

# THE ELIZABETH CALSEY HOUSE

Assisted Living Residencies

NEWSLETTER

Spring 2026

## Meet the Staff

Tarsha has been a member of the Elizabeth Calsey staff for two years. She previously worked at a nursing home and appreciates the more family-oriented culture here at ECH. Tarsha states, "Once I got used to it here, I appreciated the physical space that feels more like a home. Because the rooms are spread out, it gives the residents more privacy."

She added, "When the weather gets warm like it is now, the residents can relax on the porch. Here we have three porches and a gazebo! I think the residents like being here. They enjoy the home cooked meals -actual nice home cooked meals."

"I've never heard any negative remarks from the residents. I like working here and I believe they know that - I'm a familiar face that they trust. I think of it as going to visit my extended family. I don't think of my work here as a job. All the staff is here to take care of them and that caring approach cannot be faked."

"It's also great to get feedback from their family members such as, 'You guys are doing a great job!'"



ECH residents enjoy an afternoon of Watercolor painting

## Our Activities Vary Every Day

The residents have options of many organized activities offered every morning and every afternoon including weekends.

- Music, including Piano Concerts
- Ping Pong
- Bingo
- Exercise Class
- Therapeutic Painting classes
- Name That Tune
- Corn Hole
- Crafts with Kelsey
- Wheel of Fortune
- Word Games
- Sunday Movie Matinees with drinks and popcorn
- Holy Communion
- Coffee Socials



Kelsey leads an exercise group



## Resident Profile

Cece a current resident, has been here a while. In her own words, “This is a top-notch place- it’s run beautifully.” She states, “Because they have their own chef, the food is awesome. It is very warm and welcoming, but with normal rules. You can be alone if that’s your choice but you never *feel* alone. There are lots of activities; entertainment, music, games and crafts.”

“I love the way the house is decorated for all the holidays” she adds. “They’re good about that, there’s always something nice to look at. Our rooms are always cleaned and the girls do a wonderful job. This works because the owners are wonderful.”

## We Survived the Winter !

The winter of 2025-2026 will stand out as the snowiest in years! All the staff went above and beyond, snow and ice removal, working extra shifts, etc. to make our homes accessible and safe.



Cooking and eating outside is always a welcome change!

## Why We Stand Out in the Field of Assisted Living

For over 25 years the Dastoli family has owned and operated the two houses providing a true residential home for aging in place.

Our residents receive the following included in the monthly fee:

- Private room with full handicap bathroom
- Three home cooked meals plus snacks (all-day access to kitchen)
- Ancillary services (Visiting Nurse, PT and OT, CNA, etc.)
- Hair Salon and Nail services available
- Individual Laundry service for clothing as well as bedding
- Assist with ADLs
- 24 hr staff/supervision, 24 hr emergency call system
- Individually prepared breakfasts
- Cable TV and Wi-Fi
- Private phone line available
- Arrangement of Pharmacy Service by provider of choice
- Making beds, emptying trash daily and turning down of beds
- Room service available
- Paper products (tissues, paper towels, bathroom tissue)
- Assistance with arranging medical appointments and transportation
- Medication Management (supervision/management)

## A Sample of Weekly Offerings

Our menus cooked from scratch and to perfection by Nick and Jackson are planned out under the supervision and recommendations by our Nutritionist, and are added to the meal rotations. This includes fish from David’s Fish Market twice weekly, and lower salt and lower fat meals.

At ECH we serve our main meal at lunchtime and frequently have items such as lobster rolls and prime rib.

A week’s worth of menus can look like this:

Pot roast, potatoes, veggie and dessert:

Chicken Kiev, rice pilaf, veggies and dessert:

American Chop Suey, garlic bread and dessert:

Baked scallops, roasted potatoes, veggies and dessert,

BBQ brisket, mashed potatoes, veggies and dessert

Haddock, potato, veggies, cole slaw, dessert

Shepard’s pie, rolls and dessert