

# September Roundup



Autumn has arrived in quaint Sandwich Village. The tourists have gone home, the leaves are turning shades of red and gold, and the days are getting cozier.

Residents have been enjoying a plethora of fun fall activities. They’ve painted fall landscapes, made beaded jewelry and created leaf-inspired centerpieces.

“Food Fridays” have been a big hit. Sampling apple varieties, cheeses (with wine) and scrumptious ice cream flavors have been on the tasting menus. *See photo above.*

On the subject of delicious, there was a Ladies Luncheon to Mezza Luna Italian restaurant in Buzzards Bay, which everyone enjoyed. *See photo below.*

Another great outing included a tour of the Cahoon Museum of American Art. For residents who would rather stay at home, historians from the Nye Museum in East Sandwich were kind enough to come to us!

Residents watched “Radio” during our latest “Monday Matinee” and some even said it was the best movie they have seen.

And of course, Decatur House is always alive with music, singing and dancing!

## Spotlight: Alana Flath Continued

Alana said that when they worked together, she and Phil shared an unspoken chemistry. That same chemistry has carried through to their marriage. Phil is the cook in their home, where he plates every dinner and pairs it with a good wine.

Alana says that she has always been a foodie. Her mother loves Spanish cuisine and her parents owned a seafood company so she was born and raised eating a wide variety of foods. Alana herself loves fusions of different foods, particularly Asian and Japanese.

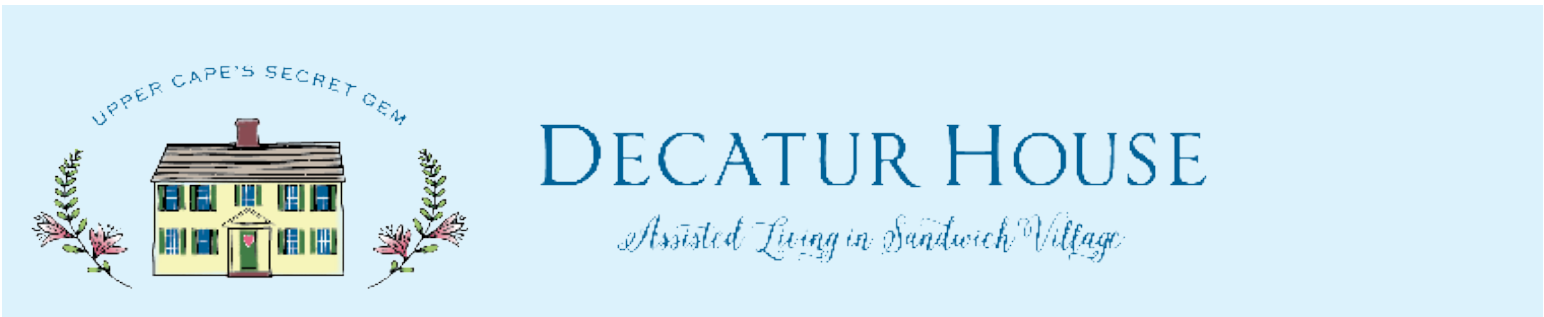
She says people go to the market every day in Mexico to buy fresh ingredients. “It’s a whole different flavor. Buying fresh, local, sustainable foods is paramount to the way I cook.”

Alana is very happy to be at Decatur House now. She believes that fresh, high-quality ingredients that are cooked to perfection and arranged beautifully is the little bit of love that she can offer residents.

Following are just a few of Alana’s menu items during her first week!

*Fish and chips (beer battered cod, hand cut fries) tartar sauce, coleslaw, fruit skewers.*

*Baby lamb chops, fresh mint chimichurri, roasted fingerling potatoes, squash medley, Apple salad (baby kale, feta cheese, walnuts, dried cranberries, honey-yogurt dressing)*



# Around the House

OCTOBER 2023

COMMUNITY SPOT LIGHT

## ALANA FLATH



Alana Flath is a fireball of energy, charisma, and unbridled talent. A Mexican native, she is well-educated and driven to succeed. Her pedigree includes 3 years of English for Professionals

and a special program that combined training in hospitality management from Switzerland, tourism, Madrid and of course, culinary from Chicago. All of it comes from her love of learning and her dedication to working hard to perfect her craft.

As part of Alana’s culinary program, she completed internships in Mexico City (where her guests included many A-list pop stars including Britney Spears and Shakira!) at the highly acclaimed Beaver Creek in Colorado and finally, at Ocean Edge Resort in Brewster.

At first, Alana didn’t know what to make of the sleepy seaside community and was homesick. But she soon became absorbed in her work and her new family of friends. At the end of

each season when she had to leave due to the constraints of her work visa, she felt like she was leaving her home. She was now a self-proclaimed “Cape Coddler!”

In 2015, she was offered a professional visa and accepted. She quickly rose through the ranks of the male-dominated kitchens at Ocean Edge, eventually becoming the first female chef at Ocean Terrace, the resort’s fine dining restaurant.

In 2019, Alana decided that it was time for a change and accepted a job offer in Boston with the Intercontinental Hotel. She missed her people on Cape Cod, but grew her resume. In her new position she learned more about the administrative side of being a chef - managing a kitchen, dietary restrictions, purchasing, payroll, creating seasonal menus and elevating menu offerings for special events.

At the same time, her personal life took an exciting turn as well. Her former co-worker Phil Flath the Executive Chef at Ocean Edge reached out and the two went to dinner in Boston. He couldn’t recruit her back to working for him, but the two formed a strong friendship. In 2021, they began a romance. Then in 2022 they got married, bought a house and had baby girl, Gabrielle!

