



# POCASSET POST

April 2009



## Welcome, New Residents!



Left to right: Donald "Don" Fanning & Mary Spellman

**A**нна Creighton was born and raised in Maynard, Massachusetts. After graduating from Maynard High School she married her high school sweetheart, George, and moved with him to Falmouth. They raised three children: Christine, David, and Nancy. Anna worked in the office at the Mullen Hall School in Falmouth for 17 years.



*Anna says, "I love the people here! They are what make Cape Cod Senior Residences great."*

One of the hardest moves for Anna was leaving her home in Falmouth after 62 years, but as she describes, her daughter and son-in law did all the preliminary investigation and found the best place! Anna enjoys socializing with other CCSR residents and staff, walking indoors and outdoors, and reading. Her family and friends visit regularly and she especially enjoys visits from her son David's dogs, Rosie and Joe. Anna keeps cookies on hand for them! She has four grandchildren: Kevin, Sarah, Andrea, and Gregory and one great grandson, Ty, all of whom are the apples of her eye. Anna's motto is, "Live life and have fun!"

## RESIDENT PROFILE



You're invited to our

## APRIL SPECIAL EVENTS!

FRIDAY,  
4/3

**KELLIE HAJJAR** ENTERTAINS AT 3:00 P.M.

WEDNESDAY,  
4/8

BAYADA NURSING WILL OFFER AN INFORMATIONAL LECTURE ON **LYME DISEASE** AT 2:30 P.M.

SUNDAY,  
4/12



**DEREK MANN** WILL OFFER A SLIDE/LECTURE PRESENTATION ON THE VATICAN AT 3:00 P.M.

THURSDAY,  
4/16

JOIN RESIDENT **EVERETT GALLEGRO** AS HE READS HIS SHORT STORY, "AHAB THE CAT," AT 3:30 P.M.

THURSDAY,  
4/23



MEET **BRIAN MORRY**, EXECUTIVE DIRECTOR OF THE HALL AT PATRIOT PLACE, NEW ENGLAND'S FOOTBALL HALL OF FAME! 10:00 A.M.

## Around the Community...



Left: **Bridie Fallon** and **Richard Landry** enjoying a dance; right: Business Manager **Grace Smith's** granddaughters **Molly** and **Lauren** visiting the residents on Valentine's Day!





Certified Nursing Assistant **Debbie Robbins** was born in Boston, and was one of eleven children raised by their mother after the untimely death of their father. The family, which is made up of three girls and eight boys, lived for a time in both Caribou, Maine, and Weymouth, Massachusetts. Debbie's family then moved to Cape Cod, a move which Debbie remembers occurring during her February school vacation the year of the Blizzard of '78! Debbie graduated from Falmouth High School.



In addition to her CNA work, Debbie is a Certified Home Health Aide and has worked with the Falmouth Visiting Nurse Association for the past 15 years. When not busy at work, Debbie enjoys spending time with her four sons: John, Renaldo, Mario, and Ricky, and her one granddaughter, Ariana. She's also very fond

**STAFF PROFILE**

of her Rottweiler, Kyra! Her interests include reading, crafts, bowling (she belongs to a women's league), and traveling. Basically, Debbie loves to have a great time! Her bubbly personality and infectious laugh bring joy to all of us at Cape Cod Senior Residences.

**Happy April Birthday!**

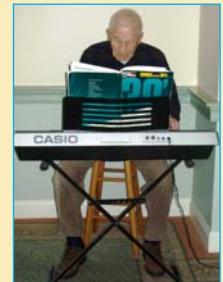
<i>Sonny LeMaire</i>	<b>3<sup>rd</sup></b>
<i>Richard Landry</i>	<b>5<sup>th</sup></b>
<i>May Ramsay</i>	<b>12<sup>th</sup></b>
<i>Betty Bernier</i>	<b>14<sup>th</sup></b>
<i>Louise Gill</i>	<b>22<sup>nd</sup></b>
<i>Eileen Crane</i>	<b>26<sup>th</sup></b>
<i>Phyllis Gove</i>	<b>26<sup>th</sup></b>
<i>Martha Eachobacci</i>	<b>27<sup>th</sup></b>



**Everett**

*shares his talents!*

**Everett Gallego**, a new resident who came to CCSR last month, is certainly an active senior! Everett offers free painting classes to fellow residents, entertains on the keyboard, and shares readings of his three published books.



**Avoid Bathroom Falls**



Statistically, falls in the bathroom result in the most serious injuries. These simple precautions, offered by Resident Care Director **Cathie Cox**, may reduce your risk of these falls:

- Keep your bathroom free of clutter
- Keep the bathroom well lit
- Make sure all spills are cleaned up immediately
- Use the grab bars next to shower stall and toilets
- Minimize the use of throw rugs
- Use your walker or cane at all times

Clockwise, from top left: **Carol Leedom** getting instruction from **Everett**; Everett sharing his talent on the keyboard with the residents; **Margaret MacLean** and **Carol** at painting class; **Richard Landry** partaking in Everett's class as well.

