

Home Times Monthly

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

February 2012

volume 58

To My Dear Residents:

Marshall Rosenberg, an American Psychologist and inventor of Nonviolent Communication, a communication process that helps people to exchange the information necessary to resolve conflicts and differences peacefully, is quoted as saying, "Everything is an attempt to meet a need." The purpose of my job is to help you (the resident) meet your needs. My staff and I are always looking for ways to improve the services we offer at Pond Home. I think that is one of the things that make Pond Home such a special place to work and live, frequent evaluation and adjustment based on the needs of our residents. You, as a resident here at Pond Home should feel empowered to help with these improvements. You can voice your opinion in a number of ways. Share it during the quarterly satisfaction survey coordinated by Social Worker **Jean Miller**, attend a Resident Council meeting, put a suggestion in the box located under the large Activity calendar in the elevator lobby, or meet with me to share your thoughts. I welcome your input because it only helps to make Pond Home better at meeting your needs.

Thanks for reading,

Becky Annis, Administrator

Resident Spotlight

This month's highlighted resident is **Ruth Sterli**. Ruth was born Ruth Marie Pullis in Sparta, New Jersey, the first of two girls. She lived in this small town for the first five years of her life with her grandparents and parents in the same home. She and her parents moved to Newton, New Jersey (population 5,000) where she lived most of her formative years. Newton & Sparta are in the Lake Region of New Jersey – think



beautiful farm country. She graduated from Newton High School and applied to the Lockwood Agency where she worked as a secretary for a real estate company. Meanwhile the Sterli family moved into Newton when their son Robert (one of eight children) was about eight year's old. Newton was small so Robert and Ruth got to know each other through school and church, but hadn't dated through high school. She walked to work at her secretarial job each day. Robert, who was just out of college with his first job at Campbell & Company, had the responsibility of picking up the company's mail at the post office each day. Everyone knew everyone in town so he would stop and give her a ride. That is how they got better acquainted, eventually dating and getting married in June of 1945. *Editor's Note: I asked Ruth if she thought Robert began timing his rides to the post office to coincide with her walks to work. She said, "No.", but I'm wondering...* After getting married they relocated to Massachusetts for Roberts's job as a research chemist for W.R. Grace. This was right after World War II and housing was scarce so their first home in Massachusetts was in Cambridge in a rooming house. It was a fun location for a young couple to live in, but they wanted more privacy and room so they kept applying for other options. They next moved to West Somerville into the house of a French Canadian couple who soon became more like surrogate parents than landlords to them. When they learned Ruth was pregnant with their first child they moved to a 3rd floor attic apartment in Cambridge, back to the area they had lived before. Ruth says they had no air conditioning and no elevator so they roughed it. Barbara, their first child was born there. She now lives in East Longmeadow, MA. When they wanted more room their next move was to West Medford in a duplex near Tufts University. This house was located near a park with lots of young families in the neighborhood. Their second daughter, Ann was born here. She now lives in South Portland, Maine. While still in Medford Ruth gave birth to her twin girls, Susan and Karen. Susan now lives in Wrentham and Karen lives in Natick. After that they knew they needed more room! They had a seven room colonial built on a bank that overlooked Rte. 128 in Lexington, - a fun view from a distance according to Ruth. In Lexington Ruth was a homemaker who participated in her daughter's school activities by chaperoning field trips and participating in the PTA. On family vacations they visited their extended family in New Jersey regularly. She now has five grandchildren and three great grandchildren she enjoys keeping up on. Ruth enjoys reading "any book she can get her hands on", current events, crossword puzzles and playing board games.

Employee Spotlight

This month's spotlighted employee is **Kim Marcin**. Her smiling face first graced Pond Home on November 23, 1982. She had just moved from Okinawa, Japan where she was born Kiyomi Nakadakari. What brought her to the United States and Pond Home almost 30 years ago? It was a G.I. Joe! To be exact it was a tall, blond, handsome Marine named Joseph Marcin that caught her eye. They dated in Japan, were married there, came to the U. S. in April of 1982, had another wedding here and have been living happily in Wrentham ever since.



Kim says the staff and residents of Pond Home welcomed her, helped her to adjust to her new home, and taught her the American culture. She says, "Pond Home is like a family to me."

