

Home Times Monthly

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

August 2026 volume 164

To My Dear Residents:

You may have noticed the pictures of hot air balloons near the daily activity calendar in the elevator lobby that have recently begun flying up the wall. These are an initiative of our Social Worker, Kari Robinson, who is posing the question to residents, "what lifts your spirits?"

What a great question this is to contemplate for each of us. It is another way to be reminded of all the wonderful things we have to be grateful for in our life. No surprise that some of the answers focus on family and visits with friends. In addition, residents have answered this question with dogs, horses, cats (Patches is very pleased), Red Sox, music, singing, flowers, prayer time, and good weather. I am sure we could all add to our own personal list ten times over.

Kari is making her rounds to ask each resident to share a little something that lifts their spirits. If she has not connected with you yet, she soon will be during the coming month. So be thinking about your answer and take the time each day to find something among your personal list that lifts your spirits.

Maybe it is sharing a laugh with a housemate who has become your friend, discovering new talents, interests, and friendships, or making someone else feel great by sharing a sincere complement. If we are grateful for the little moments of joy in our life they will string together and make happy days for each of us.

May your month be one of joyful moments.

Thanks for reading!



Becky Annis, Administrator

- *"Joy does not simply happen to us. We have to choose joy and keep choosing it every day." ~ Henri Nouwen*
- *"Folks are usually about as happy as they make their minds up to be." ~ Abraham Lincoln*

PATCHES' PURRSPECTIVE

Apparently, we are in the dog days of summer. According to the Farmer's Almanac, this period traditionally runs from July 3rd through August 11th each year. What does that mean? It means the hottest, most sultry, and inactive weeks of the summer season.

I am offended by this term, dog days! If you have seen me saunter throughout the building, you know I can be sultry. And, I am sure you have seen me curled up enjoying a sunbeam on the 3-season porch, in the living room, or somewhere visiting one of your rooms doing my best to be inactive. In fact, I believe we cats have perfected that art.

We can go from complete stillness, exerting no movement or effort like a Buddha-master, one minute followed by a round of the Zoomies (sudden burst of running and energy) the next. Of course, I am mostly dignified.

My Zoomies often occur early in the morning in the living room before you are all down for breakfast. I prefer no audience. I need to maintain my reputation but like to get my morning exercise just the same.

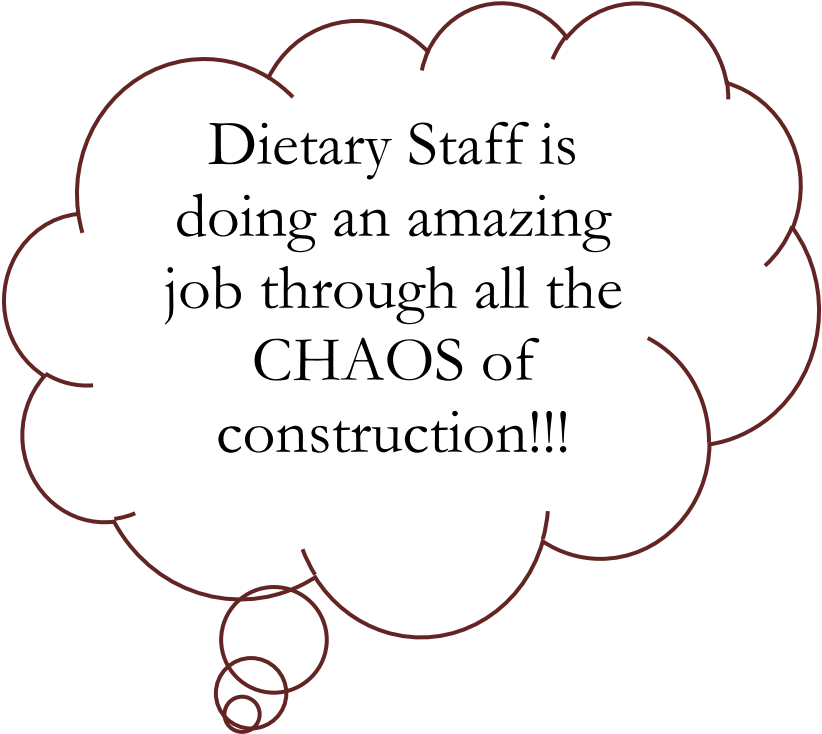
After the Zoomies or a nap, I do enjoy my snacks! If you would like to indulge me with some treats, please ask the front office for a baggie of my vet-approved treats. Like some of you, I am on a doctor's recommended diet, to keep me at my most healthy. I don't always love following it, but I know I feel my best when I stick to it.

