

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



## July Birthdays

Those born between July 1–22 are Crabs of Cancer. Crabs love family and nurturing others. They may be emotional, kind, and gentle but are never soft. Cancers are strong-willed and tenacious in their search for peace and homeyness. If you were born between July 22–31, you are a Leo, the Lion. Creative and ambitious with magnetic personalities, Leos enjoy the spotlight. Warm, loving, and kind, they make loyal and honorable friends.

Princess Diana – July 1, 1961  
 Neil Simon – July 4, 1927  
 David McCullough – July 7, 1933  
 Marty Feldman – July 8, 1934  
 Bess Meyerson – July 16, 1924  
 Sandra Bullock – July 26, 1964  
 Buddy Guy – July 30, 1936

## Happy Birthday to Our Residents...

Richard H.	July 1
Deanna M.	July 4
Maggie M.	July 11
Kathleen B.	July 12
Maria D.	July 15
Lorraine M.	July 18
Emile F.	July 23
Kenneth H.	July 29
Judith A.	July 31



July 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 the Birth of a Nation

As we celebrate Independence Day, it's a perfect time to explore the history and little-known facts about this important holiday. Independence Day, observed on July 4th, marks the adoption of the Declaration of Independence in 1776 and the birth of the United States as an independent nation. Beyond the fireworks, parades, and barbecues, there are many interesting aspects of this day.

### The Road to Independence

The push for American independence was fueled by dissatisfaction with British policies, especially "taxation without representation." This unrest led to the drafting of the Declaration of Independence, mainly by Thomas Jefferson. The Continental Congress voted for independence on July 2, 1776, but the Declaration was officially adopted on July 4th, hence the date we celebrate.

### Interesting Facts About Independence Day

**Not Everyone Signed on July 4th:** The Declaration wasn't fully signed by all delegates until August 2, 1776.

**John Adams Predicted the Wrong Date:** Adams thought July 2nd would be the celebrated date and even wrote to his wife, Abigail, predicting future festivities on that day.

**A Coincidence of Deaths:** John Adams and Thomas Jefferson both died on July 4, 1826, 50 years after the Declaration's adoption. James Monroe also died on July 4th, in 1831.

**The Oldest Fourth of July Parade:** Bristol, Rhode Island, has the oldest continuous celebration, starting in 1785.

**The Liberty Bell and Independence Day:** The Liberty Bell was not rung on July 4, 1776. It marked the first anniversary on July 8, 1777.

**Fireworks Tradition:** Fireworks have been part of the celebration since 1777, with the first display in Philadelphia.

**The Original Fourth of July Feast:** Early celebrations included mock funerals for King George III, symbolizing the end of monarchy in America.

**Hot Dogs and Independence Day:** Approximately 150 million hot dogs are consumed each Fourth of July, highlighting the day's focus on communal gatherings and festive meals.

### Celebrating July

### Women's Motorcycle Month

### Ice Cream Month

### Farriers Week July 7–13

### Zookeeper Week July 21–27

### Independence Day July 4

### World Kiss Day July 6

### Bastille Day July 14

### Caviar Day July 18

### Rain Day July 29

## 2024 Walk to End Alzheimer's

Dear Residents, Families, and Friends of Whaler's Cove,

We are excited to announce that Whaler's Cove Assisted Living will be participating in the 2024 Walk to End Alzheimer's - Southcoast, taking place in Fall River, MA on Saturday, October 5th. This meaningful event is an opportunity for our community to come together and make a difference in the fight against Alzheimer's disease.

The Walk to End Alzheimer's is more than just a walk; it's a movement to reclaim the future for millions. By joining our team, you'll be helping to raise funds that support the Alzheimer's Association in providing vital 24/7 care and support services for individuals and families affected by Alzheimer's and advancing crucial research toward prevention, treatment, and ultimately, a cure.

### How You Can Get Involved:

- **Join Our Team:** We invite residents, families, staff, and friends to join Team Whaler's Cove Assisted Living for the Walk. Together, we can show our support and solidarity in the fight against Alzheimer's.
- **Fundraise:** Every dollar raised makes a difference. Whether you walk with us or support our team through donations, your contributions will help make an impact.
- **Spread the Word:** Help us raise awareness by sharing this event with your friends, family, and social networks. The more people we involve, the greater our collective impact will be.

### Contact Information:

If you're interested in joining our team or learning more about how you can participate, please reach out to Marketing Director, Amanda Costa. She can provide you with more details, assist with registration, and answer any questions you may have.

Let's come together as a community to support this important cause. Together, we can make a difference and bring hope to those affected by Alzheimer's disease.

## Brain Teaser: July Word Scramble

- LUJY
- RMEUSM
- ASSREWRBTEIR
- AICTVANO
- NUEHSINS
- CPICIN

JULY, SUMMER, STRAWBERRIES, VACATION, SUNSHINE, PICNIC



## Employee of the Month

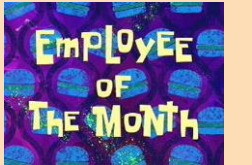


In the bustling heart of our team here at Whaler's Cove, July shines brightly with the recognition of Hailey Delarosa as our Employee of the Month. Hailey's journey with us has been nothing short of inspiring, marked by dedication, resilience, and a steadfast commitment to excellence.

Hailey began her career as a Co-op student, demonstrating from the outset a remarkable work ethic that quickly made her an indispensable part of our team. Her transition to a full-time role was seamless, where she continued to impress with her unwavering determination.

Currently serving as our first-shift part-time lead, Hailey is set to elevate her role further by transitioning to full-time lead in September—a testament to her hard work and the trust she has earned from her colleagues and supervisors alike. Hailey not only fulfills her responsibilities with precision but consistently goes above and beyond, often stepping in to pick up shifts and support her team whenever needed.

As we celebrate Hailey Delarosa as July's Employee of the Month, we thank her for her outstanding contributions and look forward to her continued success and leadership within our community. Congratulations, Hailey, on this well-deserved recognition!



## Refreshing Fruit Popsicles Recipe

**Ingredients:** 2 cups of your favorite fruit, 1 cup of fruit juice, 1 tablespoon of honey (optional, for added sweetness)

### Instructions:

**Prepare the Fruit:** Wash and chop the fruit into small pieces. If using strawberries or other large fruits, slice them into smaller chunks.

**Blend the Ingredients:** Place the fruit, fruit juice, and honey (if using) into a blender. Blend until smooth. For a chunkier texture, blend briefly to leave small pieces of fruit intact.

**Pour into Molds:** Pour the blended mixture into popsicle molds. If you don't have molds, you can use small paper cups. Insert popsicle sticks into the molds or cups.

**Freeze:** Place the molds in the freezer and let them freeze for at least 4 hours or until completely solid.

**Enjoy:** Once frozen, run the molds under warm water for a few seconds to loosen the popsicles. Remove the popsicles from the molds and enjoy your refreshing treat!

