

Home Times Monthly

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

October 2026 volume 166

To My Dear Residents:

Have you ever been asked your age and without thinking given a much younger age than your birth certificate would indicate? I remember answering that question when I was well into my 30's by saying "27" and then laughing when I realized what I had done. I was not intentionally trying to lie about my age, but since then I have always joked that I am really 27 on the inside, despite the passing birthdays.

Now, some many, many years later I often say, "we are all 27 on the inside." and I find many agree with me on that idea.

Do you feel like your "inside age" doesn't match the number of birthdays you have had? I am not talking about aches and pains you may feel as you get out of bed some mornings. I am talking about when you are having an enjoyable conversation with someone or laughing and engaged in an activity. When you aren't feeling old.

I hope most days you let your younger, inner self shine! And if someone calls you childish, thank them for the compliment. Children are curious, accepting, and playful.

Thanks for reading!



Becky Annis, Administrator

- *You are never too old to set another goal or to dream a new dream ~ C.S. Lewis*
- *There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age. ~ Sophia Loren*
- *When it comes to staying young, a mind-lift beats a face-lift any day. ~ Marty Buccella*
- *Count your age by friends, not years. Count your life by smiles, not tears. ~ John Lennon*

PATCHES' PURRSPECTIVE

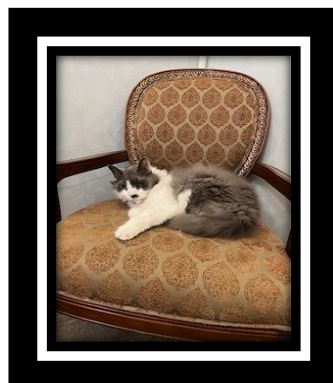
I understand at a recent Resident Council meeting, some of you expressed a desire for more activities involving dogs. Hmmm. Did anyone ask or consider my feelings or perspective on this addition of MORE dogs to the already all too frequent visits from dogs?! Don't get me wrong, Cody (who comes most Tuesday afternoons) and I have come to terms, and his visits no longer concern me. He knows who is in charge and it is ME!

Often a dog visits and I am relegated to a room to stay out of the way. They claim it is for my safety, but I am not convinced. I am told I shouldn't attack the furry visitors. I am told to play nice and get that rude look off my face. May I remind you I cannot control the way my fur patches look on my face. I think I look dignified.

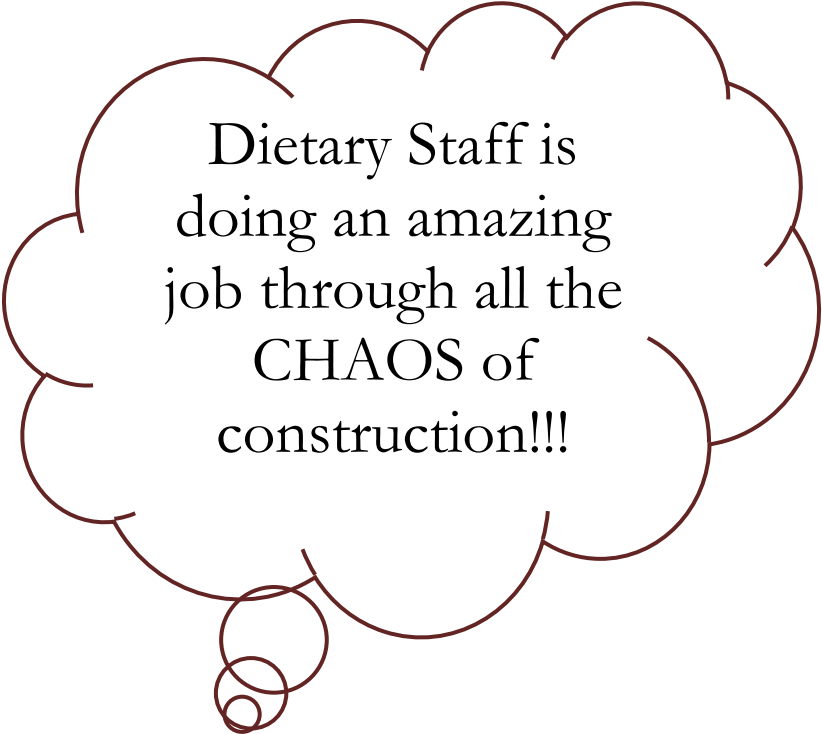
But, it is hard to remain dignified when we have multiple visits a month from a parade of service dogs in training. Do you know how much effort and energy it takes on my part to train new dogs each time they arrive? Those canines are not born knowing to respect my boundaries.

