

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



January Birthdays

In astrology, those born from January 1-19 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights. Those born from January 20-31 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious.

Isaac Asimov (author) – Jan. 2, 1920
 Zora Neale Hurston (author) – Jan. 7, 1891
 Elvis Presley (singer) – Jan. 8, 1935
 Max Roach (drummer) – Jan. 10, 1924
 Jeff Bezos (tech magnate) – Jan. 12, 1964
 Regina King (actress) – Jan. 15, 1971
 Dolly Parton (singer) – Jan. 19, 1946
 Benny Hill (comedian) – Jan. 21, 1924
 Etta James (singer) – Jan. 25, 1938
 Jackie Robinson (athlete) – Jan. 31, 1919

Happy Birthday to Our Residents...

Anthony S.	January 3rd
Laura S.	January 5 th
Thomas M.	January 6 th
Leonard Sylvia	January 8 th
Khim N.	January 11 th
Robert C.	January 21 st
Maria DeS.	January 21 st
Barbara M.	January 25 th
Marilyn G.	January 29 th
Margaret A.	January 31 st



January 2023

Whaler's Cove Assisted Living The Port of Call

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

Happy New Year!

Each New Year brings a period of reflection. It is easy to get caught up in the negative experiences you have endured, as those are more easily recalled. This year, I think we should all challenge ourselves all to reflect upon the positive experiences we had in 2022 and channel that energy into creating even more positive experiences for 2023. We have all dealt with such turmoil and difficulty in recent years, much of it stemming from the pandemic, and yet we have found a way to continue to get through each day together.

I, for one, am very grateful to have worked alongside such talented team members and to have had the opportunity to know and care for such wonderful residents. We moved in roughly 37 new residents in 2022! We feel privileged to provide personal care supports, daily meals, and social programs with all of you. We also consider ourselves fortunate to have remained relatively healthy all year long and to have kept the spread of COVID-19 to a minimum. Our community has not suffered through severe staffing crises that other healthcare communities have had to face regularly. That is in part to great veteran leadership and a renewed collaboration with Greater New Bedford Vocational Technical High School and Diman Regional Vocational Technical High School students in both Culinary and Health Assisting Programs. We appreciate their hard work and commitment to Whaler's Cove every day!

We were able to add on to the Activity Department and have a great duo leading the social programs in and out of the community. I often think about the fun we had celebrating 20 years of operation together in November. I remember fondly the amazing activities we participated in during Assisted Living Week in September. It is hard not to think about the beautiful weather we had for our Annual Resident Cookout in June, or the many evening concerts that were had outdoors by the gazebo throughout the summer months. We have been lucky to build upon the friendships that started here and create such lasting memories.

Our Wellness Team became stronger with the addition of a new knowledgeable Wellness Director with a background in occupational therapy and the return of a very experienced and kind-hearted registered nurse. Each department saw their veteran staff add another year of employment here with us. We aim to keep the morale up for both residents and staff and try to show appreciation as much as possible.

I enjoy celebrating the holidays, big and small, with all of you. You will often see our staff wearing themed masks, headbands, or costumes specific to the holiday celebration. It is great that everyone joins in the fun. We hope that you continue to be a part of the Whaler's Cove family in 2023 and promise to work together to keep you as happy, healthy, safe, and comfortable as possible during your residency. So long 2022! Here's to a brighter 2023!

