

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



## October Birthdays

In astrology, those born from October 1–22 balance the scales of Libra. Libras strive to find equilibrium and fight for equality and justice. They use their sharp minds to de-escalate conflicts and find peace. Those born from October 23–31 are Scorpio's scorpions. Scorpions seek deep connections and nurture empathy and commitment.

Gandhi (activist) – Oct. 2, 1869  
 Thor Heyerdahl (explorer) – Oct. 6, 1914  
 Jesse Jackson (politician) – Oct. 8, 1941  
 John Lennon (musician) – Oct. 9, 1940  
 Eleanor Roosevelt (first lady) – Oct. 11, 1884  
 Margaret Thatcher (politician) – Oct. 13, 1925  
 Mae Jemison (astronaut) – Oct. 17, 1956  
 Carrie Fisher (actress) – Oct. 21, 1956  
 Pelé (athlete) – Oct. 23, 1940  
 Pat Sajak (TV host) – Oct. 26, 1946  
 Bill Gates (tech mogul) – Oct. 28, 1955

## Happy Birthday to Our Residents...

Barbara S.	October 2nd
Albert C.	October 7th
Jill G.	October 9th
Robert G.	October 19th
Barbara G.	October 21st
Donna H.	October 22nd
Laura A.	October 26th
Ethel R.	October 28th
Barbara M.	October 31st



October 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



**Popcorn Poppin' Month**

**Country Music Month**

**International Day of Older Persons**  
*October 1*

**Columbus Day and Indigenous Peoples' Day**  
*October 9*

**Farmer's Day**  
*October 12*

**Newspaper Comic Strip Appreciation Day**  
*October 18*

**International Artist Day**  
*October 25*

**Halloween**  
*October 31*

## Whaler's Cove Flu Clinic



**October 27, 2023 | 9:00 AM – 11:00 AM**

Auditorium, 2<sup>nd</sup> Floor

Eterna Pharmacy will be onsite to administer flu vaccines to any interested resident or staff member. Flu shots are generally free of charge and covered by almost all insurances. We will welcome residents in groups so as to facilitate a quick and smooth process.

### All Are Welcome!

Please consider getting your flu vaccine! Similar to years past, coupled with COVID-19, flu season promises to be much worse around the world.

Since early 2020, we have tried to do everything we can to protect the residents and staff. We appreciate your cooperation.

We ask that you call or stop by the Front Desk, Wellness Office, or Administration Office, to indicate whether you would like to receive one. **RSVPs are accepted through October 6, 2023.**

If you have received it elsewhere, please provide proof to the Wellness Department.

Thank you.

## Employee of the Month



At Whaler's Cove, excellence and dedication are qualities that define our team members, and this month, we are proud to spotlight an individual who epitomizes these virtues - Ana Davis, our esteemed Certified Nursing Assistant (CNA). Ana has consistently shown unwavering commitment to her role, always going above and beyond to provide exceptional care and support to our residents.

Ana has demonstrated an outstanding work ethic by consistently picking up shifts and willingly taking on extra responsibilities. Her willingness to cover additional shifts and take on extra tasks, such as training on controlled and front desk, has significantly contributed to the smooth operations of our facility. She has shown exceptional adaptability and a strong sense of responsibility, ensuring that our residents receive the best possible care and attention at all times.

One of the remarkable aspects of Ana's journey is her prior service as an Army medic. Ana's experience in the military has instilled in her a sense of discipline, resilience, and compassion that she brings to her role as a CNA. The skills and values she acquired during her service enrich the care she provides to our residents, showcasing her exceptional dedication to both her profession and our community. We thank her for her service.

Ana's compassion and empathy extend beyond her professional duties. She consistently takes the time to engage with our residents, offering them comfort, companionship, and a warm smile. Her ability to establish meaningful connections with residents and their families is truly remarkable and greatly appreciated by all.

As we honor Ana Davis as our Employee of the Month, we extend our heartfelt gratitude for her dedication, hard work, and the positive impact she has on our community. Ana embodies the values and standards we uphold at Whaler's Cove Assisted Living, making her a true asset to our team.

Thank you, Ana, for your outstanding service and unwavering dedication. Congratulations on being named our Employee of the Month!

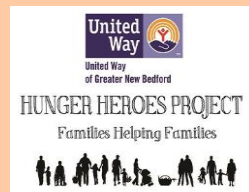
## Annual Thanksgiving Food Drive

On October 28, 2022, we will be hosting our 4<sup>th</sup> Annual Thanksgiving Food Drive from 9 am to 12 pm in partnership with United Way of Greater New Bedford for their Hunger Heroes Project. The food drive will take place at our front entrance where guests can drive up and donate non-perishable thanksgiving food items (listed below). Although the event will take place on the 28<sup>th</sup>, we will be collecting through mid-November.

Stay tuned for additional event details!

### Accepted Food Drive Items:

- Stuffing
- Cranberry Sauce
- Instant Potatoes
- Boxed Desserts
- Bread mix
- Canned vegetables
- Gravy



## Halloween Festivities

Get ready for a spook-tacular event! Our annual Halloween party is set to take place on Halloween Day, Tuesday, October 31st, at 2:00 pm. The gathering promises to be a frightfully good time filled with festive spirit, exciting contests, and lively music by City Lights.

This year we will be holding a Resident and Staff Pumpkin Contest and Costume Contest. This is a chance for residents and staff to put their creativity to the test, carving and decorating pumpkins, and designing extraordinary costumes for some friendly competition!

The Pumpkin Contest allows our residents to showcase their artistic talents by transforming pumpkins into works of art while residents and staff come together in a playful display of Halloween creativity for the Costume Contest. The costumes range from classic and spooky to humorous and imaginative, showcasing the diversity of personalities and interests within our Whaler's Cove community.

At the Annual Halloween Party, attendees will have the chance to vote for their favorite pumpkins and costumes.

We can't wait to see all the ghoulishly delightful pumpkins and amazing costumes, and most importantly, to share the day with our Whaler's Cove family.

Be prepared for a scream-worthy celebration of community and Halloween spirit. We'll see you there!



## Easy No-Bake Fall Pumpkin Energy Bites

### Ingredients:

1 cup rolled oats, 1/2 cup pumpkin puree, 1/3 cup honey or maple syrup, 1/2 cup shredded coconut, 1/2 cup chopped nuts (e.g., walnuts, pecans, or almonds), 1/2 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/4 teaspoon ginger, 1/4 teaspoon vanilla extract, Pinch of salt, Optional: Additional shredded coconut for coating

**Combine Dry Ingredients:** In a mixing bowl, combine rolled oats, shredded coconut, chopped nuts, cinnamon, nutmeg, ginger, and a pinch of salt. Mix well.

**Add Wet Ingredients:** Add pumpkin puree, honey or maple syrup, and vanilla extract to the dry mixture. Mix until all the ingredients are well combined, and the mixture holds together.

**Form into Bites:** Using clean hands, take small portions of the mixture and roll them into bite-sized balls. If desired, roll the balls in additional shredded coconut for extra coating.

**Chill:** Place the pumpkin energy bites on a plate or tray and refrigerate for at least 30 minutes to help them firm up.

**Serve and Enjoy:** Once chilled, serve and enjoy these delightful Pumpkin Energy Bites as a nutritious and seasonal snack!

