

Community Happenings

We kicked off 2021 with a singalong of “Auld Lang Syne,” delicious Chinese food, and a festive toast in the dining room. Business Office Manager, Mikaela Strazzulo, even made her famous crab rangoons for our New Year’s Eve feast.

Shortly into the new year, we had to pause group activities due to Covid-19 precautions. We pivoted to offering a variety of activities to residents in their apartments, including *The Daily Chronical* newsletter, “The World’s Longest Bingo Game” (4 new numbers delivered to each player’s room daily), puzzles and word games, adult coloring books, suggested TV programs and craft kits with all needed supplied, including cute bird feeders made of peanut butter and nuts to hang outside the dining room windows.



We can’t wait to resume group activities as soon as it’s safe. In the meantime, we’ll be missing Activities Coordinator, Mo Boyce, and we’ll look forward to the return of her creative activity ideas, friendly and upbeat demeanor, and the best Bingo calling this side of the Mississippi.

We’re also excited for the return of musician Julie Charland (via Zoom) and the launch of a new current events program (pre-recorded and shown on TV) with John Shea. Chair Yoga will also get underway again soon.

Families are encouraged to please see our online Sign Up Genius page (<https://www.signupgenius.com/go/9040549a4a922a4f85-family1>) to schedule a Zoom call with their loved one. There are a variety of time slots each week, but if you can’t find one that works for you, please email activities@decatourhouse.com to schedule a time.

Wishing you a Happy Valentine’s Day and month full of love!

By Cathy Ode, Community Life Director

Spotlight: Heidi Frantantonio, continued

often are feeling fearful. And though her job is to assist and comfort individuals at the end of their lives, she sometimes witnesses patients rally to where they don’t requires hospice care, creating some unexpected joy for their families.

Her devotion and caring for others bring Heidi her own feeling of fulfillment. “I come home every day with a full heart,” she says.

When not providing hospice care, Heidi “self-treats,” staying physically and emotionally strong through a balanced lifestyle that includes reading, meditation and yoga. These solitary practices are balanced by physical and creative activities.

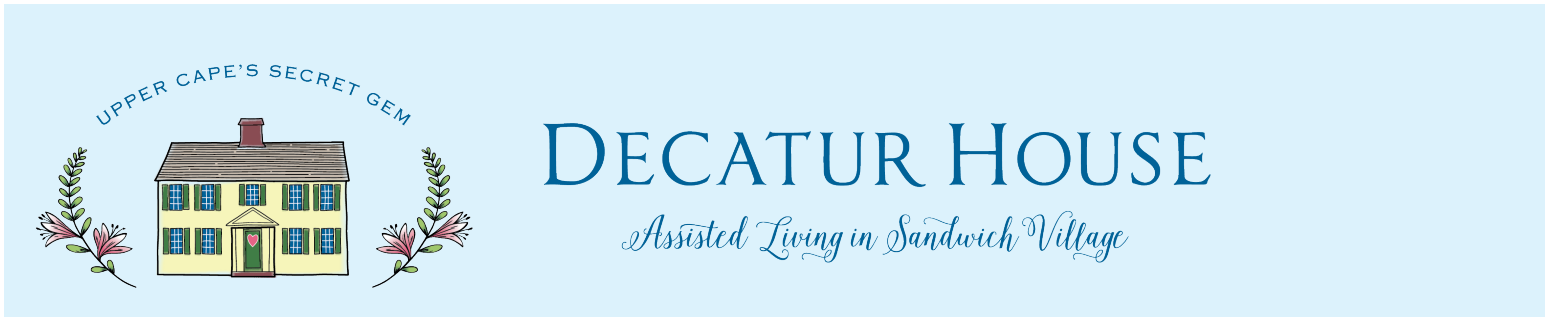
“I love the beach,” she said. “I like to go rock-hunting, bring them home and paint them.” Her painted mandala rocks, which feature intricate patterns of dots reminiscent of kaleidoscopic designs are her own signature creations. And appropriate to her hospice calling, mandalas symbolize the idea that life is a never-ending spiritual journey, and everything is connected.

Heidi’s lifestyle regimen also includes a physical component that keeps her close to nature. She is an avid cyclist, and enjoys biking through natural settings. Her favorite route is the scenic Shining Sea Bikeway. “I drive to our [VNA] office in Falmouth,” she explains, “then bike to Woods Hole and back, about 14 miles.”

Heidi shares her West Barnstable home with her 18-year-old son, Benjamin, and her beloved “fur-babies,” a pair of Maltese terrier-poodle mix pooches. She has two adult children and a 4-year-old granddaughter, Zoey. Heidi’s mother lives in Dennis.

Thank you for the time and care you provide to our residents Heidi!

By Maureen “Mo” Boyce, Activities Coordinator

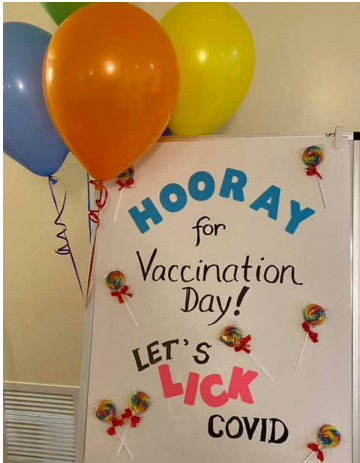


Around the House

FEBRUARY 2021

News

We All Got Our Vaccines!



