

November Roundup



We welcomed new staff member, Pandy who has been leading activities during the weekends.

From lobster to clam chowder, residents savored the last taste of summer at Seafood Sams before they closed for the season.

We celebrated Veterans Day with a Morning Mngle that included coffee and donuts, as well as poems and discussion about memories of being in the service.

We made autumn crafts, painted a fall landscape, relished Reiki treatments, sang along with the talented Dawna Hammers, enjoyed a cheese tasting, had a chicken visit us (see photo of Jean – above left) and participated in an interfaith service.

Additionally, Chef Alana prepared a beautiful Thanksgiving meal for us. Resident Ted Wahl gave a thoughtful toast as we all gathered around the table.

Finally, Decatur House got its very own Sandwich Giant! Named by residents as “Home is Where the Heart is” (see photo of Pat and Kerri - above right) we enjoyed hot cocoa and celebrated during its inaugural lighting!

**Pandy continued -**  
In her downtime, Pandy enjoys crafting, organizing, gardening and walks along the canal.

When asked what she liked about working at Decatur House, she said “Everything! I finally found a job that I love!”

**Veritas continued -**  
They also have an in-house pharmacist, lab, telehealth visits, remote monitoring, and consulting specialists, which are all included for the price of the \$150 monthly membership.

“Veritas offers focused, individualized care, much like Decatur House,” said Executive Director Sarah Tribuzio. “Healthcare is a personal decision and it’s up to our residents and their families to decide what is best for them. But we really like what Veritas has to offer - their philosophy and their leadership - so we are happy to recommend them. They’ll be coming to Decatur House to see patients who become members,” she concluded.

Learn more by visiting [veritasdirectcare.com](http://veritasdirectcare.com).



### A FEW REMINDERS

- IF GUESTS ARE GOING TO BE EATING AT DECATUR HOUSE, KINDLY GIVE US 24-HOURS NOTICE BY EMAILING OUR FOOD SERVICES DIRECTOR [ALANA@DECATURHOUSE.COM](mailto:ALANA@DECATURHOUSE.COM)
- THE RESIDENT HOLIDAY PARTY WILL BE HELD ON SUNDAY, DECEMBER 17 FROM 3-5. RSVP WITH NUMBER OF GUESTS BY 12/10 TO [MARGOT@DECATURHOUSE.COM](mailto:MARGOT@DECATURHOUSE.COM)



## DECATUR HOUSE

*Assisted Living in Sandwich Village*

Around the House

DECEMBER 2023

Veritas Direct Primary Care to Partner with Decatur House



Doctor Dan Arnold and Nurse Practitioner, Shelley Thomas from Veritas Direct Primary Health Care visited us this month to share information about the practice.

Located in Hyannis, directly across the street from Cape Cod Hospital, Veritas is a new practice founded by Doctor Arnold that removes the insurance industry from the patient-provider relationship.

In this new and growing-in-popularity model of healthcare, patients pay monthly or annual membership fees to belong to the practice and in return, are offered personalized, prompt attention with a team approach to treatment.

Veritas members enjoy more time and focus from an individual healthcare provider who will offer prompt access. The practice navigates and coordinates their patients’ care in the multifaceted healthcare system and manages complex care for chronic illnesses such as hypertension, diabetes, CHF and COPD.

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COMMUNITY SPOT LIGHT  
**PANDY MILLER**



Pandora (Pandy) Miller wears many hats at Decatur House. From dining to housekeeping to activities, everyone on staff appreciates her and vies for her time!

Before joining Decatur House, Pandy worked at Shaws for 20 years as a pharmacy tech, floral manager and “resident floater.” She also worked at Market Basket in the produce department and most recently at Maplewood in Brewster for 8 years as a dining room server.

A life-long resident of Sagamore Beach, Pandy attended Upper Cape Regional Technical High School where she studied Painting and Decorating and graduated with honors.

Pandy and her husband Robert have been married for 22 years and enjoy sharing their home with many cats, who she calls “therapy.” Robert has Secondary Progressive Multiple Sclerosis so Pandy is his caregiver as well.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December 2023</h1>					<div>10:30 Painting with Leonie</div> <div>2:00 Lets Get Crafty</div> <div>4:00 Trim the Tree</div>	<div>2</div> <div>10:00 "The Rosary: (TV Ch. 138)</div> <div>2:00 BINGO</div> <div>3:00 Cards and Games</div> <div>4:00 Sunroom Social</div> <div>6:00 Lawrence Welk Show (TV Ch.9)</div> <div>Happy Birthday Ginny</div>

