



August Birthdays

In astrology, those born from August 1–22 are Leo's Lions. Leos are creative and charismatic. These natural-born leaders aren't afraid to take initiative. Those born from August 23–31 are Virgins of Virgo. Virgos, associated with the goddess of the earth, are considered practical, organized, thorough, and detail oriented.

P. D. James (writer) – August 3, 1920
Meghan Markle (royal) – August 4, 1981
Charlize Theron (actress) – August 7, 1975
Whitney Houston (singer) – August 9, 1963
Viola Davis (actress) – August 11, 1965
Magic Johnson (athlete) – August 14, 1959
Julia Child (chef) – August 15, 1912
Orville Wright (aviator) – August 19, 1871
Kobe Bryant (athlete) – August 23, 1978
Sean Connery (actor) – August 25, 1930

Happy Birthday to Our Residents...

Donald B.	August 3rd
Brenda C.	August 7th
Joseph D	August 10th
Tilly G.	August 12 th
Elaine L.	August 13th
Fernanda S.	August 16th
Remi S.	August 17th
Alan S.	August 17th
James L.	August 20th
Linda I.	August 27th
Jose C.	August 28th
Catherine S.	August 29th



August 2023



Whaler's Cove Assisted Living Newsletter The Port of Call

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Dog Month

Golf Month

**Homemade
Pie Day**
August 1

**Farmers
Market Week**
August 6–12

**Lighthouse
Day**
August 7

**Garage Sale
Day**
August 12

**Senior
Citizen's Day**
August 21

**National
Park Service
Day**
August 25

**Be Kind to
Humankind
Week**
August 25–31

Alzheimer's Association Walk to End Alzheimer's® – SouthCoast

Dear Residents, Families, and Friends,

We are thrilled to announce that Whaler's Cove Assisted Living is joining hands with unwavering determination to make a difference in the fight against Alzheimer's disease. As part of the Alzheimer's Association Walk to End Alzheimer's® – SouthCoast in Fall River, MA, our compassionate team is taking strides to raise awareness, support research, and provide hope for all those affected by this challenging condition.

Our residents are at the heart of everything we do. As we participate in the Walk to End Alzheimer's®, we stand alongside our residents and their families, empowering them with strength, love, and unwavering support. Together, we strive to create a world without Alzheimer's, one step at a time.

On **Saturday, September 30, 2023**, our dedicated team, comprising staff, residents, and their loved ones, will gather at Bristol Community College in Fall River, MA, to walk hand in hand, demonstrating our commitment to eradicating Alzheimer's and providing aid to those affected by it.

By participating in this walk, we aim to raise awareness about Alzheimer's disease and other forms of dementia. It is crucial to educate the community about the impact of this illness on individuals and families and advocate for early detection, proper care, and enhanced resources.

The funds raised through this event will fuel groundbreaking research that seeks to understand the disease better, improve care strategies, and work towards finding a cure. Our team's efforts are a testament to our shared vision of a world free from the grasp of Alzheimer's.

How you Can Help

We invite everyone in our Whaler's Cove community, our families, friends, and the broader SouthCoast community to join us. Your participation, donations, and support are instrumental in our mission to create a positive impact in the lives of those living with Alzheimer's and their loved ones.

Thank you for being an integral part of our Whaler's Cove Assisted Living family, and for standing by us in our fight to End Alzheimer's®. Let us walk with determination, love, and hope towards a brighter and Alzheimer's-free future.

Contact Marketing Director, Amanda Costa, to join or donate.