Speaking of respecting my boundaries, Becky asks that I remind everyone to respect my dietary limitations. If you would like to have treats available for me in your room, ask the front office to give you some that are veterinarian approved for me. They are happy to share, and I appreciate if I pop by to say hello to get a treat in return!

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



COMMENT/GRATITUDE BOARD



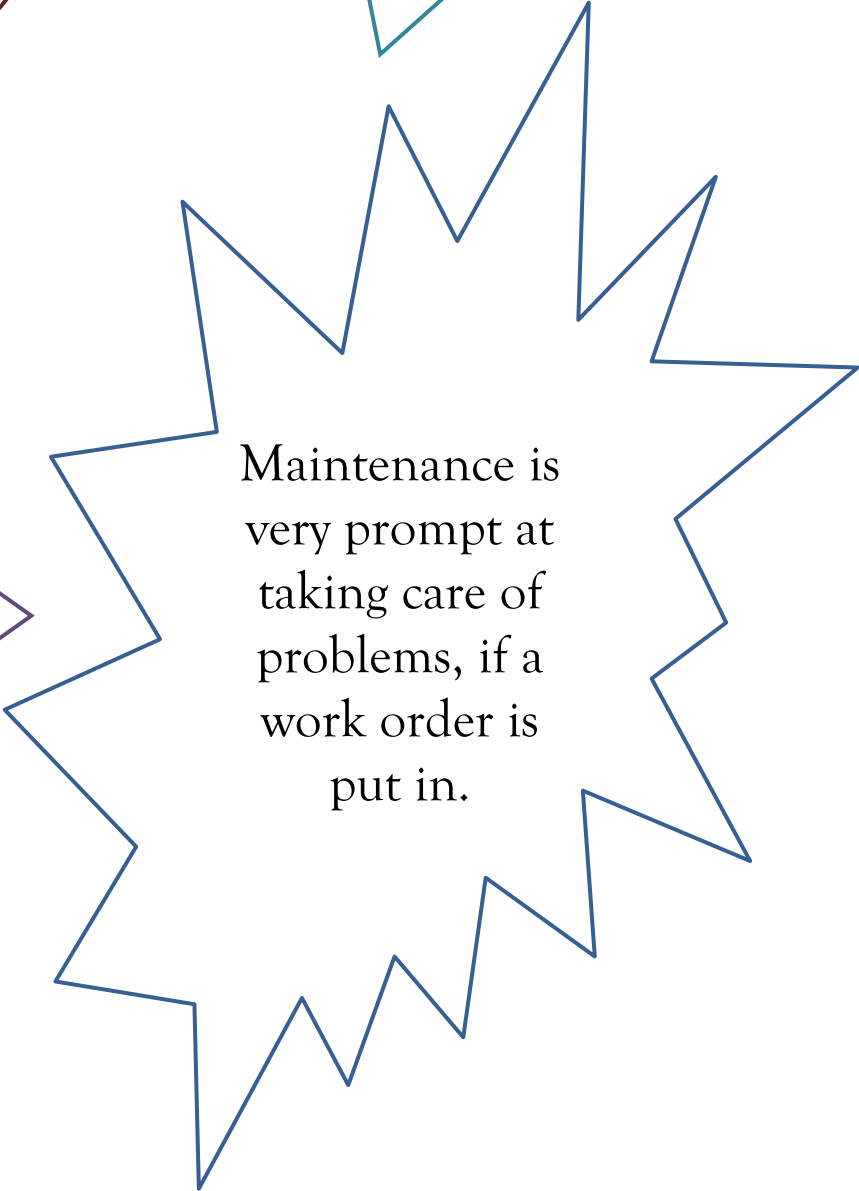
Dietary Staff is
doing an amazing
job through all the
CHAOS of
construction!!!



