

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



July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Guided by their hearts, Crabs are emotional and nurturing. They create deep bonds with friends. Those born from July 23–31 are Leo's Lions. Leos are creative and charismatic. These natural-born leaders aren't afraid to take initiative.

Tom Cruise (actor) – July 3, 1962
Bill Withers (musician) – July 4, 1938
Ringo Starr (drummer) – July 7, 1940
Mavis Staples (singer) – July 10, 1939
Harrison Ford (actor) – July 13, 1942
Ginger Rogers (dancer) – July 16, 1911
Nelson Mandela (politician) – July 18, 1918
Carlos Santana (musician) – July 20, 1947
George Clinton (musician) – July 22, 1941
Jennifer Lopez (singer) – July 24, 1969
Curt Gowdy (sportscaster) – July 31, 1919

Happy Birthday to Our Residents...

Richard H.	July 1st
Deanna M.	July 4th
Muriel G.	July 7th
Maggie M.	July 11th
Kathleen B.	July 12th
Maria D.	July 15th
Howard F.	July 21st
Christopher M.	July 21st
Emile F.	July 23rd
Kenneth H.	July 29th
Judith A.	July 31st



July 2023

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

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Happy Independence Day!

As summer heats up, it's time to gear up for one of the most anticipated celebrations of the year—the Fourth of July! This cherished holiday serves as a reminder of the remarkable journey that led to the birth of our nation and the enduring principles upon which it was built. It's a day to come together as a community, embrace the spirit of freedom, and express our gratitude for the countless individuals who have shaped our great nation.

The Fourth of July is an opportune time to reflect on the sacrifices and bravery of our founding fathers and all those who fought for the principles of liberty and equality. It is a day to honor the heritage that has been passed down to us, reminding us of our responsibility to preserve and protect the freedoms we hold dear. Let's take a moment to appreciate the values that define us as a nation and inspire us to work towards a brighter future.

Join us in celebrating this momentous occasion. Whether you attend local parades, community events, or attend gathering with family or friends, let's come together to honor the past, embrace the present, and look forward to a future filled with hope and promise.

On this special day, let us express our deepest gratitude to the brave men and women who have served and continue to serve in the armed forces. Their unwavering commitment and sacrifices safeguard the freedoms we enjoy today. Take a moment to reflect on their selflessness and express your appreciation for their service, not just on the Fourth of July, but every day.

As we celebrate the Fourth of July, let us remember the principles upon which our nation was built—life, liberty, and the pursuit of happiness. May this day serve as a reminder of the resilience, strength, and unity that have guided us through history. From all of us at Whaler's Cove, we wish you a joyful and safe Fourth of July!



**Family
Reunion
Month**

**Park and
Recreation
Month**

**Canada Day
July 1**

**Independence
Day (U.S.)
July 4**

**Swimming
Pool Day
July 11**

**Bastille Day
(France)
July 14**

**Muharram
(Islamic New
Year)
Begins at
sundown on
July 18**

**Hammock
Day
July 22**

Alzheimer's Walk

Support our team for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support, and research. We have witnessed firsthand the challenges faced by those and their families in their battle against this debilitating disease.

The decision to participate in the Walk was not merely a choice; it was a symbol of our unwavering support, compassion, and dedication to the cause. The residents, caregivers, and staff at Whaler's Cove understand the importance of raising awareness about Alzheimer's disease, as well as the urgent need for advancements in research and treatment options.

Please consider donating to the cause or joining our team

To Join the Whaler's Cove Team or to Donate:

See Amanda Costa in the administration office

Walk Details:

Location:

Bristol Community College | 777 Elsbree St. Fall River, MA 02720

Schedule of Events:

Walkers Welcome 8:30am Ceremony 9:45am Walk at 10am

on **Saturday, September 30, 2023**

Beat the Heat: Stay Hydrated This Summer!

As the summer sun shines brightly, it's important to prioritize staying hydrated to beat the heat and maintain good health. Dehydration can lead to serious health issues, especially for older adults. Here are some practical tips to help you stay hydrated and refreshed throughout the summer months.

1. **Drink Plenty of Water:** Make it a habit to sip water regularly throughout the day, even if you don't feel thirsty – setting a schedule helps. If you find plain water unappealing, add a twist of flavor to encourage more hydration. Infuse your water with slices of lemon, cucumber, or mint for a refreshing taste.
2. **Opt for Hydrating Foods:** Incorporate foods with high water content into your meals and snacks. Enjoy juicy fruits like watermelon, oranges, and grapes, which not only provide hydration but also offer essential vitamins and minerals. Soups, smoothies, and salads with hydrating veggies like cucumbers and lettuce are also great choices.
3. **Limit Alcohol and Caffeine:** While it's tempting to enjoy a refreshing iced coffee or a cold alcoholic beverage in the summer, remember that both alcohol and caffeine can contribute to dehydration. If you indulge, make sure to balance them with extra water intake.
4. **Stay Cool:** Avoid excessive heat exposure by staying in shaded areas or air-conditioned spaces when possible. If you must be outside, wear lightweight, breathable clothing, a wide-brimmed hat, and use sunscreen to protect your skin from the sun's rays.

Remember, prevention is key when it comes to dehydration. By following these simple tips and making hydration a priority, you can beat the summer heat and keep your body healthy and happy. Stay cool, stay hydrated, and enjoy all the wonderful experiences summer has to offer!

**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION



Employee of the Month



Whaler's Cove Assisted Living takes great pride in recognizing the outstanding efforts and dedication of our employees who go above and beyond to provide exceptional care for our residents. This month, we are thrilled to honor Meya Gunderway, our incredible housekeeper, as the Employee of the Month.

Meya has truly stepped up to the plate, displaying unwavering commitment and reliability during a time when we were short-staffed in the housekeeping department. She fearlessly

embraced the opportunity to make a significant difference. Despite the increased workload, she tackled each task with unwavering attention to detail. Meya's solid work ethic, positivity, and genuine compassion for our residents have made her an invaluable asset to our community.

Meya's dedication to her role has not gone unnoticed by our residents and their families. She understands that Whaler's Cove is not just a place to live but home for our residents. Meya takes immense pride in ensuring that every apartment, every corner, and every living space is clean and well-maintained, creating an environment that promotes comfort and happiness for everyone. Her efforts have contributed significantly to the well-being and quality of life of our residents.

What sets Meya apart is her exceptional ability to connect with our residents on a personal level. She always finds time to engage in meaningful conversations, listen to their stories, and provide a comforting presence. Her warm smile and genuine interest in their lives have made Meya a trusted friend to our residents, brightening their days and making them feel valued and cared for.

Furthermore, Meya's teamwork and collaboration skills are commendable. Despite the additional workload, she has never hesitated to lend a helping hand to her colleagues. Her willingness to support others and maintain a harmonious work environment exemplifies the true spirit of teamwork.

Meya's unwavering dedication, exceptional work ethic, and compassion have undoubtedly set a standard of excellence for our team. Her commitment to ensuring the comfort and happiness of our residents is truly inspiring. It is with great pleasure and gratitude that we honor Meya Gunderway as Whaler's Cove Assisted Living's Employee of the Month.

We extend our heartfelt congratulations to Meya for her outstanding achievements and for being a good example of what it means to be a dedicated member of our team. Your hard work, reliability, and genuine care make a world of difference in the lives of our residents and the success of our community. Thank you, Meya, for embodying the true spirit of Whaler's Cove Assisted Living.

