

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



## June Birthdays

If you were born between June 1–21, you are a Twin of Gemini. Geminis make communicative and lively companions. Those born between June 22–30 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft.

Pat Boone – June 1, 1934  
Rafael Nadal – June 3, 1986  
Suze Orman – June 5, 1951  
Dai Vernon – June 11, 1894  
Prince William – June 21, 1982  
Meryl Streep – June 22, 1949  
Larry Blyden – June 23, 1925  
Slim Pickens – June 29, 1919  
Lena Horne – June 30, 1917

## Happy Birthday to Our Residents...

Edward S.	June 12th
Lucille M.	June 19th
Johanna S-L.	June 20th
Beverly H.	June 20 <sup>th</sup>
Margaret M.	June 24th



June 2024

# Whaler's Cove Assisted Living The Port of Call

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New Bedford, MA 02746  
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## Happy Father's Day

Father's Day is a special time to reflect on the vital role that fathers and father figures play in our lives. It's a day dedicated to appreciating the love, guidance, and sacrifices made by fathers everywhere. At Whaler's Cove, we are excited to recognize and honor the remarkable fathers and grandfathers in our community.

Father's Day, celebrated on the third Sunday in June, is a tradition that dates back to the early 20th century. It is a time to express gratitude and show our appreciation for the men who have been our mentors, protectors, and role models. This year, on June 16th, we have a meaningful day planned to acknowledge the wonderful fathers among us.

We will begin by handing out Father's Day gifts to each father and grandfather. These gifts are chosen with care to convey our heartfelt appreciation for their enduring love and wisdom. It's a small gesture to honor the significant impact they have had on their families and our community.

Adding to the day's enjoyment, we are delighted to welcome Gary Faria, who will provide a morning of live entertainment. Gary's performances are known for their charm and nostalgic appeal, featuring classic hits and beloved melodies that resonate with our residents. His music will undoubtedly bring back fond memories and create a joyful atmosphere for everyone.

Father's Day is more than just a date on the calendar; it's an opportunity to celebrate the values and lessons that fathers impart. We are proud to honor these incredible men.

We look forward to sharing this meaningful occasion with our residents and their families. Here's to a wonderful Father's Day filled with love, laughter, and cherished memories. Happy Father's Day from all of us at Whaler's Cove Assisted Living!

Celebrating  
June

Adopt-a-Cat  
Month

National Soul  
Food Month

International  
Men's Health  
Month

Watermelon  
Seed Spitting  
Week

June 27–30

Go Barefoot  
Day

June 1

Nature  
Photography  
Day

June 15

International  
Day of Yoga

June 21

Day of the  
Seafarer

June 25

## Employee of the Month



We are thrilled to announce that Anna Davis has been named June's Employee of the Month! Anna, a Certified Nursing Assistant and former Army medic, brings a wealth of experience and dedication to our community. Her background as an Army medic is evident in her exceptional care and resilience, making her an invaluable asset to our team.

Anna is known for her willingness to go above and beyond, often picking up extra shifts and stepping in wherever needed. She has not only excelled in her role

as a CNA but has also provided outstanding support in our Dietary department and at the Front Desk. Her versatility and eagerness to help in any capacity showcase her commitment to the well-being of our residents and the smooth operation of our community.

What truly sets Anna apart is her warm and welcoming nature. She is always kind and thoughtful, creating a positive and fostering environment for both residents and teammates. Her constant smile and upbeat attitude help maintain a positive atmosphere, making her a favorite among residents and staff alike.

Anna's dedication to her work and her ability to spread positivity make her a shining example of the values we uphold at Whaler's Cove. We are incredibly grateful to have her on our team and look forward to her continued contributions. Congratulations, Anna, on this well-deserved recognition!

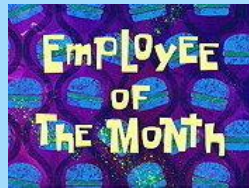
## National CNA Week

As CNA Week 2024 approaches, we proudly celebrate our dedicated Certified Nursing Assistants from June 13-19 under the theme "We'll Be There for You." This special week honors the tireless efforts and heartfelt commitment of CNAs, who play a crucial role in our assisted living community.

CNAs are the backbone of our care team, providing essential support with daily activities and offering a comforting presence to our residents. Their unwavering dedication ensures that each resident receives compassionate and personalized care, fostering a warm and supportive environment.

This year's theme, "We'll Be There for You," perfectly captures the spirit of our CNAs. Whether it's a kind word, a gentle touch, or simply being there during challenging times, our CNAs consistently go above and beyond to make a positive impact.

During CNA Week, we invite residents and their families to join us in expressing gratitude to our amazing CNAs. Let's celebrate their hard work, dedication, and the extraordinary care they provide every day. To all our CNAs: thank you for always being there for us.



## Staying Hydrated

As we enjoy the beautiful summer months at Whaler's Cove, it's important to remember that staying hydrated is key to maintaining good health and well-being. Proper hydration supports vital bodily functions, keeps energy levels up, and helps regulate body temperature.

### Why Hydration Matters

For seniors, the risk of dehydration is higher due to factors like decreased sense of thirst, medications, and health conditions. Dehydration can lead to serious health issues, including urinary and kidney problems, heatstroke, and even confusion.

### Tips to Stay Hydrated

**Drink Plenty of Water:** Aim to drink at least eight 8-ounce glasses of water a day. Keep a water bottle with you to remind yourself to drink regularly.

**Enjoy Hydrating Foods:** Incorporate water-rich foods like watermelon, cucumbers, oranges, and strawberries into your diet. These not only help with hydration but also provide essential vitamins and minerals.

**Limit Caffeine and Alcohol:** Both can contribute to dehydration. If you do enjoy these beverages, make sure to balance them with extra water.

**Create a Routine:** Establish regular times for drinking water, such as with each meal and at set intervals throughout the day. This can help make hydration a habit.

**Infuse Your Water:** If plain water is unappealing, try adding a splash of flavor with slices of lemon, lime, or berries. Herbal teas are another excellent option.

### Recognize the Signs of Dehydration

It's crucial to be aware of dehydration symptoms, which include dry mouth, dark urine, fatigue, dizziness, and confusion. If you or someone else experiences these signs, it's important to increase fluid intake and seek medical advice if needed.

### Staying Hydrated Together

At Whaler's Cove, we are committed to supporting the health and well-being of our residents. Our dining services provide a variety of hydrating beverages and meals rich in water content. Additionally, our staff is always available to assist and encourage residents to stay hydrated throughout the day.

Let's embrace the summer with a focus on hydration. By making small, consistent efforts, we can enjoy the season to its fullest while ensuring our bodies stay healthy and energized. Remember, staying hydrated is a simple yet powerful way to enhance your overall well-being.

