

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



February Birthdays

If you were born between February 1–18, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. They are energetic, have inquisitive minds, and come up with creative solutions. Those born from February 19–29 are Pisces, the Fish. Like fish, Pisces go with the flow, but on the inside, they are intuitive, intensely spiritual, and deeply emotional.

- Lisa Marie Presley (singer) – Feb. 1, 1968
- Farrah Fawcett (actress) – Feb. 2, 1947
- James Michener (author) – Feb. 3, 1907
- Mary Leakey (scientist) – Feb. 6, 1913
- Peter Tork (guitarist) – Feb. 13, 1942
- Hugh Downs (news anchor) – Feb. 14, 1921
- Amy Tan (author) – Feb. 19, 1952
- Cullen Jones (swimmer) – Feb. 29, 1984

Happy Birthday to Our Residents...

Carl W.	February 5th
George C.	February 7th
Wendy R.	February 11th
Roy V.	February 13th
William M.	February 17th
Suzette C.	February 17th
Pauline B.	February 22nd
Maria O.	February 24th
John R.	February 23rd
Gilly M.	February 27th



February 2024



Whaler's Cove Assisted Living The Port of Call

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Tips for a Healthy Heart

As we dive into the month of February, our focus turns to matters of the heart – not just the romantic kind, but the one that beats tirelessly within each of us. Welcome to American Heart Month, a time dedicated to raising awareness about heart health and inspiring positive changes that can lead to a longer, healthier life.

Why American Heart Month Matters:

Heart disease remains a leading cause of death in the United States, affecting people of all ages. American Heart Month serves as a reminder that our hearts deserve our attention, care, and commitment to a healthier lifestyle.

Understanding Heart Disease:

Heart disease encompasses a range of conditions, from coronary artery disease to heart failure. While some risk factors are beyond our control, such as age and family history, many others can be managed through lifestyle choices.

Balanced Nutrition: Embrace a heart-healthy diet rich in fruits, vegetables, whole grains, and lean proteins. Reduce sodium intake and limit saturated fats and cholesterol.

Stay Active: Engage in regular physical activity, even if it's just a gentle stroll. Exercise helps improve circulation, lower blood pressure, and promote overall cardiovascular health.

Quit Smoking: If you smoke, consider taking steps to quit. Smoking is a major risk factor for heart disease, and quitting can significantly improve heart health.

Manage Stress: Find activities that bring joy and relaxation. Whether it's reading, meditation, or spending time with loved ones, managing stress positively impacts heart health.

Regular Check-ups: Schedule regular check-ups with your healthcare provider. Monitoring blood pressure, cholesterol levels, and other key indicators is essential for early detection and prevention.

This February let's make a commitment to prioritize our heart health. Small, positive changes can have a big impact on our overall well-being. Remember, a healthy heart is a happy heart, and together, we can embrace a lifestyle that promotes long-lasting vitality.

Bird Feeding
Month

Women
Inventors
Month

Spunky Old
Broads Month

Engineers Week
February 18–24

Liberace Day
February 4

Periodic Table
Day
February 7

Chinese Lunar
New Year's Day
February 10

Hippo Day
February 15

Presidents' Day
February 19

For Pete's Sake
Day
February 26

Black History Month

Black History Month, observed every February, offers a meaningful opportunity to reflect on the profound contributions of Black figures throughout history. Here are a few intriguing facts:

Carter G. Woodson's Vision: Black History Month originated from the vision of historian Carter G. Woodson, who established "Negro History Week" in 1926. It later expanded to a month-long celebration in 1976.

February Significance: February was chosen for Black History Month to coincide with the birthdays of Abraham Lincoln and Frederick Douglass, two pivotal figures in Black history.

Underground Railroad: The Underground Railroad, a clandestine network aiding slaves in their escape to freedom, represents a testament to the bravery and determination of those seeking a better life.

Inspirational Leaders: Black History Month allows people to revisit the inspiring legacies of leaders like Martin Luther King Jr., Rosa Parks, Maya Angelou, and Malcolm X, whose contributions shaped the civil rights movement.

Cultural Impact: We can appreciate the immense cultural impact in music, literature, art, and sports. From the soulful sounds of jazz to influential literary works, Black artists have enriched the cultural fabric.

Notable Inventors: Celebrating Black inventors, such as Garrett Morgan (traffic signal) and Madam C.J. Walker (beauty industry pioneer), sheds light on their ingenuity and lasting contributions.

Brown v. Board of Education: The landmark case in 1954, Brown v. Board of Education, marked the end of legal segregation in public schools, a pivotal moment in the pursuit of equal rights.

Historic Presidency: we can reflect on the historic inauguration of Barack Obama in 2009, marking the first Black President of the United States—a momentous achievement for equality.

As we honor Black History Month, let us cherish the resilience, strength, and enduring impact of those whose stories continue to shape the rich tapestry of our nation's history.

Women Inventors

Hedy Lamarr: Hollywood actress, Hedy Lamarr also co-invented a frequency-hopping technology during World War II, which laid the foundation for modern Wi-Fi and Bluetooth.

Dr. Patricia Bath: An ophthalmologist and inventor, who invented the Laserphaco Probe for cataract treatment, making her the first Black woman doctor to receive a patent for a medical purpose.

Dr. Shirley Jackson: A physicist and the Black woman to earn a Ph.D. from MIT, Dr. Shirley Jackson conducted groundbreaking research in theoretical physics and contributed to the development of telecommunications technology, including the touch-tone telephone and caller ID.



Employee of the Month



Whaler's Cove Assisted Living is proud to shine the spotlight on our exceptional Certified Nursing Assistant, Jenna Silva, our Employee of the Month last month. Jenna's unwavering dedication to both her team and our residents has truly set her apart.

One of Jenna's outstanding qualities is her commitment to the well-being of our residents. Her recent accomplishment of passing the Teas test not only showcases

her academic prowess but also highlights her aspiration to become a nurse. This achievement is a testament to Jenna's strong work ethic and determination to continually enhance her skills for the benefit of those under her care.

Jenna's willingness to go above and beyond for the community is truly commendable. Whether it's lending a helping hand to her colleagues or assisting with any community needs, Jenna is always ready to jump in. Her proactive and selfless approach creates a positive and supportive environment for both staff and residents alike.

In addition to her exceptional teamwork, Jenna stands out as a leader among her peers. Her ability to excel in her role and inspire others around her is a testament to her natural leadership skills. Jenna's guidance and encouragement contribute significantly to the overall success and harmony within our community.

Beyond her professional achievements, Jenna's easy-going nature and ability to get along with everyone make her a beloved member of the Whaler's Cove family. Her positive attitude and genuine care for others create a warm and welcoming atmosphere, making her a joy to work with.

We extend our heartfelt gratitude for her tireless efforts, outstanding leadership, and compassionate care. Whaler's Cove is truly fortunate to have Jenna as an integral part of our team, and we look forward to witnessing her continued success in the future. Congratulations, Jenna, on this well-deserved recognition!



Valentines Day Word Scramble

1. tlevev
2. lyadiho
3. rehtsa
4. elov
5. perdsas
6. htcocolae
7. nacd
8. flwore
9. srsoe
10. epmo

Answers: 1. velvet, 2. Holiday, 3. Hearts, 4. Love, 5. Spreads, 6. Chocolate, 7. candy, 8. flower, 9. roses, 10. poem

