

## CAPE COD SENIOR RESIDENCES AT POCASSET

### UPCOMING EVENTS

#### FRIDAY, MARCH 4

Kellie Hajjar entertains at 3:00 P.M.

#### THURSDAY, MARCH 10

Musician Rick Walsh at 3:00 P.M.



#### WEDNESDAY, MARCH 23

Free Hearing Screening with Beltone New England at 10:00 A.M. Beltone will do free hearing tests, clean and check all existing hearing aides, perform a video otoscope exam to check for wax build up, and provide a 20% discount on new hearing aides

#### THURSDAY, MARCH 31

Entertainer David Becker at 3:00 P.M.

*Public is welcome at all events listed. RSVP two days in advance.*



### RESIDENT PROFILE



**Irene (Silva) Russell** was born at home in Woods Hole in 1919. She is an original “Woods Holian!” Irene graduated from Lawrence (now Falmouth) High School. She and her husband, Charles, raised five sons in Falmouth. After her children were grown and her husband had passed away, Irene decided to travel.

She traveled around the world by herself two times. Each time she spent about two months on her journey. She absolutely loved it. She especially loved seeing the “Taj Mahal by the light of the full moon!” Irene met lots of people from all around the world and even corresponded with them for many years after her return. She also loved to read historical novels.

Irene now has seven grandchildren—first came six grandsons and then finally a granddaughter! Irene says she loves living at CCSR because she has “no worries and there is always someone to help.” She adds, “I would recommend it to anyone.”

### POTPOURRI SACHETS

*Arleane Secher proudly displays the potpourri sachet she made in the Craft Corner*



## ASSOCIATE PROFILE

Dining Services Associate **Deirdre Lewis** joined the CCSR family last October. She was born in Norwood, raised in Falmouth, and graduated in 2008 from Wareham High School. Right after high school she went to Florida for one year, but is happy to be back in New England.

Deirdre has two older sisters and one younger brother, as well as two dogs. She loves to go on Caribbean cruises with her family. Currently they are planning a European cruise to Italy.

Deirdre recently became a Certified Nursing Assistant. She hopes to go to nursing school and become a registered nurse. Deirdre has had many different jobs, but says she never realized how much she would like working directly with the elderly until she came to CCSR!

In her spare time, Deirdre loves running. She runs every day, rain or shine, using a treadmill when the weather is bad. She is proud to have run the world-renowned Falmouth Road Race!



AS YOU PLAN FOR 2011,  
CONSIDER SHARING YOUR  
PASSION, HOBBIES, AND  
SPIRITUALITY WITH THE RESIDENTS HERE  
AT CAPE COD SENIOR RESIDENCES.  
CONTACT **LIZ GOSSINGTON** IF YOU ARE  
INTERESTED IN VOLUNTEERING  
YOUR TIME.



## TEA SOCIAL



*Everett Gallego and Eleanor Cook  
enjoy "Tea Social Hour"*

## VALENTINE FLOWERS



*Garden therapy with the Aptucxet Garden Club  
produced some lovely Valentine bouquets! Clockwise  
from top left: **Jean Berry, Winifred Roland, and Joan  
Florentine; Violet Skelley; Marilyn Burns, Ruth  
Jones, and Elizabeth White; Louise Gill; Social  
Program Assistant Rhonda Leyden and  
Helen Rodrick***

