

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



March Birthdays

Those born from March 1–20 are Pisces, the Fish. Like fish, Pisces like to go with the flow in an easygoing manner, but on the inside, they are intuitive, intensely spiritual, and deeply emotional. If you were born between March 21–31, you are Aries, the Ram. These independent adventurers like to strike out on their own and are natural leaders. Their enthusiasm and confidence mean they have big and outgoing personalities.

Dr. Seuss (author) – March 2, 1904
Jackie Joyner-Kersey (athlete) – March 3, 1962
Lou Costello (comedian) – March 6, 1906
Glenn Close (actress) – March 19, 1947
Spike Lee (filmmaker) – March 20, 1957
Chaka Khan (singer) – March 23, 1953
Danica Patrick (driver) – March 25, 1982

Happy Birthday to Our Residents...

Curry T	March 2 nd
Maurice W.	March 4 th
Gregory K	March 9 th
Frank W.	March 10 th
Evelyn B.	March 12 th
Dorothy L.	March 13 th
Beth S.	March 24 th
Arsenia F.	March 31 st



March 2024

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
New Bedford, MA 02746
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A Mathematical Celebration

As we prepare to turn our clocks forward on March 10, 2024, and welcome the much-anticipated Daylight-Saving Time (DST), let's add a dash of curiosity to our excitement. Here are some fascinating facts about DST that might just spark your interest!

- 1. Benjamin Franklin's Bright Idea:** Did you know that the concept of Daylight-Saving Time can be traced back to the ingenious mind of Benjamin Franklin? In 1784, he wrote a satirical letter suggesting that Parisians could save money on candles by waking up earlier to make use of natural sunlight.
- 2. A Patchwork of Time:** Not all states and countries observe Daylight Saving Time. Arizona and Hawaii in the United States, along with several countries, have chosen to forego the clock-changing tradition altogether. Imagine living in a world where your neighboring state might be an hour ahead or behind!
- 3. Springing Forward for Energy:** The primary purpose behind DST is to make better use of daylight and conserve energy. Originally introduced during World War I and later during World War II, it was believed that adjusting the clocks would reduce the need for artificial lighting and, consequently, save energy.
- 5. The Health Factor:** Daylight has a positive impact on our well-being. Exposure to natural light helps regulate our circadian rhythm, promoting better sleep and mood. So, get ready to soak up the sunlight and let it lift your spirits!
- 6. Not Always Smooth Sailing:** The implementation of DST hasn't always been smooth. Over the years, there have been debates, experiments, and even changes in start and end dates. It wasn't until the Uniform Time Act of 1966 that DST was standardized in the United States.
- 7. A Global Tradition:** While the start and end dates may vary, many countries around the world observe some form of Daylight-Saving Time. It's a shared experience that connects us globally, as we all adjust our clocks to make the most of the changing seasons.

As we gear up for this year's "spring forward" moment, let's not only appreciate the extra hour of daylight but also celebrate the rich history and global significance of Daylight-Saving Time. Here's to brightening our days and enjoying every moment!

Celebrating
March

Umbrella
Month

Optimism
Month

Irish
American
Heritage
Month

Iditarod Race
March 2

Welllderly
Week
March 18–23

Napping Day
March 11

Quilting Day
March 16

Memory Day
March 21

Pencil Day
March 30

Employee of the Month



we take immense pride in our extraordinary team members who go above and beyond to make our community a special place. Today, we shine the spotlight on Chef Paul Chagnon, a true gem in our community. Chef Paul recently claimed victory in November, showcasing his culinary prowess and dedication to delivering exceptional dining experiences. However, he was recognized as Employee of the month again in February as his commitment to excellence doesn't stop there. During our most recent COVID outbreak, Chef Paul stepped up in an extraordinary way.

Without batting an eye, Chef Paul worked extra hours, ensuring that our residents continued to receive delicious and nutritious meals, even in the face of challenging circumstances. His dedication and tireless efforts truly exemplify the spirit of our community.

Beyond his culinary skills, Chef Paul's kindness and warmth are felt by everyone he encounters. Residents and staff often share stories of how Chef Paul brightens their day with his friendly demeanor and genuine concern for their well-being. His passion for creating not just meals but memorable dining experiences is evident in every dish he prepares.

In times of uncertainty, Chef Paul's unwavering commitment to the Whaler's Cove family shines brightly. His actions remind us that a caring heart and a warm meal can make a world of difference.

As we extend our heartfelt congratulations to Chef Paul for his well-deserved recognition, we also want to express our deepest gratitude for the dedication and kindness he brings to our community each day. Here's to Chef Paul, a culinary maestro with a heart as generous as his flavors are delightful.

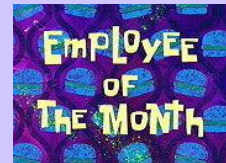
Important Notice: Enrolling in New Insurance

As the healthcare landscape evolves, we want to ensure that you are well-informed about enrolling in new insurance plans. If you're considering any changes, remember, it is important to keep us in the loop!

If you're unsure about enrolling in a new healthcare insurance plan, it's always best to ask us first. Certain residential programs may be impacted, and we want to guide you through the process to avoid any complications.

Your health and well-being are our top priorities. Keeping us informed about any changes to your insurance helps us maintain accurate records and ensures that you continue to receive the best possible care.

Your cooperation and communication are vital in navigating these transitions smoothly. If you have any questions or need assistance, please reach out. We're here to support you.



Resident Council Meeting

We are excited to extend an invitation for our Quarterly Resident Council Meeting on March 7th at 10:00 AM. This meeting is not only an opportunity to discuss important matters but also a chance for us to reaffirm the values that make up our community.

Why Attend the Quarterly Resident Council Meeting:

This meeting is more than just an event; it is a shared space where your voices contribute to the day-to-day of our community. It's a chance to express your thoughts, share ideas, and actively participate in decisions that shape the environment we call home. The meeting will cover various aspects of community life, from upcoming events to community improvements, ensuring that your concerns and preferences are acknowledged.

The Importance of Respectful Engagement:

While we eagerly anticipate your valuable contributions, we want to emphasize the significance of approaching the meeting with respect and consideration for one another. The diversity of experiences and perspectives within our community is one of our greatest strengths, and respecting these differences is crucial in fostering an environment where everyone feels heard and valued.

Here are a few reminders to ensure a positive and productive meeting:

Listen with Empathy: Take a moment to listen and understand others' perspectives, even if they differ from your own.

Speak Thoughtfully: When sharing your thoughts, choose words that are inclusive and considerate. Remember, we are a community that thrives on collaboration.

Be Open Minded: Embrace the opportunity to explore new ideas and solutions. A collaborative mindset fosters a richer, more vibrant community.

Raise Concerns Respectfully: If you have concerns, express them in a constructive manner. This helps create an environment where issues can be addressed effectively.

Your presence at the Quarterly Resident Council Meeting is invaluable, and we look forward to a gathering filled with respectful dialogue and a shared commitment to our community's well-being.

