



August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. As lions are kings of the animals, Leos are strong and charismatic leaders. Those born from August 23–31 are Virgo's Virgins. Often symbolized by the goddess of agriculture, Virgos are logical, practical, and aware of every detail.

- P.D. James (writer) – August 3, 1920
- Meghan Markle (princess) – August 4, 1981
- Leslie Odom Jr. (actor) – August 6, 1981
- Whitney Houston (singer) – August 9, 1963
- Viola Davis (actress) – August 11, 1965
- Don Ho (singer) – August 13, 1930
- Halle Berry (actress) – August 14, 1966
- Angela Bassett (actress) – August 16, 1958
- Usain Bolt (sprinter) – August 21, 1986
- Kobe Bryant (athlete) – August 23, 1978
- Mother Teresa (nun) – August 26, 1910
- Richard Gere (actor) – August 31, 1949

Happy Birthday to Our Residents...

Tilly G.	8/2
Marc K.	8/7
Benda C.	8/7
Fernanda S.	8/16
Alan S.	8/17
James L.	8/20
Linda I.	8/27
Jose C.	8/28
Catherine S.	8/29



August 2022

Whaler's Cove Assisted Living  
 The Port of Call

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The Sky's the Limit!



Meet Barbara Stelljes, Whaler's Cove resident since December 2021. She is the middle child of three (older brother George and younger sister Katie). Barbara was born in Bronx, New York until the age of two. She was born with brain damage and a dislocated hip. Barbara moved throughout the state with her family frequently as her dad was enlisted in the Army, later working as an engineer. She's lived in Oklahoma, South Dakota, Maryland, and Virginia, to name a few, finally settling in Washington with her parents and

younger sister. Eventually she started a state job in labor and industries and moved to her own apartment. Barbara loves the fact that she was able to see and experience so many different things but dislikes the fact that she would be uprooted and forced to start over and make new friends.

Barbara participated in the Special Olympics for 10 years where she played track & field, basketball, and bowling. In 1991 she even played in the International Special Olympics Games in Minnesota, winning the gold medal in shot put. Barbara loved the outdoors and also belonged to a tour group where she would go on day and weekend nature trips. She recalls trips to the Scottish Highland Games in Portland and log shows in Oregon amongst many others. In addition to her active lifestyle, Barbara also enjoyed reading as well as playing the piano. Unfortunately, after a Parkinson's diagnosis in 2020 as well as other medical conditions, Barbara could no longer do many of the activities she loved and was forced to retire after 40 years of employment in November of 2021.

Barbara found and moved to Whaler's Cove with the help of her siblings George and Katie. She says she loves the security and support Whaler's Cove gives her. She also enjoys the activities and values the friendships she's made.

Barbara is such an inspiration, reminding us that we can live a full life regardless of the circumstances. We are so happy to have her as part of our family!

Read-a-Romance  
 Novel Month

Happiness  
 Happens  
 Month

International  
 Clown Week  
 August 1–7

Homemade  
 Pie Day  
 August 5

Elvis Week  
 August 9–17

International  
 Geocaching  
 Day  
 August 20

Senior  
 Citizens Day  
 August 21

Women's  
 Equality Day  
 August 26

## Resident Activities for August

8/1 Exercise Class Turnover	8/17 Walking Club with Caretenders Crafts with Jackie
8/2 Tai Chi with Steve Mark Deschenes Entertains	8/18 Maggie's Rosary Group Bingo with John
8/3 Crafts with Jackie	8/19 Coffee and Conversation
8/4 Food for Thought	8/20 Bingo with Wendy Movie Night with Evelyn
8/5 Outing to Stop & Shop	8/21 Maggie's Rosary Group Bingo with Wendy
8/6 Bingo night with Wendy	8/22 Exercise Class Crafts with Jackie
8/7 Sing Along	8/23 Monthly Birthday Party
8/8 Outing to Fort Phoenix	8/24 Bill Burke Entertains
8/9 Dart Games	8/25 Rev. Leary's Worship Service Chris Waters Entertains
8/10 Outing to Walmart	8/26 Candida Rose Entertains
8/11 Coffee and Conversation	8/27 Chuck Dee Entertains
8/12 Bingo with Jackie	8/28 Bingo with Wendy
8/13 Maggie's Rosary Group Movie Night with Evelyn	8/29 Outing to Dollar Tree
8/14 Bingo with Wendy	8/30 K9 Blue Work Dog Visits
8/15 Exercise Class Turnover with Jackie	8/31 Johnny and the Whalers
8/16 Tai Chi with Steve Bingo with Jackie	

## Employee of the Month



Congratulations to Michaela Jones on receiving August's Employee of the Month. Michaela joined the Whaler's Cove team as a Certified Nursing Assistant last year and as has been a consistent presence ever since.

We appreciate the experience, dedication, and outstanding commitment to care and comfort that Michaela provides to our residents every day. Michaela is a joy to work with, she maintains a

positive attitude and smile throughout even the toughest situations. Residents enjoy joking and spending time with her and appreciate how prompt, thorough and adept she is at getting their needs met. She is a great example for anyone when they realize her work ethic.

Michaela is always the first to help, picking up extra shifts without hesitation and going above and beyond, always putting the residents needs first. She knows her role and always aims to improve upon it.

This recognition signifies Michaela exceptional dedication to her job and our residents and illustrates the high regard in which she is held by her co-workers!



## Welcome New Activity Assistant



Last month we welcomed new Activity Assistant/Van Driver Jackie Damm. Jackie brings years of experience transporting school aged children as well as working with seniors doing private duty care.

Jackie was born and raised in the white mountains of New Hampshire and moved to Cape cod, Massachusetts in 2006. She studied fine arts at Montserrat College of Art and graduated in 2011. Jackie loves creating art and working with all

She has a 13-year-old dog named Peanut, loves the mountains and being in nature, and enjoys traveling. Jackie is new to the New Bedford and is looking forward to learning about the community. "I just love bringing sunshine and happiness to all around me and I am so excited to be a part of Whalers Cove." She says.

Jackie has already connected with many residents in her short time here and we couldn't be happier to have her!



## History of Women's Equality Day

Women's Equality Day, celebrated every August 26, commemorates the passage of women's suffrage in the U.S. and reminds us of the hurdles overcome by the heroic women who faced violence and discrimination to propel the women's movement forward.

In the early 19th century, American women, who generally couldn't inherit property and made half of a man's wages in any available jobs, began organizing to demand political rights and representation.

By the early 1900s, several countries including Finland, New Zealand, and the United Kingdom had legalized voting for women as the movement continued to sweep across the world. In the U.S., the 19th Amendment to the Constitution was first introduced in 1878, but it failed to gain traction. It wasn't until women's involvement in the World War I effort made their contributions painfully obvious that women's suffrage finally gained enough support. Women's rights groups pointed out the hypocrisy of fighting for democracy in Europe while denying it to half of the American citizens at home.

Because a Constitutional amendment requires approval from two-thirds of the states, 36 of them had to ratify the 19th Amendment before its passage. The deciding vote in the Tennessee legislature came from Harry T. Burn, a young state representative whose mother's plea to support the amendment became a deciding factor in his vote (which he switched at the last minute).

Women aren't done fighting for equal rights. Today, the wage gap between men and women still impacts women's economic power, and gender-based discrimination still plagues everyday life. To remind us of the struggles of the past, present, and future, Congress designated August 26 as Women's Equality Day in 1971.

Source: <https://nationaltoday.com/womens-equality-day/>