She has always worked in the Kitchen, as a Diet Aid and as a Cook when needed. She enjoys her daily conversation with the residents and their stories. With this position she has met and loved many wonderful people through the years. She and Joe have three children, a daughter Miaki, and two sons, Joseph and Ken. When they were young she brought them by to visit with the residents. She wanted to teach them the importance of respect and kindness towards our elders and Pond Home was the perfect place to do that. Now Kim is a grandmother of two adorable twin girls who she enjoys bringing to Pond Home for special events to visit the residents. Recently, Kim and Joe have joined the ranks of motorcycle owners and enjoy seeking out the U.S.'s hidden treasures. They traveled the East Coast during a recent vacation and are planning a future trip to the West Coast by motorcycle. Kim appreciates any suggestions on places you might recommend they stop along the way, or hidden treasures you know of. She loves being a grandmother and regularly helps with her granddaughters care. They are now five and keep grandma on the move!



Activities Highlights for February



~ Pre-Super Bowl Party on Sunday, the 5th begins at 3:00pm in the living room. Come cheer on the New England Patriots as they play the New York Giants in the 46th Super Bowl Game. The Game will be showing on the BIG screen in the living room and the Nursing Section Day room following supper that evening.



The monthly Resident Council Meeting will be held on the 9th at 11:15am. Please come to share your ideas about future activities we might hold here

Saturday, the 11th at 10:30 am – John Scotti returns to entertain



On the 14th, Valentine's Day, the Dietary Department will be producing a special meal at dinner time and Activities will include an Ice Cream Social at 3:00pm that afternoon

If you are in the mood for cute – I mean REALLY cute, then be sure to come to the living room on the 23rd at 10:00am when we have Farm Animals Visit! In the past these visits have included kittens, bunnies, chickens, lambs, goats, and pigs. Wonder what cuties will visit this time? This event is happening thanks to a donation in memory of resident Louise Henke from her family

Our own Sue Stravinski has volunteered to lead a Lent Observance Book Club beginning on Fat Tuesday, February 14th. Each Tuesday morning at 10:00am during Lent the group will read and discuss a chapter from Max Lucado's book *And the Angels Were Silent*. This book follows Jesus during the last week of his life. It relates the story using modern events or people then draws a parallel between these events and Jesus' last week

February Birthdays

Please give a big Happy Birthday to the following residents celebrating their birthdays this month:

14th ~ Allie Kaizzi

23rd ~ Nancy Green



Update on Television Service

Beginning with your March invoice for Pond Home Comcast Cable Service will appear as an additional item on your monthly bill. If you currently have expanded service (like HBO) you will continue to receive a bill for that from Comcast, but should no longer be billed for the service that includes over 130 channels. Besides the cost savings for this service the added convenience is that after March 1st if you move within the building you will have cable service immediately in your new room.

Winter Preperation

Maybe we will get a traditional New England winter in February. That could mean lots of snow. If so, remember to check with staff to see if the paths around Pond Home have been cleared enough before going out for a walk and to dress warmly- remember your hat and gloves- if going outside! Whether we get snow or not, keep drinking lots of water and juices to stay well hydrated during the heating season.

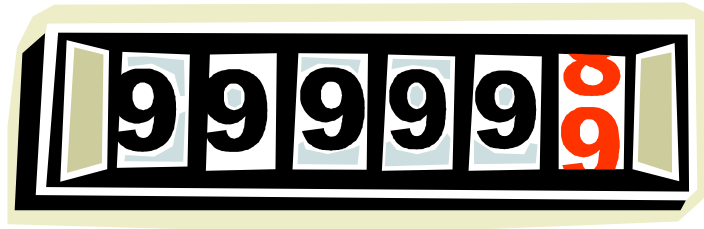
Just for Fun

One of the many things
no one tells you about aging
is that it is such a nice change
from being young.
Ah, being young is beautiful,
but being old is comfortable.
First you forget names,
then you forget faces.
Then you forget to pull up your zipper.
It's worse when
you forget to pull it down.

Just for Fun (continued)

The older we get,
the fewer things
seem worth waiting in line for.

Some people
try to turn back their odometers.
not me!
I want people to know 'why'
I look this way.
I've traveled a long way
and some of the roads weren't paved!



When you are dissatisfied
And would like to go back to youth,
Think of Algebra!