

## SEPTEMBER ROUNDUP



As September draws to a close, we find ourselves at summer's golden window, pausing to admire autumn as her beauty begins to unfold. This month has been all about celebrating the last days of summer while gently preparing for the cozy rhythms of fall. Here's a quick look back at what we've enjoyed together: We began with a simple lobster roll picnic beside the ever-popular Cape Cod Canal (see photo group at Canal). During our bi-weekly joy rides, a sweet stop at Shipwreck Ice Cream was a must (see photos of Mary Clare with Connie and Lourana with Judy). A breezy cruise through Plymouth Harbor quickly became another seasonal favorite. Residents soaked up the scenery from the water and even made a few new friends along the way (see photos of Addie and Chuck, Connie and Lourana and Ben and Betty)! We also had a lovely lunch outing to Bleu Restaurant (see photo of Mary Clare and Connie).

Back at Decatur House, there was no shortage of great movies and good food. We taste-tested Greek food (see photo of Lourana below). From classics and musicals to documentaries, the big highlight was the much-anticipated new release *Downton Abbey: The Grand Finale*. Longtime cinema fans headed to Heritage Theater, popcorn, nachos, and hot dogs in hand, ready for the show. Beyond gift shopping and Thai takeout nights, there was plenty of time to slow down with family and friends, enjoy a paint class with Leonie or Mary Shea, and tap along to music by Drew Jacobs and volunteer Janice Hannah.

Self-care also remained a top priority. Residents took part in exercise classes, brain games, and tai chi instruction with Donna of Feisty Lion Martial Arts (see photo of Connie and Anita). Reiki sessions with Susan, Holy Communion with Brother Mike Haley, amateur nail services by Thalia (see photo of Francine and Judy), and professional salon services by Stephanie - all helped nurture body, mind, and spirit. So, whether we're munching on lobster rolls or apple cider donuts, painting seascapes or sunflowers, one truth remains: much of what makes Decatur House special never changes with the seasons. Good friends, caring support, delicious food, and fun times are always in season here.



Spotlight Continued - Delanie DeFalco

Most recently, she adventured to New York with two close friends, exploring Times Square. She is also a proud pet owner to a cat named Lucy, whom she picked out herself as a Christmas gift. A lesser-known fact: she loves to go fishing.

Future Ambitions and Advice

Delanie’s ambitions are as impressive as her baking skills. Her long-term goals include traveling to every country, earning a Master of Business Administration, and building a successful real estate business. For her, “success means to be genuinely happy and to live freely.” Her advice to others is simple but powerful: *“Keep your head up and push through!”*



We are so grateful to have Delanie’s passion, talent, and inspiring perspective as part of our team!

*Delanie and her sister, Kylie in Santa Monica!*



**October 2025 Networking**  
**Wednesday, 10/8**  
**8:30 AM - 10:00 AM**

*Hosted by:*



**Sandwich Center for Active Living**  
**70 Quaker Meetinghouse Rd.**  
**Forestdale**

*Sponsored by:*



OCTOBER 2025



**DECATUR HOUSE**  
*Assisted Living in Sandwich Village*

Around the House

Community SPOTlight

DELANIE DEFALCO



From a young age, Delanie has been hard at work, beginning her culinary journey as a dishwasher at just 13 years old. Born in Osterville on Cape Cod, her dedication and talent quickly shone through, earning her promotions from prep cook to line cook. While she enjoys cooking Italian food, it was her time at a bakery that sparked her true passion: creating beautiful French pastries.

Described by her parents, supervisors, and coworkers as hardworking, quiet, and ambitious, Delanie brings a unique blend of grit and artistry to her work.

Reflecting on her early start, she says: *“Starting out as a dishwasher taught me a lot about hard work and the importance of a well-run kitchen. It gave me a solid foundation and an appreciation for every step of the process.”*

Beyond the Kitchen

Delanie is the middle child between two older brothers and a younger sister, and she says her lively home life helped her overcome early challenges. Her father works in IT, and her mother is a professional gardener—a passion Delanie shares. Some of her favorite memories include four-wheeling with her dad and a girls’ trip to the Santa Monica mountains.