Anyway, enjoy the cat days of summer by taking my advice.....when it feels too hot, move s-l-o-w-l-y, find a comfy place to settle in and rest, and make sure you get some treats!

**And that is my purrrrrspective.....
Your furry friend**



COMMENT/GRATITUDE BOARD



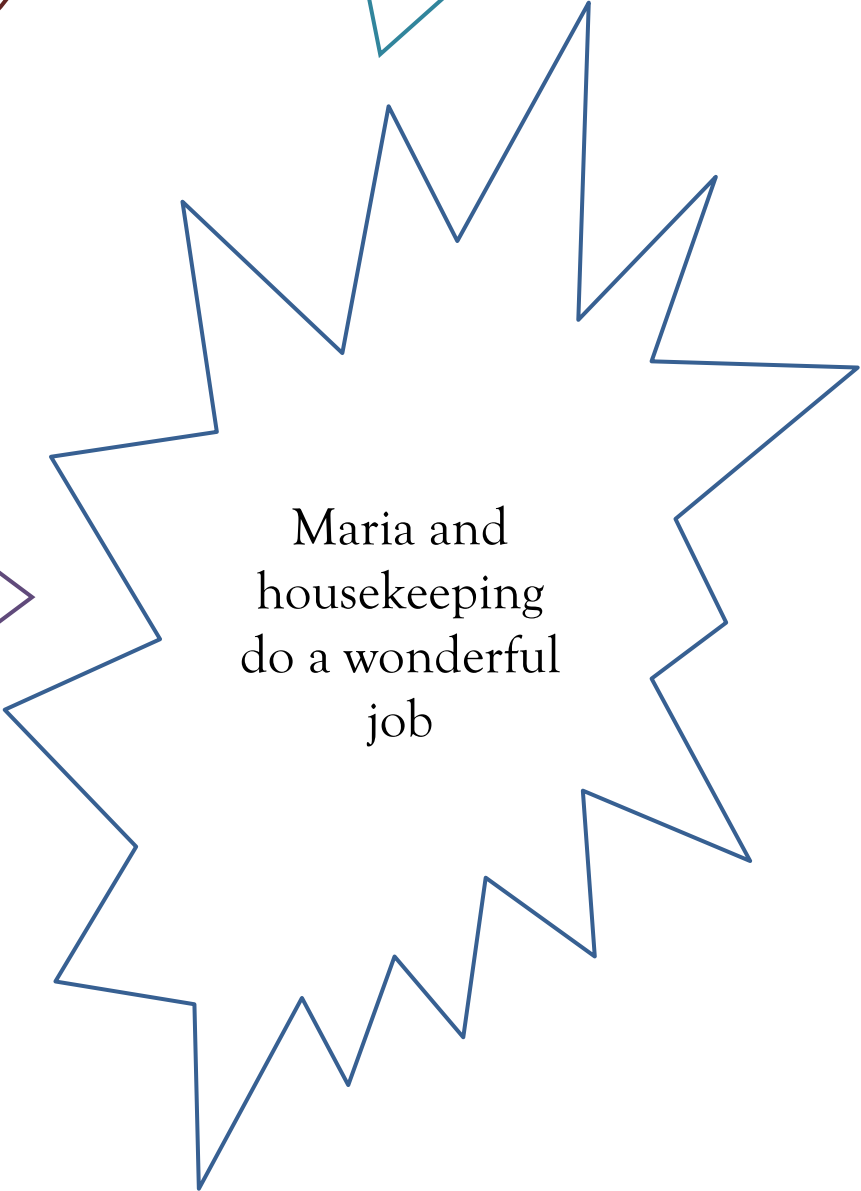
Dietary Staff is
doing an amazing
job through all the
CHAOS of
construction!!!



