

October Roundup



October is always a fun month at Decatur House. Many residents and staff members celebrate birthdays and that means cake, festivities, and this year, even a singing chicken that Connie’s family sent with jokes and birthday wishes!

October also brings with it, the spirit of Halloween mischief. Residents sang along with Julie Charland to Halloween-inspired songs and delighted in a Halloween social hour complete with a scallops and bacon appetizer, before handing out candy to ghoulish little trick-or-treaters. (see photo).

Monday morning Mindful Meditation has been starting our weeks off relaxed and refreshed.

National “Coffee with a Cop Day” was a big hit! We were delighted to have 5 officers from the Sandwich Police Department join us on Oct. 4. (see photo above).

And residents watched “Hello Dolly” this month and sang along throughout the entire movie! They also appreciated the screening of “Water for Elephants.”

Spotlight: Connie continued -
Of course, life carried on for Connie. She graduated with honors and met her husband at a beach party. The two fell in love, married young (too young according to Connie) and had 3 children: Jen, Peter and Wendy.

Unfortunately, things did not work out with her husband, which forced her into single parenthood. Divorce was uncommon in those days and Connie says that she felt the stigma from other parents. She says she’s not sure if it was real or just in her mind, but she was too busy between raising the children on her own and making a living to worry too much about it.

Connie was a legal secretary for 15 years until she returned to school at the age of 50 to earn her bachelor’s degree. She opened “Insurance Agency of Cape Cod,” which she said was like her 4th child. When asked the secret of her success she replied, “It was as simple as, I love people. I love to be helpful.”

Connie says she tries to be a helpful friend and that her friendships are a very important part of her life. “Friends keep you in good health,” she said.

“I’ve been so blessed. I have 3 children and 7 grandchildren and they are all loving, respectful and kind,” she said. When asked what they would say about her, she agreed that they would say that she was “strong.”

“I feel safe and cared for at Decatur House. The people here offer the most outstanding care. And I still have my car and I see my friends all the time.”



Around the House

NOVEMBER 2023

Nicole Cabral Steps Up as Resident Care Coordinator



With her long braids and easy laugh, Nicole Cabral is beloved by Decatur House residents, their families and staff members alike.

Nicole joined Decatur House in 2020 as a Resident Care Assistant and has recently been promoted to Resident Care Coordinator. In the new role, she says that she is able to talk more with the families and better manage residents’ extra care needs.

Prior to joining Decatur House, Nicole worked for 17 years as a CNA at a skilled living facility. Nicole says that her favorite thing about working at Decatur House is that it is family-owned and operated.

Nicole says that she has just always loved older adults. At one point she considered becoming a nurse but realized that she wouldn’t get to spend as much time getting to know residents, so she stuck with what she loved, and we are all so grateful, because Nicole is doing what she’s clearly meant to do!

COMMUNITY SPOT LIGHT

CONNIE TARVIS



Funny, witty, and down to earth, 87-year old Connie Tarvis is a welcome addition to Decatur House.

Slight in appearance, calm in demeanor, and humble, you would never know that she set the trail ablaze for future generations of women.

Connie’s childhood in Fairhaven, MA was ideal. She describes her father as a “dream dad” who helped her as a Girl Scout to build camps. He often took the family out on his lobster boat and out digging for clams.

She also had a wonderful big sister, named Claire who taught her “all of the important things in life like jumping rope and hopscotch.” Connie says she was a happy little kid.

Unfortunately, her “wonderful soul of a dad” died when she was just 12 years old.

