

January Roundup



Larry and Marion enjoying activities!



January brought us relatively mild weather, which made for sunny outings to the Sagamore Inn for lunch, and to Heritage Theater for the new Tom Hanks movie.

The clement weather was also welcomed by our fitness-minded residents -- like Judy who enjoys a daily village stroll.

Musically, the month kicked off with a dynamic performance by Gary Landgren, the “Honky-Tonk Piano Man,” whose energetic style and comic banter left residents demanding a return appearance.

Additionally, we enjoyed a visit by vocalist/guitarist Matt Browne, plus sing-alongs led by pianists Jana Ahnquist and our own Lourana Thomas.

Since returning to the downstairs activities center, we’ve been able to resume many of our residents’ favorite pastimes, including DrumFIT, art classes, Monday Movie Matinees and various Zoom programs, such as armchair travel.

The center now boasts an upgraded sound system, which will greatly enhance our movie-viewing experience. The February film series will open with *Breakfast at Tiffany’s*.

Spotlight: Sylvia and Ted continued -

Sylvia speaks with pride of his aviating skills. “Whenever I fly commercial, I tell them, “That was a very smooth landing – but my husband does it better!” she said, with a grin.

After retiring as a corporate pilot, Ted learned to become an auctioneer, ringing the gavel on sales ranging from “pots and pans” to high-stakes political fund-raisers.

Sylvia had an interesting career of her own, as a teacher – and later principal -- at a school in Greenwich, Conn.

“I started in the upper grades and worked my way down to first grade, which was my favorite,” she said. “That’s where you teach them how to read!”

She also enjoyed tennis, swimming and horseback riding. An avid sports fan, Sylvia is currently tracking the Boston Celtics in their quest for another national title.

Welcome Nurse continued -

Kim left Decatur House in 2018, wanting to learn how assisted living was done elsewhere.

“I followed my heart back to Decatur House because I missed the opportunity to have tight-knit, special relationships with residents and their family members like I do here. I’m so happy to be back,” said Kim.

Kim is a long-time resident of Sagamore Beach, where she resides with her husband who is a 1SG (Sargent First Class) in the Army, and their 2 sons. She enjoys traveling (especially to Aruba) and spending time with her family and two rescue dogs.



Around the House

FEBRUARY 2023

Welcome Nurse Kim Washburn!



Since the age of 10, Kim Washburn knew that she wanted to be a nurse. As a child she spent a lot of time at Boston Children’s Hospital and cherished the care she received.

Decatur House is happy that Kim is now one of their nurses. As a Wellness Nurse, Kim serves as a family liaison and is charged with supervision of Resident Care Associates, monitoring emerging health needs of residents, covering for resident care staffing as needed, and assisting with on-call duties.

Kim previously worked at Decatur House as a Certified Nurses Aid from 2012-2015 and then as Resident Care Director from 2015-2018 after graduating from nursing school.

“I learned everything that I know about patient care, particularly hospice care, from Decatur House owner, Linda Austin. She has a very special, steady way about her, and I wouldn’t be anything that I am today without her mentorship,” said Kim.

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COMMUNITY SPOT LIGHT

Sylvia & Ted Wahl



While Sylvia and Ted Wahl are relatively new to Decatur House, they are already carving out their own comfortable

routine.








Both enjoy lazing in the sunroom, where Sylvia – sporting her signature Red Sox cap – nestles in a high-back chair, engrossed in a good book.

Ted, meanwhile, finds it a bit more difficult to relax, having spent most of his life in a more adventurous fashion.

As a very young man, he learned to parachute and became a skydiving instructor. After learning to pilot a plane, flying became both Ted’s passion and career. He would enjoy a 30-year career as a corporate pilot, flying business jets and helicopters for major corporations.

