

Home Times Monthly

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

September 2026 volume 165

To My Dear Residents:

What fills your “bucket” with happiness? Is it animals, connecting with people socially, nature, sunny days, being creative, solving a problem, or something else? We likely all have many things that make us feel happy.

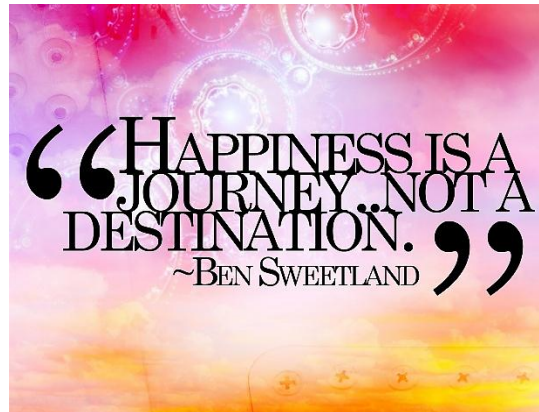
I recently read a book that talked about giving yourself permission to do what makes you happy. So many of us are very task oriented, and delay doing the things that make us happy until we have completed all the things we feel we have to get done first. This book reminded me that doing what makes you happy can make you more productive in the have-to areas of your life. It also makes you a more fun person to be around when you are happy, so in the case of group living (& working), each of us doing what makes us happy can benefit everyone.

So, I am reminding you to give yourself permission to do something that makes you happy every day. When you are happy any pain you may feel is lessened thanks to the dopamine produced by doing something that gives you pleasure. It's science, folks! So, as David Cassidy and the Partridge Family sang it, “Come on get happy”!

Thanks for reading!



Becky Annis, Administrator



- *Happiness is not something ready-made. It comes from your own actions.* ~ Dalia Lama XIV
- *There is no path to happiness: happiness is the path.* ~ Buddha
- *Happiness depends upon ourselves.* ~ Aristotle

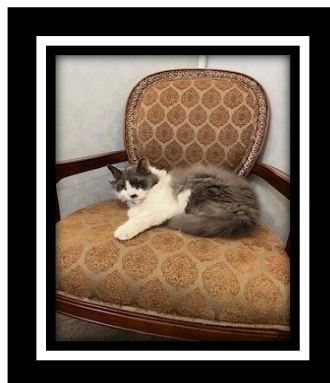
PATCHES' PURRSPECTIVE

As I have bragged before in this column of mine, I want to remind you that as a cat my sense of smell is astronomically better than humans. Supposedly, it is 14 times stronger than a human's sense of smell. So, when you are having fish for dinner, I am aware hours ahead! Or when a new flower blooms in the gardens surrounding Pond Home, I am aware.

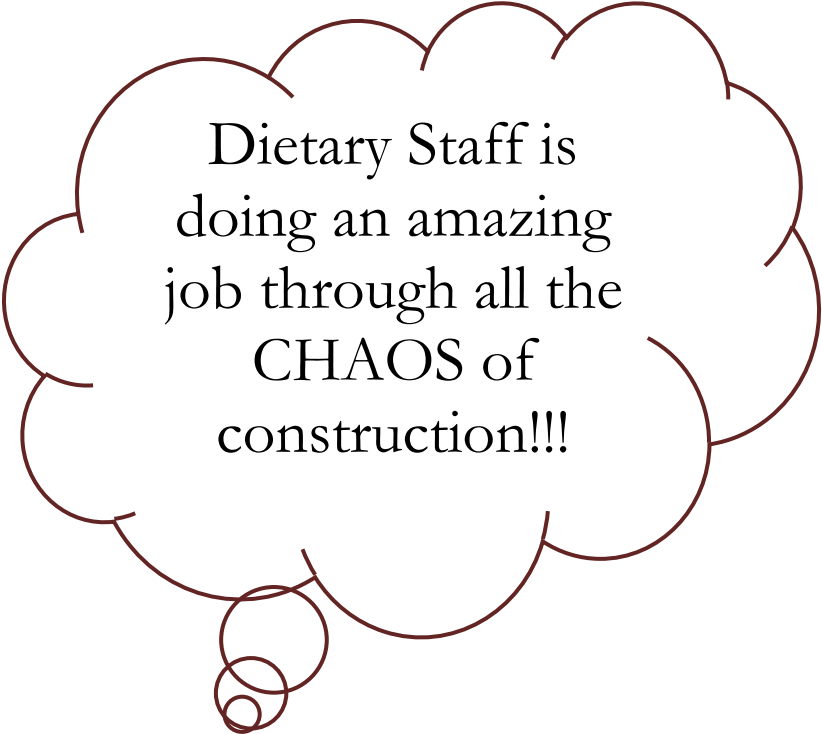
You probably wonder how a mere human, with their limited sense of smell (from my perspective), came up with this number. Well, one method was to count our scent receptors. While humans have about 5 million scent receptors in their nose, cats have between 45-200 million scent receptors! With my cute little nose, how is that possible? Turns out that the scent-detecting area inside my nose is much larger than a human's. This helps me catch tiny traces of scent in the air.