Nursing
Staff is
always hard
working



Maintenance
does an
awesome job.



Maria and
housekeeping
do a wonderful
job

WORDS OF WISDOM

- ❖ "Live in the sunshine. Swim in the sea. Drink in the wild air."
- ❖ "August is the slow, gentle month that stretches out the longest across the span of a year. It yawns and lingers on with the light in its palms."
- ❖ "May your month of August be filled with wonderful blessings of good health, love, peace, happiness, and prosperity."
- ❖ "August is the last flicker of fun and heat before everything fades and dies. The final moments of fun before the freeze."
- ❖ "August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time."
- ❖ "August: where summer lingers a little longer than it should, and we don't complain."



August Birthday's

Lynne Wood 15th

RON'S KITCHEN CORNER

Next menu meeting will be in September - Date to be determined.

Friendly reminder - A 24-hour notice is needed for all visitors planning to dine with you.

Construction has started, we thank you for their patience, the dietary staff is working VERY HARD!!! 😊

Kitchen Renovation Plan

Pond Home is embarking on a full kitchen renovation. Work on this began on May 11th. We have prepared a temporary kitchen so that we can continue to cook and provide meals three times a day, seven days a week.

- The cooking kitchen has moved from Pond Home to the Community Center at Pond Meadow. This took effect May 11th.
- The service area of the kitchen has moved from the kitchen to the employee break room. This took effect May 11th.
- The break room has moved to the Craft Room. This took effect on April 23rd.
- Crafts will take place as normally scheduled but will be held in the living room.
- It is a domino effect of activity, as you can see!
- As of 7/27, the major work has been completed (read that!! You shouldn't be hearing much in the way of construction noise from the kitchen).
- As of this writing, we are awaiting some final electrical work, start-up/checks of all the equipment and then final town inspection.

Why are we doing this? The kitchen was last fully renovated in 2000. While we have repaired or replaced much of the equipment, we have replaced the floors, walls, ceilings, and lighting.

We promise to share the before and after with all of you.

While we continue to utilize the temporary kitchen, we will not be able to provide grilled sandwiches of any kind. We can provide toasted, but not grilled sandwiches. We will be able to provide fried eggs, but omelets will not be available during this time.

We thank you in advance for your support and patience as we make this necessary improvement to our working environment and the space your food is prepared.

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 put in a work order. You can do this by speaking to anyone in the front office.

The outside sidewalks have been re-opened for walking. As always, please enjoy and be safe.

Activity Highlights from July



Out to Lunch Club enjoys good company

Mocktail Mondays - Italian Bay Breeze



Flower arranging is always fun



Activity Highlights for August

- ~ **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**
- ~ **Social Under the Star** - **Wednesdays after dinner** (weather permitting)
- ~ **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

8/3: "The Great Escaper"
8/10: "The Guernsey Literary & Potato
Peel Pie Society"
8/17: "The Hundred Foot Journey"
8/24: "TBD"
8/31: "On Golden Pond"

Saturday Matinee - 1pm, LR

8/1: "Babette's Feast"
8/8: "The 12 Mighty Orphans"
8/15: "The Railway Children Return"
8/22: "Calendar Girls"
8/29: "TBD"

8/1: Steven King entertains
8/7: Eddie Dillion plays
8/10: Dick & Joan Shirley - Bird Photography Presentation
8/12: Out to Lunch Club
8/13: Resident Council
8/14: Eddie Amhir entertains
8/17: Catholic Mass
8/21: Ken Gable performs
8/23: Alexandria Connolly entertains
8/24: Ice Cream social
8/28: Doug Robinson entertains



HAIRDRESSER THURSDAY & FRIDAY