



March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations to become accomplished artists. Those born from March 21–31 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition.

Lupita Nyong'o (actress) – March 1, 1983
Dr. Seuss (author) – March 2, 1904
Rob Reiner (actor) – March 6, 1947
Lester Holt (journalist) – March 8, 1959
Simone Biles (gymnast) – March 14, 1997
Nat King Cole (musician) – March 17, 1919
Spike Lee (director) – March 20, 1957
Chaka Khan (singer) – March 23, 1953
Aretha Franklin (singer) – March 25, 1942
Mariah Carey (singer) – March 27, 1970
Eric Clapton (musician) – March 30, 1945

Happy Birthday to Our Residents...

Curry Todaro	March 2nd
Maurice W.	March 4th
Clifford G.	March 9th
Gregory K.	March 9th
Frank W.	March 10th
Evelyn B.	March 12th
Dorothy L.	March 13th
Pauline B.	March 16th
Milton R.	March 22nd
Arsenia F.	March 31st



March 2023

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

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**Women's
History
Month**

**International
Mirth Month**

Dr. Seuss Day
March 2

Purim Begins
March 6

**95th
Academy
Awards**
March 12

**St. Patrick's
Day**
March 17

**Welderly
Week**
March 20–24

**Nowruz
Begins**
March 21

**Ramadan
Begins**
March 22

Celebrating the Life and Work of Susan Plank



As we celebrate National Social Worker Month, it's important to honor and remember those social workers who have made a lasting impact on the lives of those they served. This month, we want to pay tribute to a social worker who dedicated her career to improving the lives of our residents.

Susan Plank, who passed away this past December, was our beloved social worker who worked tirelessly to support each resident. She was known for her warm smile, compassionate heart, and unwavering dedication.

Throughout her career, Susan touched the lives of countless people, from children to seniors. While at Whaler's Cove, she worked closely with residents and their families to understand their needs and concerns, and she always went above and beyond to ensure that they received the care and support they deserved.

Susan was a true advocate for residents, and she never hesitated to speak up on their behalf. She was passionate about ensuring that seniors had access to the resources and services they needed to live happy, fulfilling lives, and she worked tirelessly to make that a reality.

Sue's impact on each resident and her colleagues was profound, and her legacy continues to inspire others to this day. Her dedication, compassion, and selflessness serve as a shining example of what it means to be a social worker.

As we celebrate National Social Worker Month, let us honor the memory of Sue. Please join us at the North Side Garden on Wednesday, March 8 from 6:30 pm to 7:30 pm where we will celebrate her life along with her family and friends who will be in attendance.

"Those we love don't go away; they walk beside us every day. Unseen, unheard, but always near. Still loved, still missed, and always dear."

*Susan Plank
1957-2002*

Employee of the Month



It is our pleasure to announce the Employee of the Month for March. This month, we have chosen to recognize Jackie Damm who has gone above and beyond in her roles as Activity Assistant and Certified Nursing Assistant. Please join us in congratulating Jackie for her exceptional work and dedication to our residents and team.

Jackie has been an integral part of our activity program, bringing creativity, energy, and joy to our residents every day. She regularly hosts engaging activities and events that cater to our residents' interests and abilities, fostering a sense of community and belonging. She also transports residents to their medical appointments making sure they are safe and supported the entire ride. Her warm and friendly personality has made her a favorite among our residents, who appreciate her efforts to brighten their day and make each moment count.

Jackie most recently also joined our wellness team, as a Certified Nursing Assistant, providing compassionate care to our residents. She excels in her duties, demonstrating a deep commitment to ensuring our residents' safety, comfort, and well-being. Jackie is always willing to lend a helping hand and support her colleagues, making her a true asset to our team.

Jackie embodies the values and mission of Whaler's Cove, and we are grateful for her hard work and dedication to our residents and team. We thank her for her outstanding contributions and look forward to seeing her continued growth and success in the future.



