

Whaler's Cove Assisted Living
114 Riverside Avenue
New Bedford, MA 02746



April Birthdays

If you were born between April 1–19, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence give them big, outgoing personalities. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they like to reward themselves for a job well done.

Emmylou Harris (musician) – April 2, 1947
James D. Watson (scientist) – April 6, 1928
Beverly Cleary (author) – April 12, 1916
Queen Elizabeth II (royalty) – April 21, 1926
Jay Leno (comedian) – April 28, 1950
Duke Ellington (pianist) – April 29, 1899

Happy Birthday to Our Residents...

Dennis O.	April 1st
Louise D.	April 4 th
Sharon A.	April 8 th
Antone F.	April 11 th
Helena F.	April 14 th
John V.	April 15 th
Dalia R.	April 15 th
Roberta G.	April 18th
Jose P.	April 20 th
Cecile E.	April 29 th

PG. 3 ANSWERS: 1. D, 2. C, 3. A, 4. E, 5. B

April 2024



Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
New Bedford, MA 02746
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Embracing the Spring Season

Just as nature undergoes a process of renewal in spring, we too can embrace the season as an opportunity for personal growth and rejuvenation. Spring is a time to shed the weight of the past and embrace new possibilities. Whether it's letting go of old habits, pursuing new hobbies, or setting goals for the future, spring encourages us to step out of our comfort zones and embrace change.

Spending time outdoors is one of the best ways to embrace the spirit of spring. Whether it's going for a walk or simply sitting in the gazebo and soaking up the sights and sounds of nature, connecting with the outdoors can have a profound impact on our well-being. Studies have shown that spending time outdoors can reduce stress, improve mood, and boost overall mental health.

Spring serves as a reminder of the recurring nature of life and the importance of embracing each moment with gratitude. As we witness the world coming back to life around us, we are reminded of the value of each day and the beauty of the world we inhabit. Taking the time to cultivate gratitude for the simple pleasures of life—such as a warm breeze, a blooming flower, or the laughter of loved ones—can bring a sense of peace and contentment.

Spring also symbolizes a fresh start—a chance to leave behind the darkness of winter and embrace the light of a new day. Whether you're starting a new hobby, setting different goals, or simply changing your routine, spring is a time to embrace new beginnings with hope and optimism. Embracing change can be scary, but it's also an opportunity for growth and self-discovery.

Tips for Embracing Spring:

Spend time outdoors: Take advantage of the warmer weather and longer days by spending time outside.

Practice mindfulness: Take moments throughout the day to pause, breathe, and appreciate the beauty around you.

Start a new hobby: Whether it's gardening, painting, or learning a musical instrument, spring is the perfect time to explore new interests.

Declutter and organize: Spring cleaning isn't just about tidying up your physical space—it's also about decluttering your mind and creating space for new possibilities.

Connect with others: Reach out to friends and family or join in on more activities to foster connections and build relationships.

Embracing the spring season is about more than just enjoying the warmer weather and blooming flowers—it's about embracing the spirit of renewal, growth, and possibility. By connecting with nature, cultivating gratitude, and embracing new beginnings, we can make the most of this beautiful season and create a life filled with joy, purpose, and fulfillment.

Celebrating April

Lawn and Garden Month

Humor Month

Welding Month

Laugh at Work Week

April 1–7

National Volunteer Week

April 21–27

Peanut Butter and Jelly Day

April 2

World Rat Day

April 4

Take a Wild Guess Day

April 15

Earth Day

April 22

Employee of The Month



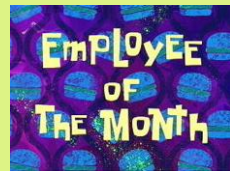
It's with great pleasure that we announce Julie Geller as April's Employee of the Month. Julie, our esteemed Wellness Director, has consistently gone above and beyond in her role, demonstrating an unwavering commitment to the well-being of our residents and a remarkable willingness to support her colleagues across all departments.

Julie's kindness and empathetic nature stand out brightly, casting a warm glow on everyone she interacts with. Her ability to connect with residents has not only enhanced their quality of life but has also fostered a sense of community and belonging within our community. Julie listens with an open heart, offering comfort, support, and understanding in every conversation. Her genuine care and concern for residents' emotional, physical, and social well-being have made a significant impact, illustrating the profound effect of empathy in healthcare.

Beyond her direct interactions with residents, Julie's leadership style is a inspirational. She is not one to sit back; Julie is always the first to roll up her sleeves and jump in wherever help is needed. Whether it's lending a hand in organizing community events, stepping in to support the nursing staff, or offering her expertise in health and wellness to other departments, Julie's collaborative spirit shines through. Her willingness to assist wherever she can has not only bolstered the morale of our team but has also enhanced the operations of our facility.

Julie leads by example, demonstrating that true leadership is about more than just overseeing a department; it's about being a part of the team, sharing in the workload, being open to feedback and change, and lifting others up. Her approachability and readiness to contribute wherever necessary have inspired many of our staff to adopt a similar attitude, creating a culture of mutual support and teamwork that is truly invaluable.

In recognizing Julie Geller as our April Employee of the Month, we celebrate her kindness, empathy, and unwavering dedication to our residents and staff. Julie, your positive impact resonates throughout our entire community, and we are profoundly grateful for your hard work, compassionate care, and exceptional leadership. Thank you for everything you do, Julie. You exemplify the best of us, and we are incredibly lucky to have you as part of our team.



Spring Pea and Mint Salad Recipe

Ingredients:

2 cups fresh or thawed frozen peas
 1/4 cup fresh mint leaves, finely chopped
 1/2 cup feta cheese or soft goat cheese, crumbled
 2 tablespoons olive oil
 Zest and juice of 1 lemon
 Salt and pepper to taste
 Optional: 1/4 cup thinly sliced radishes or cucumber for crunch
 Instructions:

Prepare the Peas: If you're using frozen peas, make sure they're completely thawed. You can rinse them under cold water to expedite the process and then ensure they're well-drained. For fresh peas, a quick blanch in boiling water (for about 1-2 minutes) is optional if you prefer them a bit tender, then rinse under cold water to cool.

Mix the Salad: In a large bowl, combine the peas, chopped mint, crumbled cheese (feta or goat cheese), and if using, the sliced radishes or cucumber. Toss these ingredients gently to combine.

Dress the Salad: In a small bowl, whisk together the olive oil, lemon zest, and lemon juice until well combined. Season with salt and pepper according to your taste preferences.

Combine and Chill: Pour the dressing over the pea mixture and toss gently to ensure everything is evenly coated. Refrigerate the salad for at least 30 minutes before serving to allow the flavors to meld together.

Serve: Once chilled, give the salad a quick toss, taste, and adjust seasoning if necessary. Serve cold as a refreshing side dish or a light meal.

This Spring Pea and Mint Salad is versatile, allowing for additions like chopped nuts for extra crunch or other herbs for a flavor twist. It's a nutritious, flavorful, and easy-to-prepare option that doesn't involve any challenging kitchen tasks, making it a perfect recipe for senior citizens to enjoy making and eating during the spring season.



Test Your Bird IQ

Are you a bird lover? Are you an expert? Choose the answer to each question below and find out how much you really know.

- | | |
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| 1. An ouzel is an old name for which bird? | A. Crow |
| 2. Which bird has varieties called rock, tawny, water, and tree? | B. Woodpecker |
| 3. The magpie is related to which bird? | C. Pipit |
| 4. Which bird's nickname is "redbreast"? | D. Blackbird |
| 5. "Downy" is a species of which bird? | E. Robin |

Answers on Page 4

