

March Roundup



The month of March saw us bid farewell to winter, celebrate the arrival of St. Patrick’s Day and enjoy a full slate of fun activities.

We kicked off our St. Paddy’s Day festivities a day early, with an appearance by our favorite Irishman, singer-guitarist Matt Browne.

Next, our Armchair Travel series transported us to Dublin, introducing us to the capitol city’s rich history and culture.

Before our traditional corned beef and cabbage luncheon, we enjoyed an amazing performance by a corps of young step dancers from the Kanaley School of Irish Dance. *Pictured above.*

The festivities resumed later in the day with a St. Paddy’s Day social featuring hors d’oeuvres, libations and a spirited sing-along led by our own talented pianist, Lourana Thomas. *Pictured above.*

In other happenings, our Monday Movie Matinee series has been quite popular among both film buffs and lovers of warm, buttered popcorn.

Karen’s many craft projects included a cookie-decorating session, whose tasty creations quickly “disappeared.”

Spotlight: Marilyn Sheprow continued -
ly, the dominant piece is a massive work by famed pop artist Roy Lichtenstein, which hangs opposite a warm, earth-toned piece by Robert Motherwell. Marilyn appreciates art for its aesthetic appeal, but also as “a good investment,” she said.

Marilyn’s knowledge and appreciation of art were nurtured through extensive travel with David, her husband of 70 years. An internationally renowned pioneer in the field of microvascular research, David lectured around the globe.

Marilyn smiled as she looked back, viewing her life in perspective. “I was born a farm girl and ended up a sophisticated professor’s wife,” Marilyn said. “In the long run, I’ve had a wonderful, spectacular lifestyle.” Then she laughed and added, “Pretty good for a farm girl who used to ride in a hay wagon!”

Activities continued -
most so far are decorating cookies and cupcakes and showing and discussing the JFK documentary.

As the weather warms up, Karen looks forward to taking more outings, gardening activities and other seasonal crafts. She also enjoys spending time with residents 1-1, doing whatever they like most.

Karen resides in Centerville with her boyfriend, Peter. The duo enjoys exploring new places. Karen rides her electric bike “all over the place!” She loves being “Auntie” and spending time with her mom, and her three brothers and their children.



Around the House

APRIL 2023

Karen Horn Joins Decatur House Activities Team!



It’s hard to believe that Decatur House is Karen’s first job working with older adults. Her warmth, kindness and easy-going nature make her a natural for this line of work.

Previously, Karen worked in food service. However, she says that she has always had a “soft spot” for older adults. She feels that being at Decatur House and serving as an Activities Coordinator is a dream come true. We agree.

Karen first joined Decatur House in the fall of 2022 as a Personal Care Assistant, and recently began taking on Activities Coordinator tasks as well. She feels that doing both jobs has been key in getting to really understand the residents. “I bonded with one of the residents during an activity yesterday, and this morning she let me help her with her activities of daily living. It made me feel really good,” said Karen.

The activities that Karen has enjoyed the

Continued on back page

COMMUNITY SPOT LIGHT

Marilyn Sheprow



Upon first approaching Marilyn Sheprow’s apartment, one might muse, “I’ve a feeling I’m not in Kansas anymore.”



The surrounding air is faintly scented by fresh flowers, and a tiny dish of nuts rests alongside a crystal decanter of sherry – offerings to the statuette of Buddha and also to neighbors.

The hall window alcove embraces a long -- yet only 10-inch high -- Japanese student’s desk, and a curved sculpture displaying chunky, natural-form pottery pieces.

Upon peeking inside the open door, one is immediately transfixed by a very realistic-looking fireplace, replete with warm glowing embers and dancing flames.

Relaxing within the inviting abode, Marilyn is surrounded by an array of favorite pieces from her vast personal art collection. Most certain-

Continued on back page

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>APRIL 2023</h1> 						
10:00 Catholic Mass (TV-138) 6:00 Lawrence Welk Show Channel 9 Puzzles, Word Games and Art Supplies available all day. HAPPY BIRTHDAY, KIM! Palm Sunday	10:30 Heart-health Aerobics 11:00 BINGO 2:00 Monday Movie Matinee: <i>Toscana</i> 4:00 Sunroom Social	10:00 Veterans Coffee 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 Massage & Reiki 3:00 Balloon Volley 4:00 Sunroom Social	-- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Color Easter Eggs 4:00 Afternoon Social	10:30 Toning with Bands 11:00 Armchair Travel: <i>"Venice: City of Dreams"</i> 2:00 BINGO 4:00 Sunroom Social -- Concierge Service --	10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social	10:30 Get Strong w/Weights 11:00 Categories Trivia 2:00 Paint with Mo 4:00 Sunroom Social 6:00 Lawrence Welk Show Channel 9 April Fools' Day
9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Culinary Craft Corner 2:00 BINGO 4:00 Sunroom Social HAPPY BIRTHDAY, JESSICA! Easter Sunday	10:30 Heart-health Aerobics 11:00 Rummikub & More 2:00 Monday Movie Matinee: <i>New In Town</i> 4:00 Sunroom Social Happy B'day Jason & Donna	10:30 DrumFIT 11:00 High Roller Dice Game 2:00 Julie Charland Sings! 3:00 Balloon Volley 4:00 Sunroom Social	-- HAIR SALON -- -- Manicures by Mikaela -- 10:30 Chair Yoga 11:00 BINGO 2:00 Craft: Beading 4:00 Afternoon Social	10:30 Toning w/Bands 11:00 Armchair Travel: <i>"Lisbon & the Algarve"</i> 2:00 Bananagrams 4:00 Afternoon Social	10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social HAPPY BIRTHDAY, TILLY!	10:30 Get Strong w/Weights 11:00 Categories Trivia 2:00 Music Bingo 4:00 Sunroom Social 6:00 Lawrence Welk Show
9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 6:00 Lawrence Welk Show Channel 9 Puzzles, Word Games and Art Supplies available all day.	10:30 Heart-health Aerobics 11:00 BINGO 2:00 Monday Movie Matinee: <i>The Last Laugh</i> 4:00 Sunroom Social HAPPY BIRTHDAY, TOM!	10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social	-- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Craft: Spring Wreath 4:00 Afternoon Social Happy Birthday, Christine!	10:30 Get Strong w/Weights 11:00 Armchair Travel: <i>"Rome's Ancient Glory"</i> 2:00 Paint with Wendi! 4:15 Sunroom Social -- Concierge Service --	10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social	10:30 Let's Get Fit! 11:00 "Game of Life" 2:00 History: The Revolutionary War 4:00 Sunroom Social Earth Day
9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Culinary Craft Corner 2:00 BINGO 4:00 Sunroom Social	10:30 Heart-health Aerobics 11:00 Rummikub & More 2:00 Monday Movie Matinee: <i>Sleepless in Seattle</i> 4:00 Sunroom Social	10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social	-- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Crazy Quilting w/Joyce 4:00 Afternoon Social	10:30 Toning with Bands 11:00 Armchair Travel: <i>"Scotland: Isles & Highlands"</i> 2:00 Words-in-a-Word 4:00 Sunroom Social -- Concierge Service --	11:00 Mike Dardis Sings! 2:00 Words-in-a-Word 3:00 Knit with Cathy! 4:00 Sunroom Social Arbor Day	10:30 Get Strong w/Weights 11:00 Categories Trivia 2:00 Music Bingo 4:00 Sunroom Social 6:00 Lawrence Welk Show
9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 6:00 Lawrence Welk Show Channel 9 Puzzles, Word Games and Art Supplies available all day. HAPPY BIRTHDAY, ELEANOR!						