Laura Sousa

Executive Director



**International
 Brain Teaser
 Month**

**Mentoring
 Month**

**New Year's
 Day**
January 1

Twelfth Night
January 5

**Make Your
 Dream Come
 True Day**
January 13

**Martin Luther
 King Day**
January 16

**International
 Sweatpants
 Day**
January 21

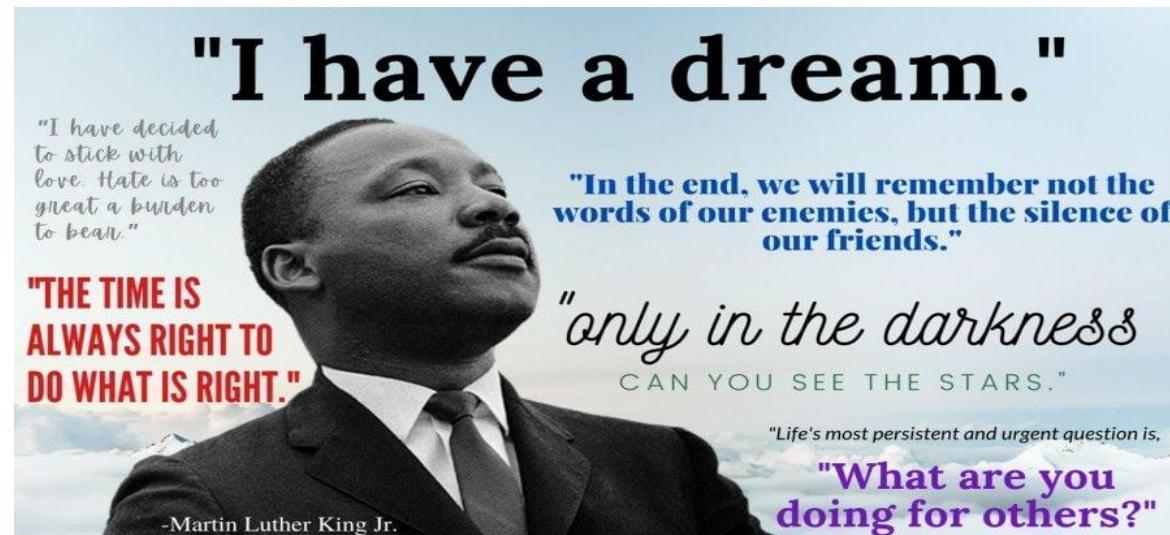
**Compliment
 Day**
January 24

**Holocaust
 Memorial Day**
January 27



Resident Activities for January

1/1 Happy New Year!	1/16 Maggie's Rosary Group
1/2 Exercise Class	1/17 Store Open
1/3 Rev. Leary's Bible Class	1/18 Blackjack w/ Jeannine
1/4 Outing to Savers	1/19 Rebecca Pink Entertains
1/5 Bingo w/ John	1/20 Norma Fredette Entertains
1/6 Catholic Mass	1/21 Memory Detecting w/ Steve
1/7 Evelyn's Movie Night	1/22 Religious Sing-Along
1/8 Maggie's Rosary Group	1/23 Game of Darts
1/9 Crafts w/ Jackie	1/24 Bingo
1/10 Tai Chi w/ Steve	1/25 Horse Racing
1/11 Outing to Aldi	1/26 Sign Ups for February Outings
1/12 Current Events	1/27 Sentimental Productions
1/13 Outing to Walmart	1/28 Evelyn's Movie Night
1/14 Boomerang Western Entertainer	1/30 Monthly Birthday Party
1/15 Bingo w/ Wendy	1/31 Pokeno

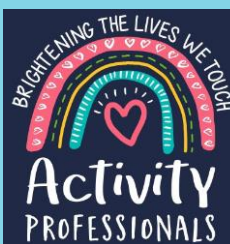


National Activity Professionals Week

National Activity Professionals Week is celebrated January 23rd-27th. This week is designed to honor activity professionals and the vital role they play in enriching the lives of those they serve.

Activity Director, Jeannine Pacheco, with the assistance of Activity Assistant, Jackie Damm, plan, execute and evaluate resident-centered, meaningful activities, specifically tailored to meet everyone's needs. Activity services include pet therapy, music, exercise, community outings, creative-expressive programs, mind exercise activities, cultural programs, educational opportunities, spirituality, special events, domestic activities, and so much more.

Jeannine and Jackie, we thank and appreciate your caring hearts, endless creativity, enthusiasm, and dedication to our residents and Whaler's Cove family!



No Bake Peanut Butter Bars Recipe

INGREDIENTS

- 2 1/2 cups crushed graham cracker crumbs
- 1 cup melted unsalted butter
- 1 cup creamy peanut butter
- 2 1/2 cups powdered sugar
- 1 cup milk chocolate chips with 1 tsp. butter

INSTRUCTIONS

1. In a mixing bowl, mix together the graham cracker crumbs, butter, peanut butter, and powdered sugar. Press into a greased 9 x 13-inch pan.
2. Place the chocolate chips and butter in a measuring cup and microwave, stirring every 30 seconds, until chocolate is melted and smooth. Spread the chocolate over the peanut butter layer. Place in the refrigerator until set. Cut into bars and serve.



Share your Story!

We all have different stories and sharing them is a great way to connect and inspire one another. If you would like to be featured in the monthly resident newsletter and across our social media platforms, please see Amanda Costa in the administration office!

WHAT'S YOUR STORY?

Dining Room Escorts

Residents,

As of late there have been an influx of calls made to the reception desk from residents requesting escorts from the dining room back to their apartments. Please understand that our Wellness and Dietary staff are aware of which residents require assistance and will be there to escort you as soon as they can. We will ensure that you are escorted in a timely manner and ask you to please refrain from calling the front desk unless you have been waiting for an unreasonable amount of time.

Thank you for your understanding and cooperation.

