

June Roundup



The barbershop quartet was a hit!

In June we welcomed the arrival of summer, and added several new programs and music events to our slate of activities.

The highlight of our entertainment calendar was the long-awaited

appearance by “WaveLength,” a barbershop quartet. The special after-dinner performance attracted a capacity crowd for the group’s unique brand of acappella harmony and playful camaraderie.

Another popular event was a special Sunday Hymns Sing-along, led by Donna’s talented daughter, Jana Ahnquist. “We had a fun, joyous morning,” Jana said. The performance – presented on Father’s Day -- was so popular that Jana has agreed to resume it in September.

A new feature of our activities calendar is “Your Choice Friday,” when residents can choose between two separate group activities. Kate will lead one group, perhaps in adult coloring or a craft project. Mo’s group, meanwhile, might enjoy games like gin rummy and Scrabble.

We are also pleased to announce that Decatur House now has a membership to the nearby Heritage Museums & Gardens. We will schedule visits to the 100-acre estate, which boasts beautiful gardens and nature trails, plus three museums. The museums house an array of special collections, including an antique automobiles exhibit, a vintage carousel and American folk art.

Spotlight: Jocelyn continued -

A lady of many interests, Jos has a seemingly unquenchable thirst for knowledge. “She’s probably the most well-read person you will ever meet,” Bud said. “She reads two or three books a week!”

Jos has eight grandchildren – including namesake Jocelyn –and nine great-grandchildren, “with two more in the oven,” she added, with a proud grin. “I’m so blessed -- I’ve had a wonderful life!” Jos said. “What could be better?”

Dietitian continued -

Heather says that one of the biggest things that differs with older adults, as opposed to the general population regarding food, is mealtime. Heather says that older adults should eat their biggest meal at lunchtime with a lighter meal in the evening to promote better sleep.

When working with older adults, Heather says that their decreased ability to chew and swallow due to reduced muscle tone must also be taken into consideration. “Food often needs to be made softer,” she said.

Heather also specializes in helping residents balance their medications with their food intake. “When people lose taste and smell, which happens as we age, their caloric intake often decreases, and we just need to adjust their medication to work in balance with the food,” she explained.

Most importantly, Heather believes in liberalizing diets for older people. She feels that people should eat foods that they enjoy and eat to be happy.

UPPER CAPE'S SECRET GEM

DECATUR HOUSE

Assisted Living in Sandwich Village

Around the House

JULY 2022

Decatur House Welcomes Heather McGowan as Registered Dietitian

Heather has enjoyed a 30+ year career working with elderly clients. She loves the population and finds that older adults are “fascinating with fun histories when you take the time to listen,” she said.



Both long-term care facilities and assisted living residences in Massachusetts are required by the State to adhere to guidelines when it comes to nutrition;ensuring that menus include recommended daily allowances and a wide variety of options.

At Decatur House, Heather reviews the menus, answers dietary questions, and helps residents with conditions such as diabetes, kidney failure and heart disease to manage tricky therapeutic diets. This may include: sodium or sugar-restricted, low-fat or gluten-restricted diets.

She said that David, Food Services Director at Decatur is well-aware of each resident’s needs and preferences and that he is a wonderful partner in the process.

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COMMUNITY SPOT LIGHT

JOCELYN SCHERMERHORN

A lovely addition to Decatur House is Jocelyn “Jos” Schermerhorn, who shares her apartment with Witty, a striking calico cat ‘of a certain age. ‘Jos – pronounced “Joss” – grew up in Wellesley when it still had “a small town feel.” “I always had to behave myself,” she said, “because my mother knew everybody.”



Now Jos has three children of her own– Bud, Tom and Hope – who reside in East Sandwich. Sadly, a third son, 69-year-old Rick, passed away in 2016. Only months later Jos suffered another loss with the death of Skid, her husband of 68 years.

She and Skid bought a summer cottage in East Sandwich in 1955, and then a house in 1985.

Jos was instrumental in erecting a towering nesting platform for ospreys, in East Sandwich. “I bought the wood and got people to put it up, through [Mass] Audubon,” she said.