His role was to transport high-ranking executives and board members to faraway destinations like Europe, Africa and South America.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>			<div>1</div> <div>-- HAIR SALON DAY --</div> <div>10:30 Let's Get Fit!</div> <div>11:00 BINGO</div> <div>2:00 Board Games</div> <div>4:00 Afternoon Social</div>	<div>2</div> <div>10:30 Toning with Bands</div> <div>11:00 Armchair Travel</div> <div>2:00 Bananagrams</div> <div>4:00 Sunroom Social</div> <div>-- Concierge Service --</div> <div>Groundhog Day</div>	<div>3</div> <div>10:30 "Your Choice Friday" (Choice of Group Activities)</div> <div>2:00 Words-in-a-Word</div> <div>3:00 Knit with Cathy!</div> <div>4:00 Sunroom Social</div>	<div>4</div> <div>10:00 "The Rosary" (TV-138)</div> <div>10:30 Get Strong w/Weights</div> <div>11:00 Categories Trivia</div> <div>2:00 POKENO</div> <div>4:00 Sunroom Social</div>
<div>5</div> <div>9:00 Sunday Morning (CBS TV-channel 4)</div> <div>10:00 Catholic Mass (TV-138)</div> <div>10:00 The Golden Girls (TV64)</div> <div>Puzzles, Word Games and Art Supplies Available all Day.</div>	<div>6</div> <div>10:30 Alexander Entertains!</div> <div>11:00 Words-in-a-Word</div> <div>2:00 Monday Movie Matinee: Breakfast at Tiffany's</div> <div>4:00 Sunroom Social</div>	<div>7</div> <div>10:30 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 BINGO</div> <div>3:00 Balloon Volley</div> <div>4:00 Sunroom Social</div>	<div>8</div> <div>-- HAIR SALON DAY --</div> <div>--- Manicures by Mikaela</div> <div>10:30 Let's Get Fit!</div> <div>11:00 BINGO</div> <div>2:00 Board Games</div> <div>4:00 Afternoon Social</div>	<div>9</div> <div>10:30 Toning with Bands</div> <div>11:00 Rummikub (new)</div> <div>2:00 Paint with Mo</div> <div>4:00 Sunroom Social</div> <div>-- Concierge Service --</div>	<div>10</div> <div>10:30 "Your Choice Friday" (Choice of Group Activities)</div> <div>2:00 BINGO</div> <div>3:00 Knit with Cathy!</div> <div>4:00 Sunroom Social</div>	<div>11</div> <div>10:00 "The Rosary" (TV-138)</div> <div>10:30 Let's Get Fit!</div> <div>11:00 Classic Hangman</div> <div>2:00 Adult Coloring</div> <div>4:00 Sunroom Social</div>
<div>12</div> <div>9:00 Sunday Morning (CBS TV-channel 4)</div> <div>10:00 Catholic Mass (TV-138)</div> <div>10:30 Decorate Valentine Cookies</div> <div>2:00 BINGO</div> <div>4:00 Sunroom Social</div> <div>6:30 SUPER BOWL LVII</div>	<div>13</div> <div>10:30 Balloon Volley</div> <div>11:00 Rick Walsh Entertains!</div> <div>2:00 Monday Movie Matinee: Under the Tuscan Sun</div> <div>4:00 Sing along with Jana!</div>	<div>14</div> <div>10:30 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 MUSIC BINGO</div> <div>3:00 Balloon Volley</div> <div>4:00 Sunroom Social</div> <div>HAPPY BIRTHDAY REINA!</div> <div>Valentine's Day</div>	<div>15</div> <div>-- HAIR SALON DAY --</div> <div>10:30 Let's Get Fit!</div> <div>11:00 BINGO</div> <div>2:00 Board Games</div> <div>4:00 Afternoon Social</div>	<div>16</div> <div>10:30 Toning with Bands</div> <div>11:00 Armchair Travel</div> <div>2:00 Bananagrams</div> <div>4:00 Sunroom Social</div> <div>-- Concierge Service --</div>	<div>17</div> <div>10:30 "Your Choice Friday" (Choice of Group Activities)</div> <div>2:00 BINGO</div> <div>3:00 Knit with Cathy!</div> <div>4:00 Sunroom Social</div>	<div>18</div> <div>10:00 "The Rosary" (TV-138)</div> <div>10:30 Get Strong w/Weights</div> <div>11:00 Categories Trivia</div> <div>2:00 POKENO</div> <div>4:00 Sunroom Social</div> <div>HAPPY BIRTHDAY CLARA!</div>
<div>19</div> <div>9:00 Sunday Morning (CBS TV-channel 4)</div> <div>10:00 Catholic Mass (TV-138)</div> <div>10:00 The Golden Girls (TV64)</div> <div>Puzzles, Word Games and Art Supplies Available all Day.</div>	<div>20</div> <div>10:30 Alexander Entertains!</div> <div>11:00 Words-in-a-Word</div> <div>2:00 Monday Movie Matinee: The African Queen</div> <div>4:00 Sunroom Social</div> <div>Presidents' Day</div>	<div>21</div> <div>10:30 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 BINGO</div> <div>3:00 Balloon Volley</div> <div>4:00 Mardi Gras Social</div> <div>Mardi Gras</div>	<div>22</div> <div>-- HAIR SALON DAY --</div> <div>10:30 Let's Get Fit!</div> <div>11:00 BINGO</div> <div>2:00 Board Games</div> <div>4:00 Afternoon Social</div> <div>Ash Wednesday</div>	<div>23</div> <div>10:30 Toning with Bands</div> <div>11:00 Rummikub (new)</div> <div>2:00 Bananagrams</div> <div>4:00 Sunroom Social</div> <div>HAPPY BIRTHDAY SHIRELLE!</div> <div>-- Concierge Service --</div>	<div>24</div> <div>10:30 "Your Choice Friday" (Choice of Group Activities)</div> <div>2:00 Mike Dardis Entertains!</div> <div>3:00 Knit with Cathy!</div> <div>4:00 Sunroom Social</div>	<div>25</div> <div>10:00 "The Rosary" (TV-138)</div> <div>10:30 Let's Get Fit!</div> <div>11:00 Indoor Horseshoes</div> <div>2:00 Adult Coloring</div> <div>4:00 Sunroom Social</div>
<div>26</div> <div>9:00 Sunday Morning (CBS TV-channel 4)</div> <div>10:00 Catholic Mass (TV-138)</div> <div>10:30 Craft: Pine Cone Bird Feeders</div> <div>11:00 Hymn Sing with Jana</div> <div>2:00 BINGO</div> <div>4:00 Sunroom Social</div>	<div>27</div> <div>10:30 Get Strong w/Weights</div> <div>11:00 POKENO</div> <div>2:00 Monday Movie Matinee: Our Souls at Night</div> <div>4:00 Sunroom Social</div>	<div>28</div> <div>10:30 DrumFIT</div> <div>11:00 High Roller Dice Game</div> <div>2:00 Residents' Meeting</div> <div>3:00 MUSIC BINGO</div> <div>4:00 Sunroom Social</div>	<div>February 2023</div> <div><div></div><div></div></div>			