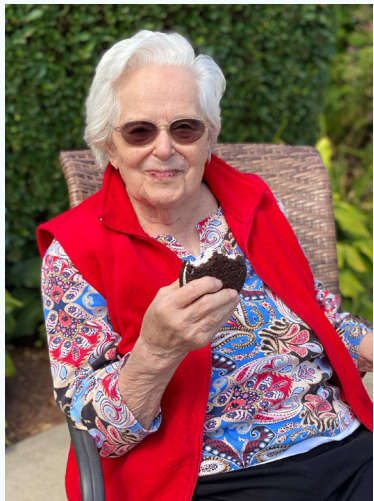


# Activities Roundup

Outdoor visits were expanded to offer limited after-lunch porch visits on weekdays, in addition to our existing visits on Sundays and Tuesdays. All visits must be scheduled online, with participants wearing masks, safely distanced and refraining from contact.



We continue to enjoy special deliveries from Cape Cod Slush. There is nothing like a cool, sweet treat to break up a hot summer afternoon. Just ask Helen!

The slate of activities has been expanded to include an additional afternoon activity, plus resumption of the pre-dinner Social Time

from 4:30 - 5 p.m. Typically, the added word game – Hangman, trivia or Words-in-a-Word – transitions nicely into Social Time.

Our nascent/budding artists continued to develop their painting techniques in the latest Watercolor Class, which was devoted to a colorful autumn landscape. Our Let’s Get Crafty session invited residents to hand-



color a sun-catcher, created in the shape of a summery flip-flop. And resident puzzle-solver Eleanor mastered a host of beautiful, intricate puzzles.

The Team Beanbag Challenge continues to spark good-natured rivalry between Barney’s Babes – captained by Dorothy – and the Dynamites Squad. While Dorothy’s team still enjoys a significant lead, the Dynamites have been staging a spirited comeback.

Ruth will soon entertain residents with a mix of old standards and classical piano music. Country music fans, meanwhile, can look forward to our upcoming tribute to Hank Williams, Jr. and Patsy Cline.

*Tom Long, continued*

Tom’s love of gardening became a family affair.

“My father loved to work in his yard and garden,” Tommy said. “Every Saturday, my brother Timmy and I worked in the yard with him.”

The gardens were devoted exclusively to flowers. “I didn’t grow any vegetables,” Tom said, laughing. “Primarily, because my kids wouldn’t eat them!”

Son Tommy said he could “write a story” about each of the many family camping trips he took – “all over New England” – with his parents, siblings and “Nana.”

“It rained half the time,” Tommy said, laughing. “Kathleen always threw up, and the girls had to stop every half mile to pee!”

Tom moved to an administrative role when he became the first principal of the Plymouth-Carver Intermediate School. But the biggest honor of his career was being named principal of Carver High School, when it was still in the planning stage. In his role, he sat in on planning meetings with contractors, secured accreditations and brought in faculty members.

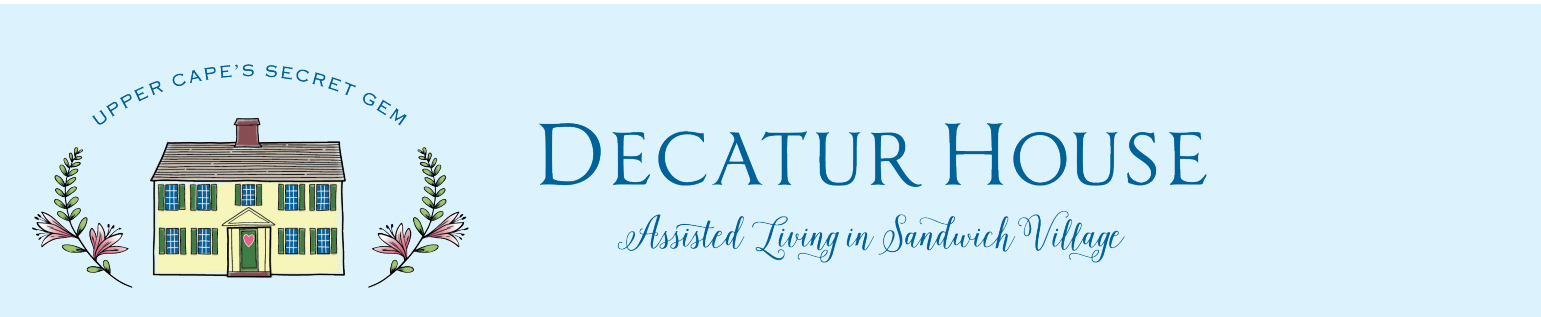
“It was the best thing I ever did,” he said. “Very few principals have the opportunity to build a school from the ground up.”

