

Nursing Save the Dates!

- On **Wednesday, September 11 at 1:30 p.m.** in the sunroom, Cape Cod VNA will be here to perform blood pressure checks. Family members are welcome to attend.
- **October – Monday the 7th Time TBD** – We will be holding a Flu and Covid Vaccine Clinic.



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!

AUGUST ROUNDUP



We’re relishing the cooler days of late August at Decatur House. The low humidity and sunny days make it perfect for socializing on our beautiful patio with nice music playing, snacks, and cranberry lemonade. *See photo of Marilyn top left, Claire with her daughter Juliette top middle and Nancy D., Connie, Mary Clare, and Marilyn top right.*

We have enjoyed our Movie Mondays with screenings of “Butch Cassidy and the Sundance Kid,” “Jezebel,” and “Casablanca.” Residents have also been visiting foreign lands via “Armchair Travel.” Many share stories of trips they took, and reminisce about the adventures they had. We’ve also had some great musical performances. Residents love to sing along with Gary Landgren, Matt York, and Janice Hannah.

Outings this month have included a trip to Seafood Sams, scenic drives with Linda, and an ice cream excursion to Shipwrecked Ice Cream. The Cape Cod Slushie Ice Cream Truck has also come to the Decatur several times this summer, much to the delight of residents and staff alike. *See photos of Nancy C. bottom left, Alice bottom middle and Nicole and Karen bottom right.*

In addition, we have been making a lot of beautiful summer crafts. Everyone is so happy to have Donna Klucsevsek, owner of Feisty Lion Martial Arts and Fitness back to share her Tai Chi and Qigong practices. And Cotton, our favorite service dog, and his dad Hank’s visits are the best part of our Friday mornings.



Executive Director, Sarah Tribuzio Headed to Sicily

Her bags are packed and her agenda is clear: relaxation!

Decatur House Executive Director, Sarah Tribuzio is traveling to Castellmare del Golfo, located in the Trapani area west of Palermo in Sicily, the birthplace of Archimedes and the home of magnificent temples, the biggest active volcano in Europe, and some of the most beautiful beaches on the Mediterranean Sea.

During her one-month sabbatical, Sarah looks forward to exploring the historic architecture and lively markets, and cooking sumptuous Sicilian cuisine.

Sarah will bring the new skills she learns in Italy back home to Decatur House. She’s mentioned the possibility of making cannolis or sampling limoncello with residents when she returns!

During Sarah’s absence various staff members will be covering different aspects of her job. Mikaela in the business office can direct you to the right person to talk with while she’s away. You can reach Mikaela at mikaela@decaturhouse.com.

Spotlight Continued -
Two New Cooks in the Kitchen

When asked what else she'll be making this fall, Cynthia said that she's going back to basics and that she wants to make whatever the residents would like to eat and whatever makes them happy.

So far, she's hearing from residents about comfort foods they enjoy, like Sunday dinners. She said that turkey croquettes with mashed potatoes, fish and chips, French meat pies, and delicious homemade desserts will definitely be on the menu.

Of course, Chef Morgan Ryan will be bringing his own specialties to the menu as well. Morgan's favorite thing to make is "smashburgers" so we will look forward to that!

Morgan has been working at Decatur House for the past five weeks and is very much enjoying working with both staff and residents.

Before coming to Decatur House Morgan worked as Sous Chef at the Daniel Webster Inn. He has worked in the restaurant business, all over the country, most of his adult life, most recently in Georgia before moving to Sandwich.

He said that his dad worked in the hotel business as a Chef and that the family moved often for his dad's career. Nowadays, his dad is retired and he and Morgan's mom live in Sandwich and help Morgan to raise his two young sons, ages 3 and 5, for which he's most grateful.

Morgan says the 11 a.m. to 7 p.m. schedule at Decatur House is perfect for spending time with his kids. He says that when he's not working, he's outside with the kids or gardening.

Decatur House welcomes Cynthia and Morgan, and of course is grateful to have Chef Jody in the kitchen too. If you have any suggestions, your feedback and ideas are important and they want to hear from you!

Just a reminder, if you plan on having a meal in our dining room with your loved one, please let cynthia@decaturhouse.com know at least 24-hours ahead of time so she can plan for your visit. You may also call the House at 508-888-6404 if that's easier.



Mary Clare enjoys her healthy made-to-order breakfast: a whole grain english muffin topped with avocado and cottage cheese served with a strip of crispy bacon.



DECATUR HOUSE
Assisted Living in Sandwich Village

Around the House

Community SPOTlight



THERE ARE TWO NEW
COOKS IN THE DECATUR
HOUSE KITCHEN!

Decatur House is happy to welcome back Cynthia Rose as Food Service Director and introduce Morgan Ryan as a second Chef.

Cynthia, a resident of Buzzards Bay, worked at DH for 3 years, left for 2 years to work at Bobby Burnes restaurant in Mashpee, and is now back with her comfort food classics!

She is ready to get to know the new residents and their meal preferences, and reconnect with her old friends.

When asked why she made the decision to return to Decatur House, Cynthia said that she wanted to "come home." She explained that the restaurant business was exciting and that she learned a lot, but that it was also chaotic and the hours were long.

"I feel like a member of the family. The sense of teamwork at DH is wonderful," said Cynthia. She also explained that she loves working for the older adults and hearing their stories about their lives and the lives of their children.

Cynthia, who has an 89-year-old mother herself, and is also the mom of 5 adult children, and is raising her 16-year-old grandson, says that the residents share a lot of wisdom and she relates to them.

We are sure that nobody at Decatur House is going to be disappointed that Cynthia says cheesecakes are her favorite thing to make!

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