

# Home Times Monthly

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

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November 2017

volume 127

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To My Dear Residents;

Gratitude, being grateful or thankful for the blessings in your life may seem like a Pollyanna, feel-good, or new-age activity. It may surprise you to realize it is actually a self-serving activity that research shows can offer significant benefits to each of us personally. Being thankful all year long for the big and little things in your life can have a positive benefit on your quality of life. Practicing gratitude is a tool to improved well-being each of us has available every day.

Research reveals practicing gratitude can have these seven benefits:

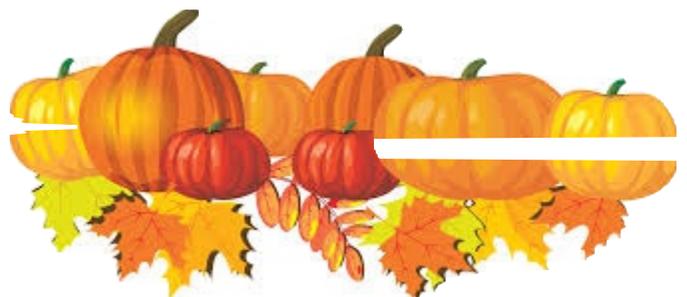
1. Gratitude opens the door to more relationships.
2. **Gratitude improves physical [health](#).**
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

Something that offers so much potential benefit, at no cost, is worth making a habit, in my opinion.

Our Social Worker, Marianne O'Brien is going to work with you on a project that will help you share what you are thankful for and will add a fun seasonal decoration to our dining rooms as well. Hope you will join in and reap the benefits of starting a practice of gratitude.

With gratitude for knowing you,

*Becky Annis*, Administrator



## November Birthdays

Please be sure to wish the following residents a Happy Birthday:



- 1<sup>st</sup> ~ Bill Rex
- 15<sup>th</sup> ~ Ruth Fredrickson
- 16<sup>th</sup> ~ Vaili DiTommaso
- 18<sup>th</sup> ~ Jean Campbell
- 27<sup>th</sup> ~ Evelyn Verna
- 30<sup>th</sup> ~ Eda Stockson

## Resident Spotlight:

The spotlight is on resident better known as **Peg**, this month. She moved into Pond Home in

Peg was born in Newark, family, in Irving, New Jersey.

her childhood home, which was a two family home her parents, older brother Arthur “Bud”, and she shared with her paternal grandparents who were affectionately called Gram and Gramp. Her aunt and uncle and their two children also lived upstairs.

Gram was from Germany and Gramp from England. They had met in New Jersey and Peg’s childhood took place during the beginning of WWII, when Germany and England were at war. She marvels at these facts now as an adult.

Her father worked for Fisher Baking Company, driving a delivery truck stocking local grocery shelves. Her mother was called back to work during WWII to Benedict Miller, a steel manufacturing company. She had worked there before getting married and was needed again for the war effort.

Peg attended Catholic school her entire school career. She graduated in 1948 from St. Vincent’s Academy in Newark, NJ.

A blind group date she reluctantly agreed to join women from work on resulted in her meeting Elias Chaggaris, her future husband. The date took place at the Maritime Academy on King’s Point on Long Island, New York. Elias, or “Lou” as he was called, was a Navy Lieutenant and Peg says it was that long uniform coat that attracted her to him.

In 1954 they married with Lou in his dress white uniform. They were first stationed at the United States Naval base in Newport, Rhode Island. Later



**Margaret Chaggaris**, Her maiden name is Leitch. August of 2017.

NJ and lived with her She has fond memories of

they settled in Dover, New Jersey, in the lakes area of NJ. They bought a split-level home there, had two sons, Michael and Paul who began school in Dover.

In 1962 the family relocated to Norwood, MA as Lou was taking a new job. That is where the family remained all through the boys schooling. They both graduated from UMASS Amherst.

Early in her career, Peg was employed at the Daily Transcript, a local paper in Norwood. Her job was to prepare the stories reporters provided for printing in the paper. Her hands would be covered in ink, setting up the typeset, but she did get to know the local news first!

A female mentor of Peg's advised her to apply to Boston Gas Company to earn more money and have better benefits. In 1976 Peg joined the Boston Gas Company, providing clerical support to the transportation department, at that time located in West Roxbury, across from the VA Hospital. It was an easy commute from Norwood and Peg remained employed there until her retirement in 1996.

Peg recalls that during the nice weather nursing staff at the VA Hospital would wheel patients out on their gurneys across the street to the park along the Charles River. They would line them up head-to-head and then the patients would play cards from their beds out in the sunshine! Still today, she marvels at how these people made something special out of a challenging situation.

During her retirement Peg loved to travel and spend time with her family and grandchildren. Peg has spent time in New York City, California, Scotland, and two trips to London. She misses traveling, especially to London where she loved learning the history through the buildings and museums there.

Peg remained in Norwood until 2015 when she purchased a condominium in Franklin to be closer to her son Paul.