When Tom retired, he joined “The Woodchucks,” a carving club that created wooden toys for children in hospitals. [Some of his duck carvings are displayed outside his apartment.]

He enjoys swimming, walking and fishing for flounder in the canal. Tom’s musical tastes favor classical, the 50’s, Ed Ames and religious – but “not rock & roll,” thank you very much.

Still an avid walker, Tom takes daily strolls around the grounds, returning just in time for Bingo.

Welcome to Decatur House Tom!



## Around the House

### News

#### September Brings Staffing Change

We recently said good-bye to LPN Rachel DeGrenier. During her five years at Decatur House Rachel served as CNA and then Resident Care Director. We are grateful to her for her years of service and for the care she provided the residents.



In Rachel’s wake, we welcomed Jillian Hunt to the management team. Jillian earned associates degrees in Liberal Arts (2015) and in Nursing (2017) from Cape Cod Community College. She is currently working towards a Bachelors in Nursing (BSN) through Southern New Hampshire University.

Her professional experience includes working in a doctor’s office and managing care and staff in a skilled nursing facility.

Jillian and her husband have lived in Sandwich for nearly 20 years. They have two children, a 14-year-old son and 9-year-old daughter.

Jillian has been at Decatur House part-time since July and says in her new position as Resident Care Director she “is excited to be a full-time team member and looks forward to getting to know the residents and their families at a deeper level.”

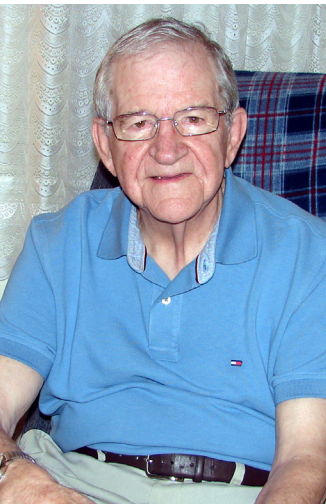
Please join us in welcoming Jillian to the House!

SEPTEMBER 2020

RESIDENT **SPOT** LIGHT

Tom Long

Tom is a ninth-generation Cape Codder and direct descendant of the *Mayflower*. His many *Mayflower* ancestors include the ship’s captain, Christopher Jones.



But it is Tom’s quiet, warm and friendly demeanor that has won over both residents and staff alike.

Born in Hyannis, Tom and his family moved to Sagamore when he was very young. As a high school freshman, he took a gardening job that would foster a life-long passion.









“My job was to keep the lawn and flowers growing,” he recalled. “I loved it!”

He kept that job throughout high school and his years at Stonehill College, where he met his wife, Martha.

Following a stint in the Navy, Tom taught high school in Plymouth. There, he and Martha raised their family, and resided for 52 years, until her passing in late 2017.

Tom’s children include Tommy, Tim, Kathleen, Karen, Maureen and Joseph. He also has 16 grandchildren and three great-grandchildren.