We were excited to get our first doses of the Covid-19 vaccine on January 28th.

Thirty managers, residents and staff did their part to “Lick Covid” by getting their shots. Their prize?: The security of having taken the first step towards immunity from a deadly disease—and a celebratory post-injection lolipop!

The House is abuzz with hope and relief.

We are grateful to CVS for administering our first injections in January and for promising to return February 18th—and again March 11—to complete everyone’s 2-step immunizations.

COMMUNITY SPOTLIGHT

Our VNA Hospice Caregiver: Heidi Fratantonio



As a Case Manager with the Visiting Nurse Association (VNA) of Cape Cod, Heidi Fratantonio has dedicated her life to a very special calling: providing end-of-life care to patients in their home.















“People need to be in their home, surrounded by the people and things they love,” she said.

For more than 10 years, Heidi has been bringing her compassionate brand of care to Decatur House. “I adore Decatur House – it’s like my second home,” she said. “I really miss it when I’m not there.”

And Decatur House appreciates Heidi. Owner Linda Austin can’t say enough about her. “Heidi makes people comfortable during what can be an uncomfortable time. She understands and knows our residents and gives the staff wonderful advice about managing end of life care. We all have great respect for what Heidi brings to the House.”

Heidi’s dedication to her own serenity promotes a sense of calm and reassurance to her patients, who

Continued on back page

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"Any day spent with you is my favorite day. So today is my new favorite day." ~Winnie the Pooh (A.A. Milne) Questions or comments about Activities? Contact Cathy Ode at 508-888-6404 ext. 108	1 9:00 Coffee & Chronicle 11:30 Sit & Be Fit 3:30 BINGO HAPPY BIRTHDAY LAUREN & CYNTHIA!	2 9:30 Sit & Be Fit  1:45 Movie Matinee Zoom family visits Groundhog Day	3  HAIR SALON DAY Concierge Services HAPPY BIRTHDAY MO!	4 10:30 Sit & Be Fit 11:00 Ring Toss 12:30 JULIE CHARLAND A Live Music Performance Zoom family visits	5 10:00 Valentine's Day crafts card-making 4:30 Friday Social	6 MANICURES BY MIKAELA 10:00 The Rosary on Channel 183 2:00 BINGO Zoom family visits
7 10:00 Religious Service (TV)  6:30 SUPER BOWL LV Tampa Bay vs. Kansas City	8 9:00 Coffee & Chronicle 11:30 Sit & Be Fit 3:30 BINGO	9 9:00 Chair Yoga with Rebecca Reeves Resident Meeting @ Lunch 3:45 Current Events with John Shea Zoom family visits	10  HAIR SALON DAY Concierge Services	11 10:30 Sit & Be Fit 11:00 "Winter Fruits" Social 2:00 BINGO Zoom family visits	12  10:00 Chinese New Year craft 4:30 Friday Social: Year of the Ox Chinese New Year (Year of the Ox)	13 10:00 The Rosary on Channel 183 10:30 Sit & Be Fit 11:00 Classic Hangman 2:00 BINGO Zoom family visits
14 10:00 Religious Service (TV) Noon Valentine's Day Luncheon Valentine's Day	15 9:00 Coffee & Chronicle 11:30 All About Presidents! 3:30 BINGO Presidents' Day	16 9:00 Chair Yoga with Rebecca Reeves  1:45 Movie Matinee Zoom family visits Mardi Gras	17  HAIR SALON DAY Concierge Services Lent Begins Ash Wednesday	18 10:30 Sit & Be Fit 11:00 Bananagrams 12:30 JULIE CHARLAND A Live Music Performance Zoom family visits	19 10:00 Painting w/Lourana 4:30 Friday Social	20 10:00 The Rosary on Channel 183 10:30 Sit & Be Fit 11:00 Biography 2:00 BINGO Zoom family visits
21 10:00 Religious Service (TV) 2:00 Words-in-a-Word	22 9:00 Coffee & Chronicle 11:30 "Who Am I?" Mystery Person 3:30 BINGO	23 9:00 Chair Yoga with Rebecca Reeves 3:45 Current Events with John Shea Zoom family visits	24  HAIR SALON DAY Concierge Services	25 10:30 Sit & Be Fit 11:00 Let's Reminisce 2:00 BINGO Zoom family visits Purim Begins	26 10:00 Winter craft project 4:30 Friday Social	27 10:00 The Rosary on Channel 183 10:30 Sit & Be Fit 11:00 You Be the Judge 2:00 BINGO Zoom family visits
28 10:00 Religious Service (TV) 2:00 Trivia	<div>  <h1>February 2021</h1> <p>decaurhouse.com</p> <p>Find us everywhere!</p> <div>      </div> </div>					