

## Spotlight Continued - Anita

Those bright afternoons spent soaring above the landscape remain some of Anita's most cherished memories. "Flying with Tony was special," she shares. The girls each took turns going up in the plane too. They loved being part of their parents' adventure.

In addition to raising their daughters, Anita and Tony opened their hearts and home to foster children, a source of great joy for the entire family. Their home was a haven of love and security, and Anita is still in touch with the foster children who spent time with them, a testament to their impact.

After Tony's passing a few years ago, Anita has continued to find comfort in her close-knit family. She is proud of her three daughters, who have each gone on to have families of their own.

Now a resident at Decatur House, Anita is enjoying trying new activities. She has recently discovered a love for arts and crafts, something she hadn't done before. She's also dedicated to staying as active as she can and participates in exercise sessions, joining in with enthusiasm despite some physical limitations.

In her quiet moments, Anita can often be found reading a book or watching a movie.

She's grateful for the sense of community at Decatur House. "I'm happy here," she says warmly.

## OCTOBER ROUNDUP



October brought festive activities and a hint of nostalgia as we embraced the autumn season at Decatur House.

A true snowbird, volunteer, Janice Hannah, who has been bringing joy to our Tuesdays with her piano and singing, is headed south for the winter, but we look forward to welcoming her back in the spring. Volunteer Donna Klucsevsek joined us this month to lead her popular Tai Chi and Qigong sessions, helping residents stay active and mindful. The Cape Cod VNA also returned for another blood pressure clinic.

Residents enjoyed a hands-on cooking class with our chef, Cynthia, where they made fun cake pops. *(See photo top right)* The creative spirit continued with fall-themed crafts *(See photo of Fran top middle)*, and the Girl Scouts brought us pumpkins they decorated for us. It was a great way to get into the spirit of the season!

We kept up with our popular morning mingles over coffee and donuts, which are always a hit. We also enjoyed *National Coffee with a Cop Day* with officers from the Sandwich Police Department and the State Police. *(See photo with Chef Cynthia Rose and her son Officer Rob Rose - top left and Joe second from left)*. Residents also enjoyed lunch outings to Mezza Luna and the Upper Cape Regional Technical School's Canal Side Dining Room, where laughter and delicious food were both on the menu. *(See photos bottom middle)*.

This month featured fantastic musical performances by Gary Landgren and Drew Jacobs. We also had a special *Piano Duet Recital* by our very own talented resident, Lourana Thomas along with her daughter-in-law Catherine Thomas, and friend, Melissa Harris *(see photo above right)*. And of course, we celebrated our birthdays. *(See photo of Ellen bottom left - She chose peach pie instead of cake as her birthday dessert to everyone's approval!)*

Of course, October wouldn't be complete without some Halloween fun. We watched *Hocus Pocus*, *Bewitched*, and *Hotel Transylvania* to get into the spooky spirit. We wrapped up the month with a festive Halloween celebration, handing out candy to trick-or-treaters and enjoying all their creative costumes. *(See photo of Connie with the goodie bags residents prepared, and a photo of some cute visitors bottom right)*.





Your Referrals Mean the World to Us!

Referrals from our residents' families are more than just a way of welcoming new people to Decatur House—they're a testament to the trust and satisfaction of our community.

Whether you've had a loved one stay with us in the past or are currently part of our family, we appreciate the confidence you show in our care by recommending us to others.

Your referrals allow us to expand our community while continuing to deliver the personal, compassionate support that defines Decatur House.

With rooms now available, we look forward to extending our family and making more meaningful connections.

Seeking Baby Pictures!

We are looking for pictures of our residents as babies for our New Year's Baby Board. If you have one that you can share with Mikaela, she will be sure to return it to you in perfect condition. Her email is Mikaela@DecaturHouse.com or you can mail it to her attention.

Alumni Spotlight: Grace Larner

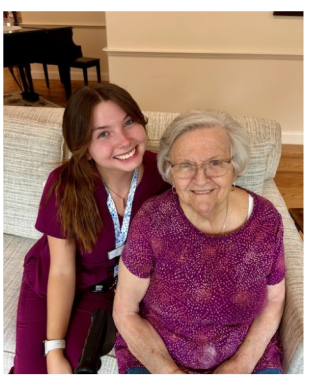


Photo of Grace with resident, Pat

Grace Larner's journey in healthcare began at Decatur House, where she joined our team as a 16-year-old through Upper Cape Regional Technical High School's co-op program. What started as her first job grew into a five-year experience that would shape her both personally and professionally. Grace's warmth, dedication, and genuine connection to the residents made her an invaluable part of Decatur House. "The relationships I've built with the residents are what I loved most about working at Decatur House," she shared.

During her time at Decatur House, Grace felt the supportive environment allowed her to build meaningful bonds with not only residents, but also their families and her colleagues. "The environment at Decatur House is so close-knit," she said.

This past May, Grace graduated cum laude from Campbell University with a Bachelor of Science in Nursing, taking and passing her RN license exam (NCLEX) shortly thereafter.

With her RN credentials, she's now embarked on a new chapter, accepting a nursing position at the Idaho State Veterans Home in Lewiston, where she's settling into the community, living with her long-time boyfriend, exploring the beautiful area, and doing a little fishing!

Although Idaho is now home, Grace's heart remains close to Decatur House, and she plans to visit this winter. We couldn't be prouder and look forward to her return—once a part of Decatur House, always a part of our family.



DECATUR HOUSE

Assisted Living in Sandwich Village

Around the House

Community SPOTlight

ANITA LOCKWOOD



With her grace, warm smile, and charming British accent, Anita Lockwood has a way of drawing people in and making them feel welcome. A new resident at Decatur House, Anita brings a rich history filled with adventure, family bonds, and a zest for life.

Anita grew up in Paddington, (near London) England, with her parents and her older brother. Her family owned a butcher shop in town, and her parents were a close couple who filled their home with laughter and music.

Her father, known for his skills as a spirit medium, had a mystique about him, and her mother's piano playing brought people together. Holidays in the Lockwood household often saw family and friends singing along and dancing - a memory that Anita holds close to her heart.

As fate would have it, Anita met her future husband, Tony, one evening at a dance. She found herself swept away by Tony's charm and good looks. A motorcycle racer, Tony was fit and dashing, and Anita soon found herself cheering him on at his races, taking photos, and joining him for rides in the sidecar. "He was a happy person," Anita recalls fondly.

After moving to the United States, Anita and Tony raised three daughters, creating a loving home. Though Anita left her secretarial work to focus on their family, she and Tony still managed to find time for dates. They owned a two-passenger bi-plane, taking to the skies on sunny Sundays while a babysitter watched the girls.