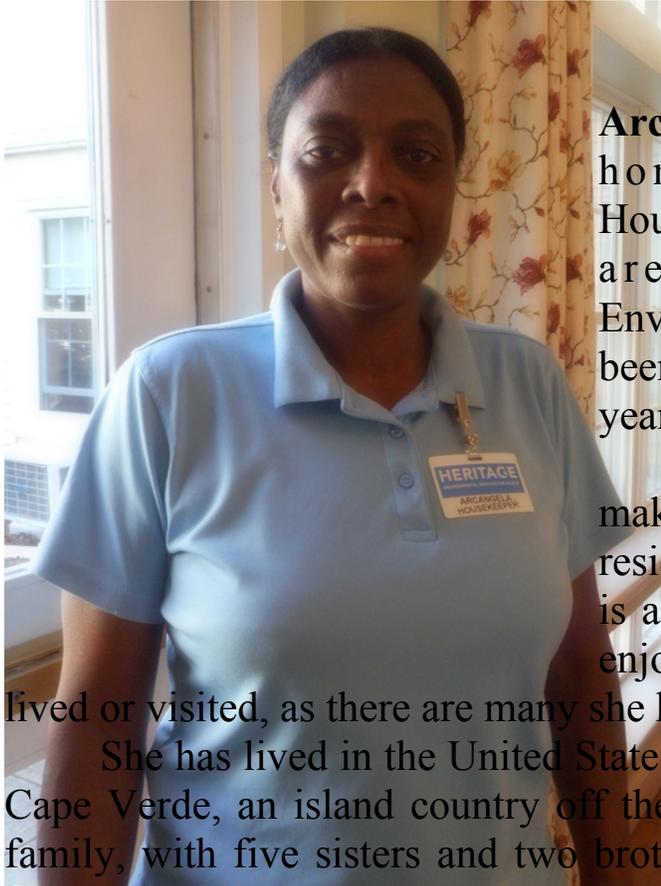
Peg has four adult grandchildren, two granddaughters, Nicole and Alyssa from her son Michael and his wife Beth and two grandsons, Christopher and Matthew from her son Paul and his wife Michelle. They all call her Mimi.

Peg loves reading the Sunday Boston Globe cover to cover with a cup of coffee, following current events on CNN, listening to talk radio at night, and staying in touch with friends by email and telephone.

Peg has a great outlook on her life, saying, "So far it has been an interesting life, you never know where your boat is going to go."

We are glad her boat brought this lady with a great sense of humor to Pond Home.

## **Vendor Spotlight**



This month's highlighted vendor is **Arcangela Varela**. She works keeping our home and your clothes clean in Housekeeping and Laundry. Those services are contracted through Heritage Environmental Services. Arcangela has been working at Pond Home for almost five years in this capacity.

She gets great satisfaction from making your home clean. She loves when residents comment on how clean their room is after she has done her weekly visit. She enjoys hearing about the places you have lived or visited, as there are many she has never seen.

She has lived in the United States for over twenty years. She was born in Cape Verde, an island country off the west coast of Africa. She has a large family, with five sisters and two brothers. Her mother passed away and her father still lives in Cape Verde. She now lives in Central Falls, Rhode Island with her husband of thirty-two years and her children. She has a daughter, Elizabeth who is 31 and a son, Kennedy who is 14.

When not at work, she loves cooking and baking, dancing, shopping, and going to the beach. She considers herself a friendly person and enjoys co-workers and friends at home. She likes her church and being part of that community as well.

We are pleased she makes her way here each day and takes such pride in her work for your benefit.

### **Activity Highlights for November**

On the **1<sup>st</sup>** join us for Reiki/Meditation in the living room at 1:30pm

Protestant church service will take place at 10:00 on the **2<sup>nd</sup>**

Entertainer Gary Leanus will be here on the **10<sup>th</sup>** in the afternoon

On the **15<sup>th</sup>** Art Matters will be presenting at 2:00

Join Marianne for Resident Council on the **16<sup>th</sup>** at 10:00am

The NEADS Service Dogs in training will be here on the **20<sup>th</sup>**

On the **21<sup>st</sup>** the volunteer Board of Trustees who oversees the management of Pond Home will hold their Annual Meeting of the Corporation at 9:00am in the living room. **All residents are encouraged and welcomed to attend.** If you would like, you will have an opportunity to share your views on life at Pond Home with them.

Also on the **21<sup>st</sup>** you can join Fran and your fellow housemates for a trip out to eat at a local resident with the LEO group

After you've enjoyed the Thanksgiving Feast our kitchen staff prepares for you come down on the **23<sup>rd</sup>** at 2:00pm for a special Holiday Coffee social. Be sure to invite your family if you like.

On the **28<sup>th</sup>** Hollis will entertain at 11:00am

### **New procedure**

Please be aware, with heating season upon us, due to Department of Public Health guidelines, any resident wanting to have a humidifier/air purifier or other such device in their room should first speak to the front office to understand the cleaning requirements to ensure it is being used in a way that will not endanger your health or the health of others.



*Please save the date:*

*Sunday, December 10, 2017*

*Resident & Family Holiday Party*

*The festivities begin at 1:30pm*