

# January Roundup



Happy New Year! Residents welcomed 2024 with party poppers, a little bubbly and good cheer.

It was cold, but Decatur House was warm. Residents enjoyed everything from fun musical performances by Julie Charland and Brian Hill, to relaxing Reiki services provided by Susan Lee Nolan. *See photo of Mary Clare and Karen.*

Other activities included a presentation from the Council on Aging, whereby residents learned about the new Sandwich Center for Active Living and were invited to visit.

They painted a beautiful winter landscape with Artist Leonie and made winter-themed crafts. *See photo of Francine (above left).*

They also watched a documentary on Martin Luther King Jr. and had a light discussion about this event in time. Residents applauded MLK for his bravery and kindness to all people.

Morning workouts and playing games were big hits as always. Bingo is still the crowd favorite. Residents are always very excited to win and shout out BINGO!

*Janet continued -*  
They were just planning on visiting for the summer, but fell in love with the community. The family lived in Barnstable Village on Route 6A right by the beach, and relished engaging in all of the water activities, from sailing to water skiing. Janet enjoyed gardening and raising farm animals, including ducks and pigs and bringing the kids sledding and skating on the cranberry bogs.

The children all attended Stoney Brook, a private preparatory school in New York. Of all of her life’s accomplishments, Janet says she is most proud of sending her children to the school, as well as putting them all through college as a single mom.

As the kids grew up, married and had children of their own, Janet recalls wonderful family memories of big Thanksgiving gatherings in her barn. They would set up 6 big tables and have as many as 30 guests.

When asked how people would describe her in her younger years Janet said, “They would probably say I could do anything.” Her son Scott agreed. He said that his mom was very resourceful and managed to do a lot with little. “She was a great scratch cook!” he said. Janet said her favorite thing to make was spaghetti.

When asked if she ever remarried Janet said, “When you have one great love, you don’t want to accept anything less than that.” So, Janet lived her life as a hard-working single mom, secure in the knowledge that she had been well-loved by her husband and children whom she raised beautifully.



## Around the House

FEBRUARY 2024

### Convenient In-house Services for our Residents!

We strive to make our residents feel at home, comfortable, and cared by offering a menu of convenient in-house services including:

**Dedicated Laundry Staff** – Paula is dedicated to doing all of the laundry at DH to ensure exceptional service and quality of care.

**Complimentary Weekly Concierge Service** – We are happy to shop at CVS and Stop & Shop, and go to the drycleaners in Sandwich for the convenience of our residents.

**Physicians** – Decatur House has partnerships with doctors who make house calls. Doctor Chaitra Channappa at Housecalls Physicians. Doctor Dan Arnold and Nurse Practitioner Shelley Thomas from Veritas Direct Primary Care, and Podiatrist, David Whitney

**Fall Pevention** – CAREtenders Home Health comes to the House to offer balance and mobility screenings and follow-up care.

**Hair Salon** – Stylist, Stephanie Santos comes to DH to provide hair salon services on a regular basis.

**Nail Services** – Mobile manicurist, Becca Sarhadi is the owner of Nails by Becca. She provides a full menu of services. Our Business Manager, Mikaela also does manicures for the residents once a month.

COMMUNITY SPOT LIGHT

### JANET GAGE



Janet was born and raised in Philadelphia, PA. As the younger child in the family, she admits she was a bit of a dare devil. She and her sibling liked to roller skate down “fire hill”

and other big hills in the city! It was a happy childhood and Janet was a good student.

After earning her nursing degree from Temple University, Janet met her husband Robert, a Navy test pilot (who was roommates with astronaut Ken Mattingly!), at the 10th Presbyterian Church. The two traveled all over the United States with his job. They lived in Texas and California among other states, and during that time welcomed 4 children in 5 years: Kim, Dawn, Scott and Paul.

Tragically, Robert died young at the age of 33 while testing an aircraft. At that point Janet saw an advertisement for a camp nurse at Camp Good News in Sandwich and decided to pack the family up and move to Cape Cod.