Resident Activities for August

8/1	Gary Faria Entertains Rev. Leary's Bible Study	8/15	Bingo w/ Wendy
8/2	Bingo w/ Jeannine Robert Black Entertains	8/16	Turnover w/ Jackie
8/3	Baking w/ Katie Current Events	8/17	Exercise Class Crafts w/ Jackie
8/4	Exercise Class Game of Darts	8/18	Rebecca Pink Entertains
8/5	Maggie's Rosary Group Evelyn's Movie Night	8/19	Maggie's Rosary Group Bingo w/ Wendy Evelyn's Movie Night
8/6	Religious Sing-along Pokeno	8/20	Maggie's Rosary Group
8/7	Casino Outing Bingo w/ Jeannine	8/21	Bingo w/ Wendy
8/8	Tai Chi w/ Steve	8/22	Tai Chi w/ Steve Mark Deschenes Entertains
8/9	Outing to Walmart Turnover	8/23	Chris Waters Entertains NewLife Church Coloring
8/10	Communion Service Bingo w/ Remi	8/24	Exercise Class Monthly Birthday Party
8/11	Portuguese Catholic Mass	8/25	Outing to Fort Phoenix Bingo w/ Jeannine
8/12	Peter's Worship Service	8/26	Pokeno
8/13	Bingo w/ Wendy	8/27	Bingo w/ Wendy
8/14	Moving w/ Moxie Bingo w/ John	8/28	Outing to Market Basket
		8/29	Outing for Free Ice Cream
		8/30	Candida Rose Entertains
		8/31	Dave V. Entertains

Dog Month

It's that time of year when we shower our furry friends with extra love and appreciation during Dog Month! Our four-legged companions bring boundless joy and unconditional love to our lives, and this special month gives us the perfect opportunity to honor their loyalty.

Bodhi, our therapy dog, has become a cherished member of our assisted living community. Every month, Bodhi brings his wagging tail and loving nature to spread happiness and warmth among our residents and staff.

Pet therapy has proven to be a powerful force in promoting well-being, and Bodhi's visits are no exception. Interacting with him has a host of benefits, including reducing stress and anxiety, boosting moods, and fostering social connections. His presence has brought smiles to our faces and an overwhelming sense of comfort.

We invite you to join us in welcoming Bodhi during his monthly visits, as we continue to explore the joy and positivity he brings to our community.



New Maintenance Assistant Tito Morales



We are delighted to extend a warm and heartfelt welcome to Tito Morales, the newest member of Whaler's Cove Assisted Living! Tito joins us as our dedicated Maintenance Assistant, bringing with him a wealth of experience and goals for creating a safe and comfortable environment for all residents.

Tito's expertise in maintenance and his genuine care for people make him an ideal fit for our community. He will work in the Maintenance Department alongside Eric and Jason. Some of his responsibilities will include addressing work order forms, tackling repairs and maintenance of apartments, common areas, and equipment, to maintaining the outside grounds. Tito's attention to detail and reliability will undoubtedly have a positive impact on our community.

We invite all residents, families, and partners to join us in giving a warm welcome to Tito Morales. As you see him around our community, please take a moment to introduce yourselves and extend a friendly greeting.

Tito, we are thrilled to have you as part of our team, and we look forward to the many positive contributions you will bring to Whaler's Cove Assisted Living. Together, we will continue to create an environment where our residents can thrive and enjoy every day to the fullest.



Refreshing Watermelon Salad

Ingredients: 3 cups of diced watermelon, 1 cup of cucumber- peeled and diced, 1/2 cup of crumbled feta cheese, 1/4 cup of fresh mint leaves - chopped, 2 tablespoons of fresh lime juice

1 tablespoon of honey (optional, for a touch of sweetness)

Instructions:

- In a large mixing bowl, combine the diced watermelon and cucumber.
- Gently toss in the crumbled feta cheese, ensuring an even distribution throughout the salad.
- Add the chopped fresh mint leaves for a burst of flavor and a delightful aroma.
- Drizzle the fresh lime juice over the salad to give it a zesty kick. If you prefer a hint of sweetness, you can also add a tablespoon of honey.
- Toss all the ingredients together until well combined.

Not only is this watermelon salad tasty and hydrating, but it's also packed with essential nutrients and antioxidants that promote overall health and well-being. Enjoy this simple and delicious no-bake recipe and make the most of the sunny days ahead! Bon appétit!

