



### April Birthdays

In astrology, those born April 1–21 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change and progress. These Rams burn bright and enjoy leadership roles. Those born April 22–30 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy serene environments, but they also work hard.

- Eddie Murphy (comedian) – April 3, 1961
- Spencer Tracy (actor) – April 5, 1900
- Dennis Quaid (actor) – April 9, 1954
- Beverly Cleary (author) – April 12, 1916
- Al Green (singer) – April 13, 1946
- Kareem Abdul-Jabbar (athlete) – April 16, 1947
- Eliot Ness (lawman) – April 19, 1903
- Glen Campbell (singer) – April 22, 1936
- Shirley Temple (actor) – April 23, 1928
- Ella Fitzgerald (singer) – April 25, 1917

### Happy Birthday to Our Residents...

|           |                        |
|-----------|------------------------|
| Dennis O' | April 1st              |
| Louise D. | April 4th              |
| Helena F. | April 14th             |
| John V.   | April 15th             |
| Dalia R.  | April 15 <sup>th</sup> |
| Jose P.   | April 20 <sup>th</sup> |
| Antone F. | April 30th             |



## Whaler's Cove Assisted Living Monthly News The Port of Call

114 Riverside Avenue  
 New Bedford, MA 02746  
 P: 508-997-2880 F: 508-997-1599



**Jazz  
 Appreciation  
 Month**

**Poetry  
 Month**

**April Fools'  
 Day  
 April 1**

**International  
 Pillow  
 Fight Day  
 April 2**

**Scrabble Day  
 April 13**

**Passover  
 April 15–23**

**Easter  
 April 17**

**Earth Day  
 April 22**

**Dance Week  
 April 22–30**

**Arbor Day  
 April 29**

### Resident Story



Meet Gregory Kurth, Whaler's Cove resident since August 2021. Greg was born in New York where he lived until he was in the 7<sup>th</sup> grade and then moved to Martha's Vineyard with his parents and ten siblings, who he has very close relationships with.

Greg worked at a local fish market on the Vineyard for about 13 years where he met his first wife. He says she went in for a bag of ice while visiting the island on vacation. Greg maintained a long-distance relationship and they eventually married and moved to Virginia. They started a family and built a home. Unfortunately, they divorced shortly after.

After his divorce, Greg moved back to Martha's Vineyard where he started his own painting business called Paint a Town and purchased 7 acres of land on Chappaquiddick Island with his brother. He also met his second wife who he was married to for 30 years before their separation.

Greg says he struggled with bipolar disorder and Dyslexia since the age of 16 which made it difficult to maintain healthy relationships. He would self-medicate to cope which only made situations worst. After his second divorce and continued struggles with bipolar disorder Greg was institutionalized at different skilled nursing facilities for four years. While Greg was at the Royal of Falmouth he was put on medication and psych services which he says changed his life. Greg then moved into Whaler's Cove and hasn't looked back!

These days Greg loves staying in touch with his children and grandchildren, coloring, and regularly attending activities. He is also working on writing a book about his experience with bipolar disorder. He wants to spread the message that if you seek help and find the right treatment plan, you can live a normal life. Greg is such an inspiration, and we are so happy to have him here!



## Resident Activities for April

|      |  |      |  |
|------|--|------|--|
| 4/1  | Catholic Mass<br>Bingo   | 4/16 | Maggie's Rosary Group<br>Bingo with Wendy          |
| 4/2  | Maggie's Rosary Group<br>Bingo with Wendy                                | 4/17 | Happy Easter!                                      |
| 4/4  | Exercise Class<br>Movie and Snacks                                       | 4/18 | Bingo with Wendy                                   |
| 4/5  | Pokeno<br>Rev. Leary's Bible Class                                       | 4/19 | Jordan Paiva Entertains<br>Blackjack with Jeannine |
| 4/6  | Caretenders Exercise Class<br>Monthly Birthday Party<br>With City Lights | 4/20 | Caretenders Walking Club<br>Jeff Dunn Entertains   |
| 4/7  | Food for Thought   | 4/21 | Exercise Class                                     |
| 4/8  | Outing to Market Basket  | 4/22 | Outing to Walmart                                  |
| 4/9  | Peter's Worship Service<br>Memory Detecting with Steve                   | 4/23 | Bingo with Wendy                                   |
| 4/10 | Distribution of Psalms<br>Religious Music in R.R                         | 4/24 | Maggie's Rosary Group<br>Bingo with Wendy          |
| 4/11 | Bingo with Wendy   | 4/25 | Outing to Tiverton Casino<br>Bingo                 |
| 4/12 | Tai Chi with Steve   | 4/26 | Tai Chi with Steve                                 |
| 4/13 | Outing to Dollar Tree  | 4/27 | Bodhi the Dog Visits                               |
| 4/14 | Walking Club Outdoors  | 4/28 | Baking Class with Katie<br>Current Events          |
| 4/15 | Big Bucks Easter Bingo   | 4/29 | Movie and Snacks<br>Exercise Class                 |
|      |  | 4/30 | Johnny and the Whaler's                            |

## Employee of the Month

Congratulations to Nadia Teixeira on receiving April's Employee of the Month. Nadia has been a Dietary Aide with us since August. She was nominated by her fellow co-workers for her commitment to excellence and consistent development in every aspect of her job.

Nadia is well liked by all of the residents and staff at Whaler's Cove. If there is a task that needs to be completed, we trust that it will get done right. Nadia is always productive, taking responsibility for every new challenge with a positive attitude. There is never a task or responsibility that Nadia feels is below her. She is a great role model for others.

Nadia, thank you for your continued commitment. We couldn't be prouder to recognize you as our Employee of the Month!



## Earth Day

Today, Earth Day is widely recognized as the largest secular observance in the world, marked by more than a billion people every year as a day of action to change human behavior and create global, national, and local policy changes.

Now, the fight for a clean environment continues with increasing urgency, as the ravages of climate change become more and more apparent every day.

As the awareness of our climate crisis grows, so does civil society mobilization, which is reaching a fever pitch across the globe today. Disillusioned by the low level of ambition following the adoption of the Paris Agreement in 2015 and frustrated with international environmental lethargy, citizens of the world are rising up to demand far greater action for our planet and its people.

The social and cultural environments we saw in 1970 are rising up again today — a fresh and frustrated generation of young people are refusing to settle for platitudes, instead taking to the streets by the millions to demand a new way forward. Digital and social media are bringing these conversations, protests, strikes and mobilizations to a global audience, uniting a concerned citizenry as never before and catalyzing generations to join together to take on the greatest challenge that humankind has faced.

<https://www.earthday.org/history/>



## Work Orders

All work order requests must be submitted at the front desk for any repairs or maintenance. Please note that the maintenance team fulfills work order requests as quickly as possible, in the order they receive them, and are also working on building and outdoor ground upkeep.

Residents must be present in order for maintenance staff to enter the apartment. If not present, permission must be given. We thank you for your patience.



## Recipe for Birds Nest Cookies

**Ingredients:** \*11-12 ounces of milk chocolate chips \* 11-12 ounces of butterscotch chips \*12 ounces of chow mein noodles (crispy) \*48 mini Cadbury eggs

### Instructions:

1. Line a cookie sheet with parchment paper. Set aside.
2. Place chocolate and butterscotch chips in a large microwave-safe bowl. Cook in 30-second increments, stirring after each one until fully melted.
3. Spoon approximately two tablespoons of the mixture onto the prepared pan creating a nest shape. Top with 3 candy eggs and repeat.
4. Place nests in the refrigerator for 10-15 minutes until hardened.

