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Welch *Dispatch:*  
A JOINT DUXBURY HOUSE &  
ALLERTON HOUSE NEWSLETTER  
*Assisted Living • Memory Care*  
FALL 2022

### Subscriber Services

To send a copy of the *Welch Duxbury Dispatch* to a friend, receive your copy via email, or to discontinue receipt, please call us at 781-298-0297.



## We'd Love to Show You Around!

Join us for an upcoming event, and learn more about Allerton House and Duxbury House.  
Call Mary Brennan at 781-298-0297 to make your reservation today.



Allerton House Duxbury



Duxbury House



Welch Senior Living - Providing Assisted Living in Duxbury for more than 25 years.



## A Taste of Home at Duxbury House

John Cooney has been serving up delicious dishes with a side of smiles at Welch Senior Living (WSL) communities since 1996. First as First Cook and now as Executive Chef and Food Service Director, Chef Cooney demonstrates a talent for not only cooking—but for bringing light and life into the dining room.

"I cook like I'm cooking for my parents," said Cooney. "Because here at Duxbury House, I'm cooking for my family."

After nearly two decades with Allerton House in Weymouth, Chef Cooney was invited by WSL Executive Vice President Paul T. Casale, Jr. to head the kitchen of the new Duxbury House At The Village Memory Care Residence in September of 2020.

"I was offered the opportunity to run a kitchen focused on home-cooking," Cooney stated. "It's all about keeping

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### Allerton House

Assisted Living Community  
**DUXBURY**

290 Kingstown Way • Duxbury, MA 02332  
**914-339-2100**  
VillageAtDuxbury.com

  
**Duxbury House**  
At The Village  
MEMORY CARE RESIDENCE

298 Kingstown Way • Duxbury, MA 02332  
**781-298-0297**  
DuxburyHouse.com



Continued from Cover

the residents happy, and they give me every opportunity to do just that.”

Cooney went on to explain that while he creates the menus Duxbury House has become famous for, all of his meals are designed in partnership with a registered dietician to ensure residents are receiving the proper nourishment.

Even after checking the appropriate nutritional boxes, Chef Cooney’s food is top of the line. Residents come to the Duxbury House dining room with anticipation—knowing they’re going to be served up familial conversation, and perhaps a joke or two, alongside their delicious eats.

“It makes mealtime feel nostalgic,” said Mary Quinn. “The food is always good, and the kitchen staff treats it like an experience. It’s not quite like being in a restaurant; it’s like sitting down to eat at your own dining room table.”



From L to R: Resident Anne Porter, Chef John Cooney, and Residents Nancy Colliver and Jeanne Messmer.

But Cooney isn’t in it for the praise. According to the modest chef, “It’s just a nice feeling when you can come home from work feeling like you’ve made a difference.”

Chef Cooney is no stranger to the limelight, as he has been recognized with various awards and accolades throughout the years for his commitment to his role and to the residents he serves. “John is the epitome of unselfish service above and beyond the call of duty,” noted Casale. “Our unique culture of caring for our residents here at Duxbury House thrives because of staff members like John.”

**For more information on Memory Care Assisted Living at Duxbury House please contact Mary Brennan at 781-298-0297.**

## Assisted Living & Memory Care Residences: Fast Facts

### DUXBURY HOUSE

- Two intimate, secure households with 12 private suites each
- Each household features its own country kitchen, dining room, living room, and much more
- Expert care team backed by Welch Senior Living’s 70-year reputation for quality care
- Wellness nurses oversee care, and Life Enrichment Director plans and directs a range of creative and innovative programs
- 24-hour care by Certified Dementia Care Practitioners (CDPs)
- Assistance with the coordination of healthcare needs & medical appointments, including telehealth visits
- Emergency response & security systems
- On-site physician services

### ALLERTON HOUSE DUXBURY

- Spacious 1-bedroom rental apartments
- Restaurant-style dining
- Socialization opportunities and engaging activities, seven days a week
- Wellness and personal care services
- On-site physician services
- Medication Management
- 24-hour on-site staff
- Beautiful balconies that offer lovely views of the community’s grounds
- Life-enhancing amenities, including swimming pool, state-of-the-art fitness center and juice bar, walking trails, café, and much more



# Allerton House Assisted Living - Fun-Filled and Thriving

There’s never a dull moment at Allerton House at The Village At Duxbury—especially with so many opportunities to stay social and engaged. Residents can always find something enriching to fill their down time. From activities to clubs, committees, and outings, the Duxbury campus has a little bit of everything for everyone.

While Allerton House has many state-of-the-art health and wellness amenities to pick from, residents seem most drawn to the updated putting green when the weather turns warm. And if you can’t find your friends swinging the putter, you’ll most likely catch them playing bocce ball on our newly renovated courts.

Programming at Allerton House is alive with color, laughter, and music. Whether it’s baking up seasonal treats, working on their next masterpiece in the Creative Arts Studio, or brushing up on their tech skills in the Computer Lab with one of the many classes offered—residents have free rein to explore, discover, and expand their horizons.

Resident Joan Boschen offered that what she liked best was the variety of programming: “I enjoy being able to pick and choose between a wide range of options depending on how I’m feeling that day, like a cooking demonstration or taking a walk around the campus.”

Resident Sue Coombs echoed these sentiments, saying, “I really appreciate that there is always something new to try here!”

And if ever in need of some good old-fashioned alone time, residents are always welcome to relax in the privacy of their apartments or enjoy our many

common areas—including a beautiful Greenhouse and staffed Library with fireplace—for a more quiet day at home. Whether residents prefer their own company or the company of others, our team makes it easy to live life the way each resident wants.

Resident Ruth Anderson added with a big smile, “If anyone is bored here at Allerton House, it’s their own fault!”

The spirit of a community thrives off the happiness of each individual, which is why Allerton House doesn’t just cater to the masses when it comes to fostering fun, friendship, and a feeling of belonging. At Allerton House at The Village At Duxbury, our team believes in building bonds with every individual. Because we recognize our residents have a history of exceptional

and rewarding life experiences, and we don’t want that passion to fade.

**For more information on Allerton House Assisted Living at The Village at Duxbury, please contact Mary Brennan at 781-298-0297.**

According to the American Seniors Housing Association, “70% of physical—and 50% of mental—aging is determined by lifestyle choices. Assisted Living wellness programs can help you live a happier, healthier life by supporting multiple dimensions of wellness.”