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2023

			Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social	10:15 Chair Tai Chi & Qigong 11:00 Card Games & Coloring 2:00 Balloon Toss 4:00 Music with "Dan the Man" 7:30 Boston Bruins VS. Toronto Maple Leafs (TV Ch.36) Happy Birthday Larry	10:00 Painting with Leonie 2:00 Lets Get Crafty: Autum Craft 4:00 Sunroom Social Happy Birthday Jean Clough	10:00 "The Rosary" (TV Ch. 138) 2:00 BINGO 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) 7:00 Boston Bruins VS. Detroit Red Wings (TV Ch.38)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 11:00 Music with Dawana Hammers 1:00 Game Day: NE Patriots VS. Washington Commanders (TV Ch.6) 2:00 BINGO 3:00 Let's Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	10:15 Seated Mindful Meditation 11:00 Words Starting with Letter "N" 2:00 Movie Monday: Just Getting Started 4:00 Sunroom Social 8:00 Boston Bruins VS. Dallas Stars (TV Ch.38)	10:15 DrumFIT 11:30 Lunch Outing: Seafood Sam's 2:00 Higher Roller Dice Game 4:00 Sunroom Social Happy Birthday Ted & Jaqueline	Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social	10:15 Chair Tai Chi & Qigong 11:00 Scrabble 2:00 Reiki with Susan Lee Nolan 3:00 Meet the Doctors- Veritas Direct Care 4:00 Sunroom Social 7:00 Boston Bruins VS. NY Islanders (TV Ch.38)	10:15 Morning Mingle with Coffee and Donuts to Celebrate our Vets! 11:00 BINGO 2:00 Lets Get Crafty: Autum Craft 4:00 Sunroom Social	10:00 "The Rosary" (TV Ch. 138) 2:00 BINGO 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) 7:00 Boston Bruins VS. Montreal Canadiens (TV Ch.38) Veterans Day Remembrance Day (Canada)
9:00 Sunday Morning (TV Ch.4) 9:30 Game Day: NE Patriots VS. Indianapolis Colts (TV Ch. 5) 10:00 Catholic Mass (TV Ch.138) 2:00 BINGO 3:00 Let's Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) Diwali (Hindi)	10:15 Seated Mindful Meditation 11:00 Word within a Word 2:00 Movie Monday: A Beautiful Day in the Neighborhood 4:00 Sunroom Social	10:00 Veterans Coffee 10:15 DrumFIT 11:00 Higher Roller Dice Game 2:00 Documentary: Celebrating the History & Traditions of Thanksgiving w Dave Stotts 4:00 Sunroom Social 7:00 Boston Bruins VS. Buffalo Sabers (TV Ch.38)	Hair Salon and Manicure Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social Happy Birthday Maria	10:15 Chair Tai Chi & Qigong 11:00 Putt Putt Golf 2:00 Balloon Toss 4:00 Sunroom Social	10:15 Seated Weight Training 11:00 BINGO 2:00 Lets Get Crafty: Autum Craft 4:00 Sunroom Social Happy Birthday Pandey	10:00 "The Rosary" (TV Ch. 138) 2:00 BINGO 3:00 Cards and Games 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9) 7:00 Boston Bruins VS. Montreal Canadiens (TV Ch.38)
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TV Ch.138) 2:00 BINGO 3:00 Let's Stretch 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	10:15 Seated Mindful Meditation 11:00 Year of Invention Game 2:00 Movie Monday: The Pink Panther 4:00 Sunroom Social 7:00 Boston Bruins VS. Tampa Bay Lightning (TV Ch.38) Happy Birthday Carmela	10:15 DrumFIT 11:00 Higher Roller Dice Game 2:00 Documentary: The Real Story of Thanksgiving 4:00 Sunroom Social Happy Birthday Ryan	Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social 7:00 Boston Bruins VS. Florida Panthers (TV Ch.39)	9:00 The 97th Annual Macy's Day Parade (TV Ch. 10) 12:30 Traditional Thanksgiving Dinner Happy Thanksgiving! Thanksgiving Day (US)	10:15 Seated Weight Training 11:00 BINGO 1:00 Boston Bruins VS. Detroit Red Wings (TV Ch.38) 2:00 Lets Get Crafty: Beading 4:00 Sunroom Social	10:00 "The Rosary" (TV Ch. 138) 1:00 Boston Bruins VS. NY Rangers (TV Ch.38) 2:00 BINGO 3:00 Specialty Cheese Tasting from Around the World with Paula 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) 1:00 Game Day: NE Patriots VS. NY Giants (TV Ch.6) 2:00 BINGO 3:00 Let's Stretch 4:00 Lighting of the Littlest Christmas Tree 4:00 Sunroom Social 6:00 Lawrence Welk Show (TV Ch.9)	10:15 Seated Mindful Meditation 11:00 Word within a Word 2:00 Movie Monday: Breakfast at Tiffany's 4:00 Lighting of the Giants 7:00 Boston Bruins VS. Columbus Blue Jackets (TV Ch.38) Happy Birthday Janet	10:15 DrumFIT 11:00 Higher Roller Dice Game 2:00 Armchair Travel: Autumn in Rural America 4:00 Sunroom Social Resident Meeting	Hair Salon Day 10:15 Chair Yoga 11:00 BINGO 2:00 & 3:00 Scenic Drives 4:00 Sunroom Social Happy Birthday Judy	10:15 Chair Tai Chi & Qigong 11:00 Interfaith Service with Evelyn 2:00 Chair Zumba 4:00 Sunroom Social 7:00 Boston Bruins VS. San Jose Sharks (TV Ch.38) Happy Birthday Mikayla & Melissa & Madison	<div>      </div> <div>  </div> <div> DECATUR HOUSE </div>	

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