Apparently, my head is mostly made up of scent-detecting receptors! So, this great sense of smell helps me learn about the new humans that move into our home and the new staff that join our employment. You see, when a new person moves in, I can smell a new scent. If welcomed I love to take a wander around their room and check out all the smells from their life before joining us at Pond Home. I can smell the literal dirt and secrets from their part of the world. But, for some of you, the good news is, I will never tell! Your secrets are safe with me.

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



COMMENT/GRATITUDE BOARD



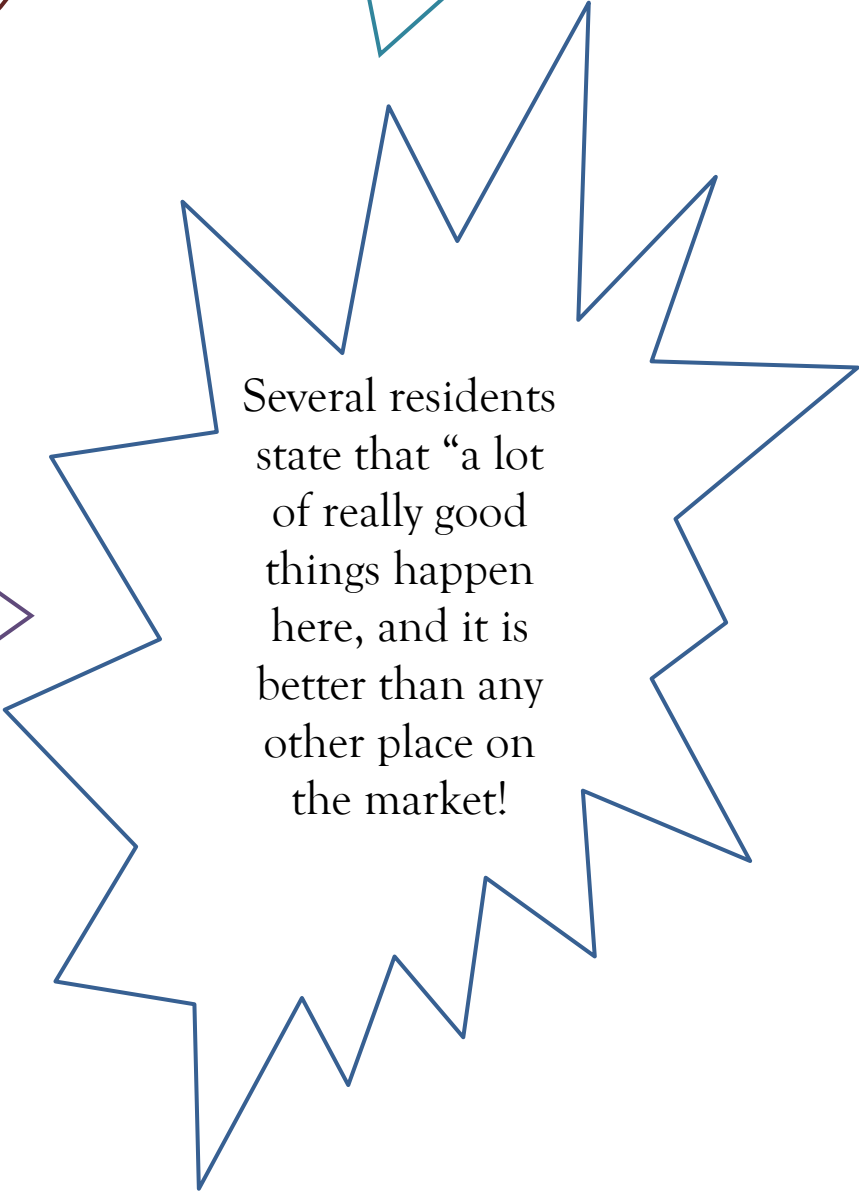
Dietary Staff is
doing an amazing
job through all the
CHAOS of
construction!!!



