

RON'S KITCHEN CORNER

Next menu meeting will be sometime in March - date TBD

2/14/25 - Special Valentine's Day Dinner - heart-shaped ravioli, and the kitchen crew is thinking of a special dessert that day.

REMINDER FROM THE MAINTENANCE DEPARTMENT

Just a friendly reminder from Maintenance, if you have a need for work to be performed or notice something that needs to be fixed, please call in a work order, so we can track it and get credit for doing the work.

FRIENDLY REMINDER FROM FRONT OFFICE:

Please note that the front door automatically locks after hours (Monday - Friday 9am - 5:30pm), on weekends, and during holidays. We kindly ask all families to use the access code provided by our Business Office to enter the facility during these times.

This helps minimize disruptions for our nursing staff, allowing them to dedicate more time and attention to caring for your loved ones.

If you have misplaced your code or are experiencing any issues using it, please contact the Business Office at extension 508-384-3531 ext. 221 for assistance.

Thank you for your cooperation and understanding.

MESSAGE FROM NURSING:

This month's doctor visits are as follows:

The Podiatrist will be in on Tuesday, February 6, 2026.



Pond Home

Wednesday, February 11, 2026

Our Hearing Specialist Michael Nogueira is available for all your hearing healthcare needs!

- ✓ *Are you having trouble hearing your TV?*
- ✓ *Are you having trouble hearing your loved ones on the phone?*
- ✓ *Do your current hearing aids need to be cleaned?*
- ✓ *Do you need new batteries for your hearing aids?*

First time visits include a complimentary hearing evaluation and wax check.
To schedule an appointment call us or see the Wellness Department.

Onsite Hearing Care
1-978-852-4764



Activity Highlights for February

- ~ **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**
- ~ **Wednesdays Music with Paul & Friends 2pm LR**
- ~ **Thursdays 11am LR - Veteran's Knitting Project**
- ~ **Thursday Nights - Popcorn & a Movie 6pm LR**
- ~ **Exercise/Morning Stretch daily at 9:15**

Monday Matinee - 1:15pm, LR

2/2: "Notting Hill"
2/9: "Miracle"
2/23: "Beaches"

Saturday Matinee - 1pm, LR

2/7: "Under the Tuscan Sun"
2/14: "Roman Holiday"
2/21: "Mona Lisa Smile"
2/28: "Sully"

2/2: Coffee hour to meet LeeAnne (DON)
2/6: Olympics Opening Ceremony
2/6: Eddie Dillon performs
2/7: Steven King entertains
2/8: Superbowl viewing party
2/12: Roberta plays for the Nursing Unit
2/13: Brandon and Steve perform
2/16: Sing A-long with Roberta
2/17: Taste of New Orleans (Mardi Gras)
2/20: Michael Leidig plays piano
2/24: Pond Home Spa
2/27: Tom Kennedy entertains



HAIRDRESSER THURSDAY & FRIDAY