Nursing does
a GREAT
job!!



Kari, our Social
Worker, receives
a GOLD STAR
from residents!



Maintenance is
very prompt at
taking care of
problems, if a
work order is
put in.

WORDS OF WISDOM

- ❖ “October is a month of reflection, transformation, and gratitude, offering a gentle reminder that change can be beautiful and new beginnings are always possible.”
- ❖ “October teaches us that change can be beautiful.”
- ❖ “October is the month of painted leaves. Their rich glow now flashes round the world.”
- ❖ “October was always the least dependable of months... full of ghosts and shadows.”
- ❖ “In the rustle of leaves, find whispers of wisdom.”
- ❖ “In every fallen leaf, a story of letting go.”
- ❖ “Breathe deeply; the crisp air holds new beginnings.”
- ❖ “Let the colors of October inspire your soul’s palette.”
- ❖ “As nature sheds its layers, so can we.”
- ❖ “Let gratitude be the fire that fuels your October.”



October Birthday's

Marilyn Sutcliffe 24th

RON'S KITCHEN CORNER

Next menu meeting will be in March - Date to be determined

Fall-Winter Menu will begin October 1st.

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!!! 😊

Welcome to the Lending Library:

The Lending Library closet is located on the 2nd floor East Wing between E202 and E203. Items in this closet are for resident use and below is a list of items:

- ~ Grabber x2
- ~ Door Décor - Welcome Spring
- ~ Door Décor - Relax Seashell
- ~ Door Décor - Vine Flower Wreath
- ~ Blanket x4
- ~ Lap Blanket x3
- ~ Shoehorn
- ~ Big Button Phone
- ~ Digital Clock x2
- ~ Sm. Décor - Square glass vase
- ~ Sm. Décor - planter
- ~ Sm. Décor - pink bird house
- ~ Sm. Décor - green bird house
- ~ Sm. Décor - purple metal tulip
- ~ Sm. Décor - round vase w/flowers
- ~ Sm. Décor - metal bucket vase
- ~ 5x7 Frame x4
- ~ 8x10 Frame
- ~ Chair cushion
- ~ Walker basket
- ~ gift bags - multi sizes
- ~ Captel phone
- ~ Table mirror tray
- ~ Sm. Mirror
- ~ Red phone - can receive calls only

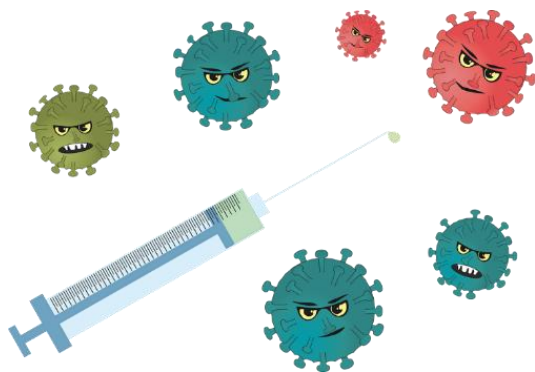
REMINDER FROM THE MAINTENANCE DEPARTMENT

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:

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, October 21st at 2:30 pm

Please see LeeAnne to sign up!



Activity Highlights for October

~ **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

10/5: "Rainman"

10/12: "For Love of the Game"

10/26: "Greater"

Saturday Matinee - 1pm, LR

10/3: "You're Not You"

10/10: "Touchback"

10/17: "The Glenn Miller Story"

10/24: "Morning Glory"

10/31: "The Ghost and Mrs. Muir"

10/1: Pastor Ken

10/2: Eddie Dillon entertains

10/3: Steven King performs

10/5: Pumpkin Decorating

10/9: Mike Corsi performs

10/10: Jim and JJ entertain

10/15: Arnold Arboretum Fall Foliage

10/16: Michael Leidig plays piano

10/19: Catholic Mass

10/19: Sing-along with Roberta

10/19: Mindful Muscle with Dani

10/20: Oktoberfest

10/23: Brandon & Steve entertain

10/30: Halloween Party

10/30: Alexandria Connolly entertains



HAIRDRESSER THURSDAY & FRIDAY