9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) <b>1:00 Game Day: Patriots vs. LA Chargers (TV Ch.4)</b> <b>2:00 BINGO</b> 3:00 Lets Stretch 4:00 Sunroom Social <b>Happy Birthday Isiah</b>	10:15 Seated Mindful Meditation  11:00 Words within a Word  <b>1:45 Movie Monday:" It's a Wonderful Life"</b>  4:00 Sunroom Social	9:00-12:00 Hair Salon  10:15 DrumFit 11:00 High Roller Dice Game  <b>2:00 Movie Matinee: National Lampoon's Christmas Vacation</b> 4:00 Sunroom Social	10:15 Chair Yoga  Lunch Outing: Marshland  <b>4:00 Holiday Lights Scenic Drives</b>  4:00 Sunroom Social	9:00-12:00 Hair Salon  10:15 Tai Chi & Qigong <b>11:00 BINGO</b> <b>2:00 Movie Matinee: "The Grinch"</b> 4:00 Sunroom Social <b>8:15 Game Day: Patriots VS. Pittsburg Steelers (TV Ch.6)</b>  Hanukkah Begins	10:15 Sunroom Balloon Toss  11:00 Sunroom Card Games  <b>2:00 BINGO</b>  4:00 Sunroom Social	10:00 "The Rosary: (TV Ch. 138)  <b>2:00 Holiday Sing Along with The Singing Sailors</b>  <b>3:00 BINGO</b> 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138)  <b>2:00 BINGO</b> 3:00 Lets Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	10:15 Seated Mindful Meditation 11:00 Words Starting with Letter "D" <b>2:00 Movie Monday: "The Santa Clause"</b> <b>4:00 Holiday Lights Scenic Drives</b> 4:00 Sunroom Social  <b>Happy Birthday Elaine</b>	9:00-12:00 Hair Salon 10:00 Veterans Coffee 10:15 DrumFit 11:00 High Roller Dice Game 2:00 Movie Matinee: "Yes Virgina, there is a Santa Clause" 3:45 "Sandwich Soul" Carols at Decatur House	10:15 Chair Yoga  <b>11:00 BINGO</b>  <b>4:00 Holiday Lights Scenic Drives</b>  4:00 Sunroom Social	9:00-12:00 Hair Salon 10:15 Tai Chi & Qigong 11:00 Movie Matinee: Rudolph the Red Nosed Reindeer" <b>2:00 Frankly Speaking-Christmas Around the World with Nancy Franks</b> <b>4:00 Christmas Caroling with Lourana</b>	10:15 Seated Weight Training  <b>11:00 BINGO</b>  <b>2:00 Lets Get Crafty</b>  4:00 Sunroom Social	10:00 "The Rosary: (TV Ch. 138)  <b>2:00 BINGO</b> 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)  <b>Happy Birthday Jean M &amp; Claire &amp; Mikaela</b>
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) <b>2:00 BINGO</b> <b>3:00 Holiday Family Party</b> 3:30 Musical Entertainment By: Glass Town Carolers 6:00 Lawrence Welk Show (TV Ch.9)	10:15 Seated Mindful Meditation  <b>11:00 Musical Entertainment By: Rick Walsh</b>  <b>2:00 Movie Monday: "Elf"</b> 4:00 Holiday Lights Scenic Drives 4:00 Sunroom Social	9:00-12:00 Hair Salon  10:15 DrumFit 11:00 High Roller Dice Game  <b>2:00 Movie Matinee:" A Christmas Story"</b> 4:00 Sunroom Social	10:15 Chair Yoga  <b>11:00 BINGO</b>  <b>4:00 Holiday Lights Scenic Drives</b>  4:00 Sunroom Social	9:00-12:00 Hair Salon 10:15 Tai Chi & Qigong 11:00 Card Games & Coloring 2:00 Movie Matinee: "Frosty the Snowman" & "Charlie Brown Christmas" <b>4:00 Holiday Sing Along with Jana Ahnquist</b>  Winter Begins	10:15 Seated Weight Training  <b>11:00 BINGO</b>  <b>2:00 Lets Get Crafty</b>  4:00 Sunroom Social	10:00 "The Rosary: (TV Ch. 138)  <b>2:00 BINGO</b> 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) <b>2:00 Movie Matinee: " White Christmas"</b> 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) <b>8:15 Game Day: Patriots vs. Denver Broncos (TV Ch. 5)</b>	<b>Merry Christmas!</b>   Christmas	9:00-12:00 Hair Salon  10:15 DrumFit 11:00 High Roller Dice Game  2:00 Card Games & Coloring 4:00 Sunroom Social  Kwanzaa Begins Boxing Day (Canada)	10:15 Chair Yoga  <b>11:00 BINGO</b>  <b>4:00 Holiday Lights Scenic Drives</b>  4:00 Sunroom Social	9:00-12:00 Hair Salon  10:15 Tai Chi & Qigong 11:00 Interfaith Service with Evelyn 2:00 Inside the Actors Studio: Betty White 4:00 Sunroom Social	10:15 Seated Weight Training  <b>11:00 BINGO</b>  <b>2:00 Musical Entertainment By: Gary Landgren</b>  4:00 Sunroom Social	10:00 "The Rosary: (TV Ch. 138)  <b>2:00 BINGO</b> 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)  <b>Happy Birthday Steve</b>
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) <b>1:00 Game Day: Patriots vs Buffalo Bills (TV Ch.4)</b> <b>2:00 BINGO</b> 3:00 Lets Stretch 4: Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)  New Year's Eve						