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1>July 2022</h1> | | | | | <div>10:00 Sit & Be Fit 10:30 BINGO 2:00 "Your Choice Friday" (Choice of two Group Activities) 4:00 "Patriotic Sing-along" w/Jana at the Piano</div> | <div>210:00 "The Rosary" (TV-138) 10:30 Sit & Be Fit 11:00 Game Time w/Kate 2:00 Walking Group 3:00 Culinary Craft : Recipe Board 4:00 Read Aloud Social</div> |
| <div>9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Independence Day Trivia 2:00 BINGO 3:00 Walking Club 4:00 Patio Social</div> | <div>410:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 4:00 Afternoon Social</div> | <div>510:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 4:00 Afternoon Social</div> | <div>6HAIR SALON DAY -- 10:30 Puzzle Time 2:00 & 3:00: Scenic Drives 2:00 Culinary Craft w/Kate: English Muffin Pizzas 4:00 Afternoon Social</div> | <div>710:00 Sit & Be Fit 10:30 BINGO 2:00 Pastor Greg Hopwood Inter-Faith Service w/Music 4:00 Afternoon Social Concierge Service</div> | <div>811:00 Mike Dardis Entertains! 2:00 "Your Choice Friday" (Choice of two Group Activities) 4:00 Afternoon Social</div> | <div>910:00 "The Rosary" (TV-138) 10:30 Adult Coloring 2:00 Walking Group 3:00 Craft Time w/Kate: Create a Card 4:00 Read Aloud Social Happy Birthday Rosemary!</div> |
| <div>9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Word Games 2:00 BINGO 3:00 Walking Club 4:00 Patio Social</div> | <div>1110:30 Strengthen w/Aerobics 11:00 Bananagrams 2:00 Monday Movie Matinee 4:00 Afternoon Social Happy Birthday Colleen!</div> | <div>1210:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 4:00 Afternoon Social Happy Birthday Humphrey!</div> | <div>13-- HAIR SALON DAY -- -- MANICURES -- 10:30 Sit & Be Fit 11:00 Let's Share Recipes! 2:00 & 3:00: Scenic Drives 2:00 Craft: Rock Painting 4:00 Patio Social</div> | <div>1410:30 Let's St-re-t-t-ch! 11:00 Words-in-a-Word 2:00 BINGO 4:00 Afternoon Social Concierge Service</div> | <div>1510:00 Sit & Be Fit 10:30 BINGO 2:00 "Your Choice Friday" (Choice of two Group Activities) 4:00 Afternoon Social</div> | <div>1610:00 "The Rosary" (TV-138) 10:30 Sit & Be Agile 11:00 Game Time: Dominoes 2:00 Village Stroll 3:00 Craft Time w/Kate: Flower Arranging 4:00 Read Aloud Social</div> |
| <div>9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Word Games 2:00 BINGO 3:00 Walking Club 4:00 Patio Social</div> | <div>1810:30 Sit & Be Fit 11:00 Bananagrams 2:00 Monday Movie Matinee 4:00 Afternoon Social & Trivia</div> | <div>1910:30 Sit & Be Fit 11:00 Rick Walsh Entertains! 2:00 BINGO 3:00 High Roller Dice Game 4:00 Afternoon Social</div> | <div>20-- HAIR SALON DAY -- 10:30 Sit & Be Fit 11:00 "Just Desserts" Trivia 2:00 & 3:00: Scenic Drives 2:00 Craft: Make a Suncatcher 4:00 Patio Social</div> | <div>2110:30 Let's St-re-t-t-ch! 11:00 Words-in-a-Word 2:00 BINGO 4:00 Afternoon Social Concierge Service</div> | <div>2210:00 Sit & Be Fit 10:30 BINGO 2:00 "Your Choice Friday" (Choice of two Group Activities) 4:00 Afternoon Social</div> | <div>2310:00 "The Rosary" (TV-138) 10:30 Adult Coloring 2:00 Village Stroll 3:00 Craft Time w/Kate: Paint a Birdhouse 4:00 Read Aloud Social</div> |
| <div>9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Word Games 2:00 BINGO 3:00 Walking Club 4:00 Patio Social</div> | <div>2510:30 Strengthen w/Aerobics 11:00 Bananagrams 2:00 Monday Movie Matinee 4:00 Afternoon Social & Trivia</div> | <div>2610:30 Sit & Be Fit 10:30 BINGO 2:00 Massage & Reiki w/Susan Lee Nolan 4:00 Afternoon Social</div> | <div>27-- HAIR SALON DAY -- 10:30 Walking Club 11:00 Card Games 2:00 & 3:00: Scenic Drives 2:00 Culinary Craft w/Kate: Fruit Smoothies 4:00 Patio Social</div> | <div>2810:00 Sit & Be Fit 10:30 BINGO 2:00 Paint with Wendi! 4:00 Afternoon Social Concierge Service</div> | <div>2910:00 Sit & Be Fit 10:30 BINGO 2:00 "Your Choice Friday" (Choice of two Group Activities) 4:00 Afternoon Social</div> | <div>3010:00 "The Rosary" (TV-138) 10:30 Adult Coloring 2:00 Walking Group 3:00 Craft Time w/Kate: Paint a Door Hanging 4:00 Read Aloud Social</div> |
| <div>9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Word Games 2:00 BINGO 3:00 Walking Club 4:00 Patio Social</div> | | | | | | |

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