Donna is an
excellent
driver!



Housekeeping
and Nursing did
a great job
keeping room
clean while she
was sick.



Several residents
state that “a lot
of really good
things happen
here, and it is
better than any
other place on
the market!

WORDS OF WISDOM

- ❖ “By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.”
- ❖ “September shows us how beautiful it is to let things go.”
- ❖ “In September, nature doesn’t shout, it whispers that it’s time to begin again.”
- ❖ “September whispers change; embrace it with open arms.”
- ❖ “With every fallen leaf, September teaches us that letting go makes room for new growth.”
- ❖ “Change is the heartbeat of September; listen closely, and let it guide you forward.”
- ❖ “September invites you to slow down and savor the journey.”
- ❖ “The beauty of September lies in the promise of progress.”
- ❖ “In September, let gratitude be your guiding light.”



September Birthday's

Patricia Webster

14th

RON'S KITCHEN CORNER

Next menu meeting will be in September - 9/3/2026 at 10am.

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.

MESSAGE FROM NURSING:

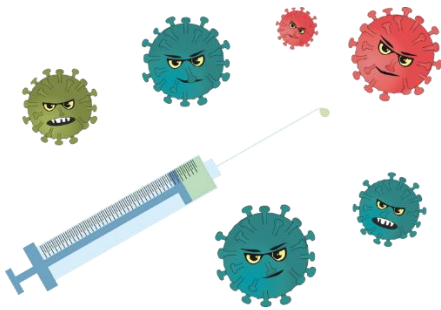
This month's specialty doctor visits are as follows:

Tuesday, September 8th - Dentist

Wednesday, September 9th - Audiology

Friday, September 11th - Podiatrist

It's THAT time of year again!!



**FLU AND COVID-19
VACCINES ARE NOW
AVAILABLE!**

Once again, Shaw's Pharmacy will be providing Flu and COVID clinics for Residents and Staff on the following dates:

Wednesday, September 23rd at 2:30 pm

Wednesday, October 21st at 2:30 pm

Please see LeeAnne to sign up!



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**
- ~ **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

9/7: "Saving Mr. Banks"
9/21: "The Last Laugh"
9/28: "The Friend"

Saturday Matinee - 1pm, LR

9/5: "Baby Boom"
9/12: "Solo Mio"
9/19: "TBD"
9/26: "TBD"

9/3: Menu Meeting
9/3: Pastor Ken
9/4: Eddie Dillion plays
9/5: Steven King entertains
9/9: Scusset Beach Trip
9/9: Golden Opportunities Dog Visits
9/10: First Responders Appreciation Coffee Hour
9/11: Doug Robinson entertains
9/14: Sing a-long with Roberta
9/18: Michael Leidig plays piano
9/21: Catholic Mass
9/23: Ice Cream Social
9/25: Tom Kennedy performs
9/26: Cooking Club returns
9/30: GOFI dog visits



HAIRDRESSER THURSDAY & FRIDAY