



A Thoughtful & Uplifting Afternoon with Dr. Jane Fleishman

On Tuesday, April 29, Decatur House welcomed residents and members of the community for an engaging Lunch & Learn seminar, *Spring is in the Air: Sex, Aging, and Connection*, featuring renowned speaker Dr. Jane Fleishman.

The event brought together participants interested in exploring the themes of intimacy, wellness, and connection in later life. Over a shared lunch, attendees enjoyed meaningful conversation and the opportunity to connect.

Known for her humor, heart, and research-based insights, Dr. Fleishman led an inspiring discussion on the evolving nature of sexuality and relationships as we age. Her talk emphasized the importance of maintaining connection, pleasure, and personal agency at every stage of life. The session concluded with a brief guided meditation, leaving guests feeling relaxed.

We are grateful to all who joined us for this enriching afternoon and look forward to hosting more community events that spark conversation and foster connection.

APRIL ROUNDUP



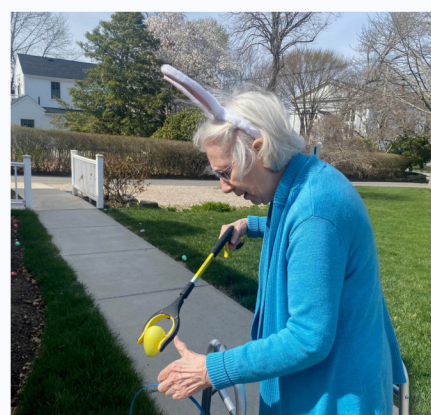
In the beginning of April, Mother Nature said, “April Fools” and we saw the return of winter for a short while. Activities Manager, Thalia also had a trick up her sleeve for the silly holiday. She surprised and delighted residents with a game intentionally mis-advertised as a fruit stand. Instead of produce, they enjoyed the ‘human slot machine’ (see photo of staff slot machine - top left, and Alice and Fran winning the prize presented by Thalia second from left)!

We finished with the laughter of residents reading jokes and sharing funny stories during “Whine Time.” It was a fun way to kick off April. An excursion to the Sagamore Inn with Executive Director, Sarah Tribuzio (see photo top middle). The residents said they very much enjoyed getting to know Sarah better.

In preparation of Easter, the next couple of weeks were busy with arts and crafts. We created bracelets by stringing jellybeans, made sock bunnies (see photo - top right), gift bags, candy rabbits and painted rocks. All this culminated in an Easter Fun Hunt. Congratulations Team Humphrey! His team was able to assemble and don balloon-filled, pantyhose ‘bunny ears’ for the most hilarious victory in Decatur House-history! (See photos of Chuck top right, Clara bottom left and Fran bottom left - Also, see cute photo of Francine dressed in her Easter finest -bottom middle).

Aside from all the wonderful, seasonal chaos, there was still time for self-care and relaxation like: The CenterWell Home Health, ‘Fall Prevention Program’ by Joanne Burbank, Tai Chi with Donna, Communion with Brother Mike, Music by Chris Carter, and Rick Walsh. Even with all these options, the favorite by far was Painting with Leonie and Watercolors with Mary Shea- a recent, but wildly popular addition (see photo of Mary and Marilyn bottom right and the group bottom right).

April’s departure left an expansive dandelion impression; there is no doubt that here at Decatur House, we will be following Spring straight to where the fun is!



Spotlight Continued - Marty Kapp

Marty returned to Massachusetts, married with three lovely daughters Vickie, Wendy and Kristie. Marty tried a few different roles, still torn between expectations to pursue scholarly endeavors and his passion for sailing and the water.

When his marriage of thirteen years ended, Marty and his girls were able to maintain a strong bond by spending weekends together sailing and having fun. For many years, Marty taught history and geography to seventh and eighth graders. “He was a great teacher,” said his daughter Wendy. “Even now, I still run into people that remember and love him.

When asked to describe her dad, she did not hesitate, “He is compassionate, open minded and funny.” Wendy said she did not have just one great memory growing up with her father, but rather a compilation of a great memories, she and Marty laughed and remembered getting up at 5 A.M. “We had so much fun sailing. He taught us how to make repairs. One time we even dyed a sailcloth red.” Laughing again, she asked Marty, “Remember the Red Baron?”

The Red Baron sounds a little like a name for a pirate ship. In fact, Marty had a boat that he named, “The Pirate.” It was in this boat he was able to realize another dream he had for years: to sail by himself to Nantucket all by himself.

After teaching, Marty accepted a position with the Barnstable Yacht Club, teaching people how to sail. After a traveling sabbatical, Marty accepted a position as a substance abuse counselor in Barnstable. While attending training for this new position, he met his future wife, Janice who had three wonderful children of her own. The union was happy and lasted forty-six years until Janice passed away in 2021.

Marty describes himself as a very accepting person, a fountain of good wishes, and an encourager. He is a father, grandfather, teacher, and sailor. If you encounter Marty around Decatur House, look for him to be a great friend too.



Marty's yearbook photo



Sailor Marty and his dog

MAY 2024



DECATUR HOUSE

Assisted Living in Sandwich Village

Around the House

Community SPOTlight

MARTY KAPP



For Marty Kapp, sharing his love and knowledge of sailing was more than a vocation. It was a dream come true. As a small child in Newton, MA he dreamed of pirates and far away adventures!

His first adventure brought him to Canton, New York, where the family relocated for his father's ministry. His younger brother, Chris was born there and his parents, Max and Dorothy, decided to put down roots in the small college town.

The household was both traditional and atypical. Max was a minister. As a scholar and man of faith, he was generous: worked hard, studied long, taught, and helped those that needed a hand. The only thing he would not, or could not share were his feelings.

Dorothy, on the other hand, was a homemaker. She possessed ambition, but it was set aside, in deference to her husband, children and faith. However, she had no difficulty expressing her passions. She especially loved politics and at one point served as the President of the New York Women's League of Voters.

The advanced role his mother took taught Marty to respect the intelligence and contributions of all people. Marty attended Canton High School and graduated from St. Lawrence University with a degree in Psychology.

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