

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



## October Birthdays

If you were born between October 1–22, you balance the scales of Libra.

Libras are very social, seek harmony through compromise, and have strong powers of critical thinking. Those born between October 23–31 are passionate Scorpions, considered the most intense zodiac sign. While on the outside Scorpions are calm and composed, inside they are forceful, emotional, determined, and ambitious.

Jackie Collins (author) – October 4, 1937  
John Lennon (musician) – October 9, 1940  
e. e. cummings (poet) – October 14, 1894  
Bela Lugosi (actor) – October 20, 1882  
Minnie Pearl (comedian) – October 25, 1912  
Emily Post (author) – October 27, 1872  
Julia Roberts (actress) – October 28, 1967

## Happy Birthday to Our Residents...

Barbara S.	October 2nd
Albert C.	October 7th
Jill G.	October 9th
Robert G.	October 19th
Barbara G.	October 21st
Donna H.	October 22nd
Laura A.	October 26th
Barbara M.	October 31st



October 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

## Upcoming Vaccine Clinics

At Whaler's Cove, the health and safety of our residents and staff remain a top priority as we enter the fall and winter seasons. To help ensure everyone is protected, we are offering two important on-site vaccination clinics in partnership with Apothecare of Cape Cod.

### COVID-19 Booster Clinic

- **Date:** October 31, 2024
- **Time:** 9:30 am – 11:30 am
- **Location:** Auditorium, 2nd Floor

Residents and staff are encouraged to participate in our on-site COVID-19 Booster Clinic. The booster is an important step to safeguard against the ongoing risk of COVID-19 as we approach the holiday season. To receive the booster, please inform Reception, Wellness, or Administration in advance. Be prepared to provide your vaccination history and primary insurance information. If you've already received the booster elsewhere, kindly submit proof to the Wellness Department.

### Flu Vaccine Clinic

- **Date:** October 24, 2024
- **Time:** 9:30 am – 11:30 am
- **Location:** Auditorium, 2nd Floor

We are also offering a Flu Vaccine Clinic to help protect against seasonal influenza. Flu shots will be administered on-site and are typically covered by most insurances. As flu season approaches, we strongly recommend residents and staff get vaccinated, particularly given the ongoing challenges posed by COVID-19. **RSVPs for the flu vaccine can be made by contacting the Front Desk, Wellness Office, or Administration Office by October 10, 2024.** If you receive your flu shot elsewhere, please provide proof to the Wellness Department.

Let's work together to keep our community healthy! All are welcome to participate in these clinics to ensure a safe and happy holiday season ahead.

### Celebrating October

### Halloween Safety Month

### Talk About Prescriptions Month

### Roller Skating Month

### Spinning and Weaving Week

October 7–13

### Free Speech Week

October  
21–27

### Handbag Day

October 10

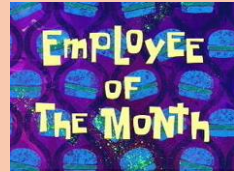
### World Origami Days

October 24–  
November 11

### Checklist Day

October 30

## Employee of The Month



We are excited to announce that Amari Aviles, our dedicated Certified Nursing Assistant, has been voted Employee of the Month for October by her peers.

Amari is known for her hardworking nature and her commitment to supporting her team and residents. She consistently goes above and beyond by offering to help cover other shifts and by initiating assistance for her coworkers, ensuring that everyone has the support they need.

Amari contributes to a positive team atmosphere, creating a spirit of solidarity and collaboration that strengthens the entire team. Her reliability makes her a cornerstone of our community, and her proactive attitude is greatly appreciated by residents and staff.

Thank you, Amari, for your exceptional work ethic and dedication to making Whaler's Cove a better place for everyone! Congratulations on this well-deserved recognition!

## Celebrating Dietary Week

Every October, during the first full week of the month, we celebrate **Healthcare Foodservice Workers Week (aka Dietary Week)** to recognize the invaluable contributions of the dietary staff at our community. These dedicated individuals play a crucial role in supporting the health and well-being of our residents and staff by ensuring everyone is well-nourished and cared for.

The work of our dietary team extends beyond simply preparing meals; they thoughtfully craft balanced, nutritious options tailored to meet each resident's unique dietary needs. Their efforts ensure that mealtimes are not only healthy but also enjoyable, offering a sense of comfort and community.

These professionals are an integral part of our team, working hand-in-hand with caregivers and other departments to improve the quality of life for our residents. As we observe this special week, we extend our heartfelt thanks for their dedication, compassion, and the essential role they play in enriching our community.

This week, we encourage everyone to take a moment to show appreciation for our dietary staff, whose hard work often goes unnoticed but is essential to keeping Whaler's Cove thriving and healthy.



## Thanksgiving Food Drive

We are excited to once again partner with the United Way of Greater New Bedford in support of their annual Hunger Heroes Project to package 1,000 Thanksgiving meals for the local community.

### Event Details:

- **Date:** Saturday, October 26, 2024
- **Time:** 9:00 AM – 11:30 AM
- **Location:** Whaler's Cove Assisted Living, 114 Riverside Avenue, New Bedford, MA

### We are accepting the following food items:

- Stuffing
- Bread Mix
- Instant Potatoes
- Boxed Desserts
- Gravy
- Cranberry Sauce
- Canned Vegetables

Fun107 will be onsite and live on air during the event. Join us by donating and receive a delicious fall treat!

This event is more than just a food drive—it's an opportunity for our residents, staff, and local neighbors to continue making a positive impact in our community. We are grateful for the support we've received in past years and look forward to another successful drive to help ensure that no family goes hungry this Thanksgiving.

For more information, please contact Amanda Costa at 508-997-2880

## Trick or Treat Night

Whaler's Cove Assisted Living is excited to host a **family-friendly Trick or Treat Night** on **Wednesday, October 30th** from **6:30 to 8:00 PM**. This event is open to the public, and residents handing out candy will have signs outside their apartment doors. After trick or treating guests can join us for refreshments in the lower lobby.

We look forward to welcoming families from the community for a fun evening!