*Continued on back page*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TC Ch.138)  <b>4:25 Patriots VS. Cowboys</b>  6:00 Lawrence Welk Show (TV Ch.9) Puzzles & Games Available All Day  <b>Happy Birthday Kerri</b>	10:15 Seated Mindful Meditation  11:00 Words Starting with Letter "O"  <b>2:00 Movie Monday: Shall We Dance?</b>  4:00 Sunroom Social	10:15 DrumFIT  11:00 High Roller Dice Game  2:00 Documentary: Most Powerful Forces on Earth  <b>4:00 Sing Along with Janice Hannah</b>	Hair Salon Day  <b>10:15 Coffee with a Cop!</b>  11:00 BINGO <b>2:00 Lets Get Crafty: Autum Craft</b> 2:00 & 3:00 Scenic Drive  <b>Happy Birthday Alana</b>	<b>10:15 Chair Tai Chi &amp; Qigong</b>  11:00 Card Games and Coloring  2:00 Table Ball Games  4:00 Sunroom Social	10:15 Seated Weight Training  11:00 BINGO  <b>2:00 Musical Entertainment: Harry French</b>  4:00 Sunroom Social	10:00 "The Rosary" (TV Ch.138)  6:00 Lawrence Welk Show (TV Ch.9)  Puzzles & Games Available All Day  <b>Happy Birthday Bella</b>  Simchat Torah Begins
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TC Ch.138)  <b>1:00 Patriots VS Saints</b>  6:00 Lawrence Welk Show (TV Ch.9) Puzzles & Games Available All Day <b>Happy Birthday Paula</b>	10:15 Seated Mindful Meditation  11:00 Word within a Word  <b>2:00 Movie Monday: Hello, Dolly!</b>  4:00 Sunroom Social  Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)	10:00 Veterans Coffee  10:15 DrumFIT  11:00 High Roller Dice Game  <b>2:00 Documentary: Exploring the Underwater World</b>  4:00 Sunroom Social	Hair Salon and Manicures Day  10:15 Chair Yoga  <b>11:00 BINGO</b>  2:00 & 3:00 Scenic Drive	10:15 Chair Tai Chi & Qigong  <b>11:00 Musical Entertainment: Matt Browne</b>  2:00 Table Hockey  4:00 Sunroom Social	10:15 Seated Weight Training  <b>11:00 BINGO</b>  2:00 Lets Get Crafty: Autum Craft  4:00 Sunroom Social	10:00 "The Rosary" (TV Ch.138)  6:00 Lawrence Welk Show (TV Ch.9)  Puzzles & Games Available All Day
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TC Ch.138)  <b>4:05 Patriots VS Raiders</b>  6:00 Lawrence Welk Show (TV Ch.9)  Puzzles & Games Available All Day	10:15 Seated Mindful Meditation  11:00 High Roller Dice Game  <b>2:00 Movie Monday: Water for Elephants</b>  4:00 Sunroom Social	10:15 DrumFIT <b>11:00 Lunch Outing: Daniel Webster Inn</b>  2:00 Documentary: Underwater Lost Treasures  4:00 Sunroom Social <b>Happy Birthday Stefan</b>	Hair Salon Day  10:15 Chair Yoga  <b>11:00 BINGO</b>  2:00 & 3:00 Scenic Drive  <b>Happy Birthday Daneen</b>	10:15 Chair Tai Chi & Qigong  11:00 Table Ball Games  <b>2:00 Painting with Wendi</b>  4:00 Sunroom Social  <b>Happy Birthday Marilyn</b>	10:15 Seated Weight Training  11:00 BINGO  <b>2:00 Lets Get Crafty: Autum Craft</b>  4:00 Sunroom Social	10:00 "The Rosary" (TV Ch.138)  6:00 Lawrence Welk Show (TV Ch.9)  Puzzles & Games Available All Day
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TC Ch.138)  1:00 Patriots VS Bills  6:00 Lawrence Welk Show (TV Ch.9) Puzzles & Games Available All Day	10:15 Seated Mindful Meditation  11:00 Current Events  <b>2:00 Movie Monday: High Noon</b>  4:00 Sunroom Social	<b>10:30 Musical Entertainment: Julie Charland</b>  2:00 Documentary: Eleanor Roosevelt  4:00 Sunroom Social  Resident Meeting	Hair Salon Day  10:15 Chair Yoga  <b>11:00 BINGO</b>  2:00 & 3:00 Scenic Drive	10:15 Chair Tai Chi & Qigong  <b>11:00 Interfaith Service (Sunroom)</b>  2:00 Table Ball Games  4:00 Sing Along with Jana  <b>Happy Birthday Joe</b>	10:15 Seated Weight Training  11:00 BINGO  <b>2:00 Lets Get Crafty: Beading</b>  4:00 Sunroom Social	10:00 "The Rosary" (TV Ch.138)  6:00 Lawrence Welk Show (TV Ch.9)  Puzzles & Games Available All Day
9:00 Sunday Morning (TV Ch.4) 10:00 Catholic Mass (TC Ch.138)  <b>1:00 Patriots VS Bills</b>  6:00 Lawrence Welk Show (TV Ch.9) Puzzles & Games Available All Day	10:15 Seated Mindful Meditation  11:00 Short Stories  <b>2:00 Movie Monday: The Pacifier</b>  4:00 Sunroom Social	10:15 DrumFIT  11:00 High Roller Dice Game  <b>2:00 Documentary: History of Halloween</b>  4:00 Sunroom Social <b>HAPPY HALLOWEEN</b>  Halloween	<div> <div>October 2023</div> <div> <div>f</div> <div>ig</div> <div>in</div> <div>tu</div> <div>ma</div> </div> </div> <div> <div></div> <div></div> </div>			
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