*Continued on back page*

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|---|---|--|--|---|--|
|    |   | 1<br>10:30 Sit & Be Fit<br>11:00 Puzzles & Games<br>2:00 BINGO<br>3:00 Classic TV Comedy<br>3:30 - 5:00 Pre-scheduled Outdoor Visits                        | 2<br><b>HAIR SALON DAY</b><br><br><b>HAPPY BIRTHDAY PAUL!</b> | 3<br>10:30 Sit & Be Fit<br>11:00 Card & Board Games<br>12:00 Outdoor Stroll<br>2:30 BINGO<br>3:30 Category Trivia<br>4:30 Social Time          | 4<br>10:30 Painting with Louranal<br>12:00 Outdoor Stroll<br>2:30 BINGO!<br>3:30 Classic Hang Man<br>4:30 Social Time           | 5<br>2:00 BINGO with Payton<br>3:00 Movie Matinee                                    |
| 6<br><b>MANICURES w/MIKAELA</b><br>11:00 Word Search<br>2:30 BINGO<br>3:30 Words-in-a-Word<br>4:30 Social Time<br>10 - 10:30 and 1:30 - 2:00 Pre-scheduled Outdoor Visits     | 7<br>10:30 Sit & Be Fit<br>11:00 Team Beanbag Toss<br>2:30 BINGO<br>3:30 Category Trivia<br>4:30 Social Time<br>Labor Day | 8<br>10:30 Sit & Be Fit<br>11:00 BINGO<br>2:00 Ruth at the Piano!<br>3:00 Classic TV Comedy<br>3:30 - 5:00 Pre-scheduled Outdoor Visits                     | 9<br><b>HAIR SALON DAY</b><br>                                | 10<br>10:30 Sit & Be Fit<br>11:00 Card & Board Games<br>12:00 Outdoor Stroll<br>2:30 BINGO<br>3:30 Classic Hang Man<br>4:30 Social Time        | 11<br><br><b>PATRIOT DAY</b><br>SEPTEMBER 11 | 12<br>2:00 BINGO with Payton<br>3:00 Movie Matinee<br><b>HAPPY BIRTHDAY SARAH!</b>   |
| 13<br>11:00 Card & Board Games<br>2:30 BINGO<br>3:30 Country Music Time!<br>4:30 Social Time<br>10 - 10:30 and 1:30 - 2:00: Pre-scheduled Outdoor Visits<br>Grandparents Day  | 14<br>10:30 Sit & Be Fit<br>11:00 Team Beanbag Toss<br>2:30 BINGO<br>3:30 Category Trivia<br>4:30 Social Time             | 15<br>10:30 Sit & Be Fit<br>11:00 Word Search<br>2:00 BINGO<br>3:00 Classic TV Comedy<br>3:30 - 5:00 Pre-scheduled Outdoor Visits                           | 16<br><b>HAIR SALON DAY</b><br><br><b>HAPPY BIRTHDAY ALI</b> | 17<br>10:30 Sit & Be Fit<br>11:00 Card & Board Games<br>2:30 BINGO<br>3:30 Pot Luck Trivia<br>4:30 Social Time<br><b>HAPPY BIRTHDAY JESSE!</b> | 18<br>10:30 Sit & Be Fit<br>11:00 Gin Rummy<br>2:30 BINGO<br>3:30 Words-in-a-Word<br>4:30 Social Time<br>Rosh Hashanah Begins   | 19<br>2:00 BINGO with Payton<br>3:00 Movie Matinee                                   |
| 20<br>11:00 Word Search<br>2:30 BINGO<br>3:30 Category Trivia<br>4:30 Social Time<br>10 - 10:30 and 1:30 - 2:00 Pre-scheduled Outdoor Visits<br><b>HAPPY BIRTHDAY AMY H.!</b> | 21<br>10:30 Sit & Be Fit<br>11:00 Team Beanbag Toss<br>2:30 BINGO<br>3:30 Words-in-a-Word<br>4:30 Social Time             | 22<br>10:30 Sit & Be Fit<br>11:00 Crossword Puzzles<br>2:00 BINGO<br>3:00 Classic TV Comedy<br>3:30 - 5:00 Pre-scheduled Outdoor Visits<br>Autumnal Equinox | 23<br><b>HAIR SALON DAY</b><br>                             | 24<br>10:30 Painting with Louranal<br>12:00 Outdoor Stroll<br>2:30 BINGO!<br>3:30 Classic Hang Man<br>4:30 Social Time                         | 25<br>Activities to be Announced  | 26<br>2:00 BINGO with Payton<br>3:00 Movie Matinee<br><b>HAPPY BIRTHDAY PHYLLIS!</b> |
| 27<br>11:00 Card & Board Games<br>2:30 BINGO<br>3:30 Category Trivia<br>4:30 Social Time<br>10 - 10:30 and 1:30 - 2:00 Pre-scheduled Outdoor Visits<br>Yom Kippur Begins      | 28<br>10:30 Sit & Be Fit<br>11:00 Team Beanbag Toss<br>2:30 BINGO<br>3:30 Classic Hang Man<br>4:30 Social Time            | 29<br>10:30 Sit & Be Fit<br>11:00 Word Search<br>2:00 BINGO<br>3:00 Classic TV Comedy<br>3:30 - 5:00 Pre-scheduled Outdoor Visits                           | 30<br><b>HAIR SALON DAY</b><br>                             | <b>Grandparents Day</b><br><br>September 13               |   |  |



decaturhouse.com

Find us everywhere!