*Continued on back page*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				10:15 Tai Chi & Qigong <b>1</b> 11:00 Invention Game 2:00 Low Impact Seated Cardio 4:00 Sunroom Social	10:15 Seated Weight Training <b>2</b> <b>11:00 BINGO</b> 2:00 Lets Get Crafty 4:00 Sunroom Social Groundhog Day	10:00 "The Rosary" (TV Ch.138) <b>3</b> <b>2:00 Seated Interval Walk</b> 3:00 Short Stories 4:00 Sunroom Social
9:00 Sunday Morning (TV Ch.4) <b>4</b> 10:00 Catholic Mass (TV Ch. 138) 2:00 Seated Stretching <b>3:00 BINGO</b> 4:00 Sunroom Social	10:15 Seated Mindful Meditation <b>5</b> 11:00 Words in a Word <b>2:00 Movie Monday: "Ground Hogs Day"</b> 4:00 Sunroom Social	10:15 DrumFit <b>6</b> <b>11:00 Morning Mingle with Donuts</b> 2:00 High Roller Dice Game 4:00 Sunroom Social	10:15 Chair Yoga <b>7</b> <b>11:00 BINGO</b> 2:00 CVS Outing with Linda 4:00 Sunroom Social	10:15 Tai Chi & Qigong <b>8</b> <b>11:00 Musical Entertainment: Chris Carter</b> 2:00 Chair Pilates & Stretching 4:00 Sunroom Social	<b>10:30 Painting with Leonie</b> <b>9</b> 2:00 Lets Get Crafty 4:00 Sunroom Social	10:00 "The Rosary" (TV Ch.138) <b>10</b> <b>2:00 Seated Interval Walk</b> 3:00 Short Stories 4:00 Sunroom Social Chinese New Year (Year of the Dragon)
9:00 Sunday Morning (TV Ch.4) <b>11</b> 10:00 Catholic Mass (TV Ch. 138) 2:00 Seated Stretching <b>3:00 BINGO</b> 4:00 Sunroom Social	10:15 Seated Mindful Meditation <b>12</b> 11:00 Words in a Word <b>2:00 Movie Monday: "Mamma Mia Here We Go Again"</b> 4:00 Sunroom Social	<b>10:00 Veterans Coffee</b> <b>13</b> 10:15 DrumFit 11:00 Card Games & Coloring <b>2:00 High Roller Dice Game</b> 4:00 Sunroom Social Mardi Gras	10:15 Chair Yoga <b>14</b> <b>11:00 BINGO</b> 2:00 & 3:00 Scenic Drive 4:00 Sunroom Social <b>Happy Birthday Reina</b> Valentine's Day	10:15 Tai Chi & Qigong <b>15</b> <b>11:00 Musical Entertainment: Matt York</b> 2:00 Chair Pilates & Stretching 4:00 Sunroom Social	10:15 Seated Weight Training <b>16</b> 11:00 BINGO <b>2:00 Lets Get Crafty</b> 4:00 Sunroom Social	10:00 "The Rosary" (TV Ch.138) <b>17</b> <b>2:00 Seated Interval Walk</b> 3:00 Short Stories 4:00 Sunroom Social
9:00 Sunday Morning (TV Ch.4) <b>18</b> 10:00 Catholic Mass (TV Ch. 138) 2:00 Seated Stretching <b>3:00 BINGO</b> 4:00 Sunroom Social <b>Happy Birthday Clara</b>	10:15 Seated Mindful Meditation <b>19</b> 11:00 Words in a Word <b>2:00 Movie Monday: " My Big Fat Greek Wedding Two"</b> 4:00 Sunroom Social Presidents' Day	10:15 DrumFit <b>20</b> 11:00 Card Games & Coloring 2:00 High Roller Dice Game <b>4:00 Musical Entertainment: Sand Bars Quartet</b>	10:15 Chair Yoga <b>21</b> <b>11:00 BINGO</b> 2:00 Dollar Tree Outing with Linda 4:00 Sunroom Social	10:15 Tai Chi & Qigong <b>22</b> 11:00 'Riddle' Me That <b>2:00 Low Impact Seated Cardio</b> 4:00 Sunroom Social	10:15 Seated Weight Training <b>23</b> 11:00 BINGO <b>2:00 Lets Get Crafty: Beading</b> 4:00 Sunroom Social <b>Happy Birthday Shirelle</b>	10:00 "The Rosary" (TV Ch.138) <b>24</b> <b>2:00 Seated Interval Walk</b> 3:00 Short Stories 4:00 Sunroom Social
9:00 Sunday Morning (TV Ch.4) <b>25</b> 10:00 Catholic Mass (TV Ch. 138) 2:00 Seated Stretching <b>3:00 BINGO</b> 4:00 Sunroom Social	10:15 Seated Mindful Meditation <b>26</b> 11:00 Words in a Word <b>2:00 Movie Monday: "Mrs. Doubtfire"</b> 4:00 Sunroom Social	10:15 DrumFit <b>27</b> <b>11:00 Morning Mingle with Donuts</b> 2:00 High Roller Dice Game 4:00 Sunroom Social <b>Resident Meeting</b>	10:15 Chair Yoga <b>28</b> <b>11:00 BINGO</b> 2:00 & 3:00 Scenic Drive 4:00 Sunroom Social	10:15 Tai Chi & Qigong <b>29</b> 11:00 Lunch Outing: Canalside Dining 2:00 Chair Pilates & Stretching 4:00 Sunroom Social	Dress in your best PINK and RED Valentine's Day outfits on Wednesday February 14th! Calendar is subject to change. Some activities require signing up. 	