Women's History Month

March is Women's History Month, a time when we celebrate the accomplishments of women throughout history and reflect on the progress, we have made towards gender equality. Women have played a vital role in shaping our world, and their contributions should be acknowledged and celebrated.

Throughout history, women have made significant strides in various fields, including politics, science, art, and literature. For example, in 1981, Sandra Day O'Connor became the first woman to serve on the U.S. Supreme Court. In 1963, Valentina Tereshkova became the first woman to travel to space, paving the way for future female astronauts. In the arts, Georgia O'Keeffe, Frida Kahlo, and Mary Cassatt are just a few of the many talented female artists who have left their mark on the world.

However, the fight for gender equality is far from over. Women still face many challenges, including unequal pay, discrimination, and gender-based violence. It is important that we continue to work towards a world where women are valued and treated with respect and equality.

One way to celebrate Women's History Month is by learning about the trailblazing women who have made significant contributions to our society. Another way is to support women-owned businesses. By shopping at women-owned businesses, you can help empower women entrepreneurs and contribute to a more gender-equal economy. Lastly, let's take the time to honor the women in our lives who have made a difference. Whether it's our mothers, grandmothers, sisters, friends, or mentors, these women have helped shape who we are today. Let's express our gratitude and acknowledge their contributions.

As we celebrate Women's History Month, let's continue to work towards a world where women are valued and treated with respect and equality. Together, we can make a difference and create a brighter future for women and girls everywhere.



Happy St. Patrick's Day!

As St. Patrick's Day approaches, we are reminded of the joy and celebration that comes with this holiday. It is a time when we can gather with family and friends to enjoy traditional Irish food, music, and dance.

One way to celebrate St. Patrick's Day is by learning about the history and traditions behind the holiday. St. Patrick's Day is named after St. Patrick, the patron saint of Ireland. He is credited with bringing Christianity to Ireland and is celebrated for his work as a missionary. The holiday has been observed for hundreds of years and is now a day for celebrating Irish heritage and culture.

Another way to celebrate St. Patrick's Day is by enjoying traditional Irish food. Some classic dishes include corned beef and cabbage, shepherd's pie, Irish soda bread, and, of course, a pint of Guinness. St. Patrick's Day is also known for its lively music and dance. Be sure to join us for lunch in the dining room for some corned beef and cabbage and then in the auditorium at 2 pm. as we celebrate the holiday with City Lights.

Lastly, don't forget to wear green! Wearing green is a fun way to show your enthusiasm for St. Patrick's Day and is believed to bring good luck. You can wear green clothing, jewelry, or even decorate your apartment with green decorations.

As we celebrate St. Patrick's Day, let's remember the importance of staying safe and healthy. Whether you're enjoying traditional Irish food, music, or simply wearing green, let's come together to celebrate this holiday and the rich culture it represents.

Happy St. Patrick's Day!



Resident Council Meeting

We are excited to announce that the next Resident Council meeting will be held on Thursday, March 16th at 10:00 am in the Auditorium. This is a great opportunity for all residents to come together, share their ideas, concerns, compliments, and make their voices heard.

During the meeting, we will discuss important issues related to life in our community, such as upcoming events, improvements, and resident feedback. This is your chance to have a say in how our community operates and to help shape the future of Whaler's Cove.

We encourage all residents to attend and participate in the meeting.

We want to remind everyone that it is important to maintain a respectful and courteous environment for all attendees. This means following a few basic guidelines to ensure that the meeting is productive and enjoyable for everyone:

- Listen attentively to other residents when they are speaking.
- Raise your hand or wait to be recognized by the chair before speaking.
- Avoid side conversations or distracting behavior that may disrupt the meeting.
- Refrain from using offensive language.
- Keep your comments brief and to the point.

These guidelines help to ensure that everyone's voice is heard, and that we can have a productive and constructive meeting. We appreciate your cooperation in helping to maintain a positive and respectful atmosphere.

