

Spotlight Continued - Jeff Colby

When both of his parents passed away within a week of each other in 2021, it was a tough and emotional time for Jeff. “Things can’t stay the same forever,” he reflects, his words tinged with sadness but also acceptance.

Now settling into life at Decatur House, Jeff is finding new joys and embracing the community. He’s delighted by the food—particularly the apple crisp, which he savors down to the last crumb—and has made new friends while also enjoying the company of the caring staff. He’s surprised himself by discovering new hobbies, like adult coloring, which he tried recently and found relaxing.

Jeff’s love for old movies, especially horror and comedies, is reflected in his tastefully decorated apartment, which features vintage movie posters and a turntable for his cherished vinyl records. His personality shines through in his surroundings, making his space a true home that speaks to his passions and interests.

Richard and Susan, who also live in Sandwich now, visit Jeff often, and one of their favorite traditions is taking him to the Sagamore Inn. There, they share meals and reminisce over steamers—a shared favorite of both Jeff and Susan.

A fun fact that not many know about Jeff is that he took up scuba diving, becoming a certified diver!

SEPTEMBER ROUNDUP



As the crisp autumn air settles in, we’ve enjoyed another month full of engaging activities, memorable outings, and plenty of laughter here at Decatur House. Residents ventured out to the Cape Cod Canal on a scenic canal cruise that departed from Onset. With sunny skies and an ocean breeze, we enjoyed a guided tour filled with fascinating facts about the canal’s history and its role in shaping the region. The residents had a wonderful time taking in the beautiful views and learning something new. *See photos of Connie, Mary Clare and Lourana and photos of Ellen and Stefan top left.*

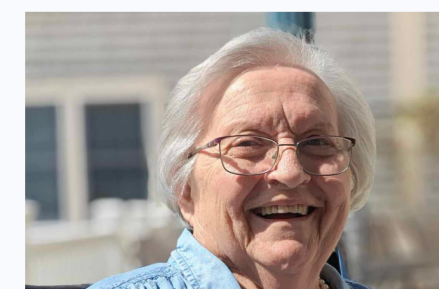
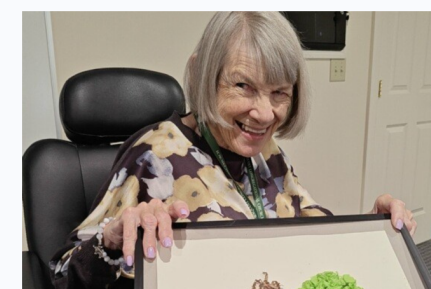
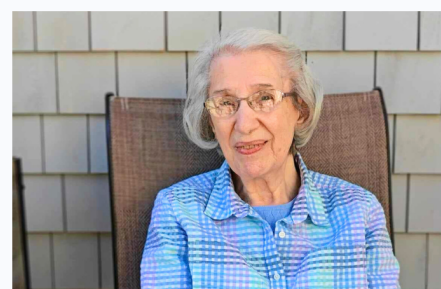
Music continues to fill our home with joy. Every Tuesday, Janice Hannah has been joining us during social hour, and her lively performances have everyone singing along. We’ve also welcomed Dawna Hammers and Chris Carter. Our residents look forward to each performance! *See photo top right. See also photo of Ralph visiting with his son Ken top right.*

Our walking club has been making the most of the lingering summer days, taking leisurely strolls to soak in the sunshine and fresh air. These walks are a wonderful way for residents to stay active. Susan Lee Nolan visited Decatur House to share the calming benefits of Reiki with our residents. Her sessions were a highlight for many, bringing a sense of peace and relaxation. In addition, Cape Cod VNA hosted a blood pressure clinic, ensuring that we stay on top of our health and wellness.

September also saw the continuation of our beloved “Armchair Travel” sessions, taking us on virtual adventures. Meanwhile, residents have been busy crafting seasonal decorations for fall, and beading remains a resident favorite. Our Monday movie lineup has also been a hit, featuring classic films like *Eat Pray Love*, *Oklahoma*, and *Hidden Figures*.

Additionally, during Assisted Living Week, the Caring Hospice team treated us to a visit from the Good Times Cape Cod Ice Cream Truck. Residents enjoyed their favorite flavors on a sunny afternoon, making it a sweet celebration. *See photo of staff with Pat below left and photo of Clara below left.*

Father Jack, from Corpus Christi, held a special Mass for residents interested in attending, adding a spiritual touch to our month. *See also pictures of Alex with Connie, new resident Anita and her apple craft, and resident Pat below right.*





Saturday, **October 5, from 10 a.m. to 4 p.m.**, **SandwichFest 2024** will be back in Sandwich Village. This year, it will feature the popular PorchFest event, organized by the Sandwich Arts Alliance.

During PorchFest, local artists will perform on the porches of historic homes and businesses, creating a unique and vibrant musical experience.

SandwichFest includes top-notch artisan vendors, favorite local shops, unique handcrafted goods, food trucks and tables, and representation from local businesses. Please stop by and visit our Decatur House booth!

Nursing Save the Date!

On Monday morning, October 7 in the sunroom, we will be holding a Flu and Covid Vaccine Clinic.

Welcome Kayley



(Left) Kayley working in the dining room. (Right) Kayley pictured playing BINGO with Fran, Alice & Karen.

Kayley is making a wonderful impact at Decatur House as part of her internship through Project Forward, a program at Cape Cod Community College designed to provide hands-on work experience and skill-building opportunities for students.

Guided by her dedicated job coach, Karen, Kayley has been helping with activities and lending a hand in the dining room. “She lights up the room,” said Kerri Smith, Decatur House Activities Coordinator.

Kayley loves being part of the activities team, especially during Bingo sessions, where she confidently calls out the numbers and helps residents check their cards. Her cheerful energy makes the game even more enjoyable for everyone involved.

Karen has been helping Kayley navigate her responsibilities and encouraging her to take on new challenges. Kayley is working on developing a fall-themed activity.

Kayley is from Colorado and resides at Riverview School in East Sandwich. Kayley's past experience volunteering at her grandmother's senior living community in Colorado has made her a natural at building connections at Decatur House.

Kayley is the oldest of 5 girls. She's taking karate and says she might try ice hockey!



DECATUR HOUSE

Assisted Living in Sandwich Village

Around the House

Community SPOTlight

JEFF COLBY



A true gentleman is defined by his kindness, grace, and respect toward others. In every situation, under any circumstance, this rings true for Decatur House resident Jeff Colby.

His sister-in-law Susan shares that Jeff's warm and courteous manners were instilled in him by his beloved paternal grandmother, with whom he shared a close bond throughout his childhood.

Jeff spent most of his life in East Longmeadow, Massachusetts, alongside his parents and older brother Richard. A 1977 graduate of East Longmeadow High School, Jeff cherishes the summers spent with his family camping on Cape Cod. They would set up their camper at Shawme State Forest or along the picturesque beaches of the National Seashore in Truro.

Summertime on Cape Cod meant adventure for Jeff—surfing the ocean's waves, exploring the sandy dunes, and feeling the thrill of flying high in a yellow bi-plane. He fondly recalls those childhood moments.

For many years, Jeff worked at a local bowling alley in East Longmeadow, a job he loved and where he was known for his dedication and friendly demeanor. When the alley eventually closed, Jeff knew it was time to move on. “I'd had enough and was ready to go,” he says with a sense of contentment. He spent the following years living independently in a nearby apartment, devoting much of his time to helping his aging parents. He was a constant source of support, assisting them as they grew older and needed more help. His dedication was evident until the very end.