

CAPE COD SENIOR RESIDENCES AT POCASSET

UPCOMING EVENTS

TUESDAY, NOVEMBER 1

Bayada Nurses will offer a Blood Pressure Clinic from 9:00-10:00 A.M.

FRIDAY, NOVEMBER 11

Harry French entertains at 3:00 P.M.
Public is welcome!



WEDNESDAY, NOVEMBER 16

Dave Becker entertains at 3:00 P.M.
Public is welcome!

WEDNESDAY, NOVEMBER 23

Rick Walsh presents music and trivia at 3:00 P.M. *Public is welcome!*

FRIDAY, NOVEMBER 25

Dan McCarthy entertains at 3:00 P.M.
Public is welcome!



RESIDENT PROFILE



Helen (Russell) Stack was born in Marlboro, Massachusetts, the youngest of three girls. Helen spent most of her life in Massachusetts and Florida, where she lived for 20 years. She was married on January 24, 1942 to William Stack who was a firefighter in Brockton for 32 years. William also served in the U.S.

Navy. Helen had met William during

high school and she says it was love at first sight! The couple was happily married for 65 years, raised five children, and now have 12 grandchildren. Helen's favorites include the fall season, scallops, and the Grand Canyon. She also enjoys reading, crosswords, and playing Bridge on Thursdays with the CCSR Bridge Club. In the past, Helen enjoyed painting outdoors. Thanks to Helen, we had an activity last summer entitled, "Sketching in the Garden." Helen was a member and recording secretary for the Falmouth Artists Guild, where she did many exhibits and shows. Her apartment at CCSR displays several of her paintings (see photo above), as well as some quilting throws and pillows that she has created. When asked what she most enjoys about CCSR, Helen says it is meeting new friends and also feeling safe.

WELCOME, NEW RESIDENTS!



Left to right: Lucia Callahan and Meredith Falacci

ASSOCIATE PROFILE



Dining Services Associate **Roberta Curtis** was born in Oak Bluffs on the island of Martha's Vineyard. She has one sister, Karen. Roberta has spent most of her life living in Falmouth. She is married to Stephen Curtis, Sr. and has a 12-year-old son named Stephen Curtis Jr., who is the joy of her life! Her son Stephen makes frequent visits to CCSR and enjoys the interaction with the staff and residents. Roberta's husband is a tractor-trailer driver in Boston. In addition to her work at CCSR, Roberta is an employee of T.J. Maxx, where she has earned her three-year pin and is working toward her five-year pin. Her favorite activities include camping and going to the beach to find seaglass in the spring and fall. She has made lamps and other decorations out of her seaglass collection. She also enjoys knitting scarves. Roberta's favorite foods are shrimp and lobster. She says what she likes best about her job here is talking to the residents, with many of whom she shares a personal connection: Louise Antonangeli used to work for T.J. Maxx; Anna Mae Cecilio and her sister Cynthia Vieira both grew up on Martha's Vineyard; and Ron and Faith Soderberg worked for years at Roberta's favorite vacation spot, Walt Disney World!

RESIDENT CHEFS!



Left: Barbara Blick and Mary Kelley prepare a crockpot cake



Right: Arlene Secher and Gladys Oskey bake some delicious cookies



CCSR ART SHOW



*CCSR recently held an art show to exhibit the work of our many talented residents! Clockwise, from above: pieces by **Helen Stack** and **Marion McKeown**; work by **Helen** and **Jean Berry**; **Norman Paulsen** displays a painting he created; **Nancy Morris** shows a painting she did of her family home.*

OUT & ABOUT



*Clockwise, from above: **Marilynn Brooks** sketches in the garden; **Winifred Roland** and **Richard Landry** enjoy a dance during an entertainer's program; **Mary Harter** and **Mary Paul** take in a beautiful autumn day at CCSR*



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