

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



January Birthdays

Those born from January 1–19 are Capricorns, the Goat. As sure-footed goats climb mountains, Capricorns pursue worthwhile, nonfrivolous goals by taking practical steps. If you were born between January 20–31, you are an Aquarius, the Water Bearer. Aquarians are loyal and smart humanitarians who want to make a difference in the world. These energetic people have inquisitive minds and come up with creative solutions to problems.

Victor Borge (comedian) – Jan. 3, 1909
Sterling Holloway (actor) – Jan. 4, 1905
Charlie Rose (journalist) – Jan. 5, 1942
Kate Middleton (princess) – Jan. 9, 1982
Joe E. Lewis (comedian) – Jan. 12, 1902
Michelle Obama (first lady) – Jan. 17, 1964
Ann Sothorn (actress) – Jan. 22, 1909
Maria Tallchief (ballerina) – Jan. 24, 1925
Jackie Robinson (ballplayer) – Jan. 31, 1919



Happy Birthday to Our Residents...

Anthony S.	January 3 rd
Laura S.	January 5 th
Thomas M.	January 6 th
Khin M.	January 11 th
Robert C.	January 21 st
Maria DeS.	January 21 st
Barbara M.	January 25 th
Margaret A.	January 31 st



January 2024

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
New Bedford, MA 02746
P: 508-997-2880 F: 508-997-1599



Celebrating January

Hot Tea Month

**Blood Donor
Month**

**New Year's
Day**

January 1

Trivia Day

January 4

**Dress Up Your
Pet Day**

January 14

**Kid Inventors
Day**

January 17

**Martin Luther
King Jr. Day**

January 20

**National Seed
Swap Day**

January 27

Puzzle Day

January 29

Welcoming a Bright New Year!

Dear Whaler's Cove Residents, Families, and Staff,

As we bid farewell to the past year and embrace the promise of a new one, we find ourselves filled with gratitude for the wonderful community that is Whaler's Cove Assisted Living. The journey we've shared together has been marked by resilience, compassion, and the unwavering support that defines our special community.

As we look ahead to 2024, let us reflect on the achievements and joys that 2023 brought us. From heartwarming friendships to moments of laughter, we've created memories that will linger in our hearts for years to come. Our collective spirit has proven time and again that, together, we can overcome any challenge and celebrate life's beautiful moments.

In the spirit of new beginnings, let's set our sights on the opportunities that the coming year holds for each and every one of us. May 2024 bring an abundance of good health, joyous moments, and the fulfillment of dreams. As we navigate the path ahead, remember that the Whaler's Cove family stands united, ready to support and uplift one another.

Our dedicated staff is committed to making each day special for our residents, and we extend our deepest gratitude to them for their tireless efforts. Their dedication ensures that Whaler's Cove remains a warm and welcoming home for all.

Let's embrace the New Year with open hearts, open minds, and a renewed sense of community. Together, we'll continue to create a tapestry of love, friendship, and shared experiences that make Whaler's Cove truly extraordinary.

Wishing you a Happy New Year filled with love, laughter, and the joy of shared moments!

Your Voice Matters: Resident Satisfaction Survey

At Whaler's Cove Assisted Living, we are committed to providing the highest level of care and ensuring that our community remains a place that feels like home. To better understand your needs, preferences, and experiences, we are excited to announce that our annual Resident Satisfaction Survey will be distributed this month.

Your feedback is invaluable in helping us enhance the quality of life for all residents. The survey covers various aspects of our community, from the services and amenities we provide to the overall atmosphere and sense of community. We genuinely value your insights, as they guide us in making continuous improvements to better meet your expectations.

We sincerely appreciate the time you take to participate in the survey. Your input allows us to continuously improve and ensure that Whaler's Cove remains a vibrant and fulfilling community for all.

Completed surveys are to be left in the designated box outside of the Activities Office.



National Activity Professionals Week

As we embark on the month of January, we have the wonderful opportunity to shine a spotlight on the heart and soul of our vibrant community—the dedicated professionals who bring joy, engagement, and creativity into the lives of our residents. January 22nd starts National Activities Professional Week, and we couldn't be more excited to celebrate the incredible individuals who make each day at Whaler's Cove special.

National Activities Professional Week is a time for us to express our gratitude to the talented and caring individuals who play a pivotal role in enhancing the quality of life for our residents. Activity Director Jeannine Pacheco and Activity Assistant Jackie Damm tirelessly create and coordinate a diverse range of activities that cater to the interests and preferences of everyone in our community.

Activities are more than just events on a calendar; they are the heartbeat of our community. Whether it's a lively game, a creative arts and crafts session, or a soothing musical performance, these activities contribute to the social, emotional, and physical well-being of our residents. They foster a sense of connection, purpose, and joy that makes Whaler's Cove a truly special place to call home.

Throughout National Activities Professional Week, we encourage you to take a moment to get to know Jeannine and Jackie. Their passion for creating meaningful experiences is evident in every event they organize. From themed parties to educational workshops, their commitment to tailoring activities to the diverse interests of our residents is truly commendable.

Jeannine and Jackie, we extend our deepest appreciation for the energy, creativity, and compassion you bring to our community. Your unwavering dedication contributes immeasurably to the vibrant and fulfilling atmosphere at Whaler's Cove.



Welcome New Staff

We are thrilled to extend a warm welcome to two fantastic additions to our Whaler's Cove family. Join us in welcoming Nurse Stephanie Solana and Housekeeper Angel Vergas Martinez Jr.!

Nurse Stephanie Solana: Stephanie brings a wealth of nursing expertise and a compassionate touch to our team. Her commitment to resident care and well-being is evident in every interaction. Please take a moment to introduce yourself and extend a warm welcome to Stephanie.

Housekeeper Angel Vergas Martinez Jr.: Angel joins us with a dedication to maintaining a clean and welcoming environment for all. His attention to detail and positive attitude are already making a noticeable impact. We're grateful to have Angel as part of our housekeeping team.

Let's come together to make Stephanie and Angel feel at home here at Whaler's Cove. Your warm greetings and smiles will undoubtedly make their transition even more enjoyable.



A Beacon of Hope and Equality

As we enter the month of January, we are presented with a special opportunity to reflect on the life and legacy of a remarkable leader, Dr. Martin Luther King Jr. Dr. King, a beacon of hope and a champion of equality, played a pivotal role in shaping the landscape of civil rights in America.

Born on January 15, 1929, Dr. King devoted his life to advocating for racial equality, justice, and social harmony. His leadership during the Civil Rights Movement in the 1950s and 1960s was marked by nonviolent resistance, inspiring millions to stand up against discrimination and oppression.

I Have a Dream Speech: Dr. King is perhaps best known for his iconic "I Have a Dream" speech, delivered during the March on Washington for Jobs and Freedom in 1963. In this powerful address, he eloquently expressed his vision of a nation where individuals would be judged by their character rather than the color of their skin.

Nobel Peace Prize: In 1964, Dr. King was awarded the Nobel Peace Prize for his nonviolent struggle for civil rights. This recognition highlighted the global significance of his work and the impact of the Civil Rights Movement on shaping a more just society.

Legacy of Nonviolent Activism: Dr. King's commitment to nonviolent activism became a cornerstone of the Civil Rights Movement. His philosophy of peaceful resistance inspired change not only in the United States but also influenced movements for justice and equality worldwide.

Continued Relevance: Dr. King's teachings and principles remain as relevant today as they were during the height of the Civil Rights Movement. His message of unity, love, and understanding serves as a guidepost for creating inclusive communities that celebrate diversity.

