

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



September Birthdays

Those born between September 1–22 are Virgos. Virgos are considered shy and sometimes naïve, private, and very tidy. They are also curious explorers who are incredibly loyal and well respected by their friends and colleagues. If you were born between September 23–30, you balance the scales of Libra. Libras are very social, seek harmony through compromise, and have strong powers of critical thinking.

- Salma Hayek (actress) – Sept. 2, 1966
- Beyoncé (entertainer) – Sept. 4, 1981
- Bob Newhart (comedian) – Sept. 5, 1929
- Grandma Moses (artist) – Sept. 7, 1860
- Patsy Cline (singer) – Sept. 8, 1932
- B. B. King (musician) – Sept. 16, 1925
- Bryant Gumbel (journalist) – Sept. 29, 1948

Happy Birthday to Our Residents...

Jose S.	September 5th
Custodia R.	September 16th
Antonio M.	September 13th
Charles W.	September 8th
Gordon W.	September 23rd



September 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 September

World Alzheimer's Month

National Guide Dog Month

Pollution Prevention Week

September 16–22

World Letter Writing Day
September 1

White Chocolate Day
September 22

Love Note Day
September 26

Good Neighbor Day
September 28

As the vibrant hues of autumn approach, we are excited to join the nationwide celebration of National Assisted Living Week from September 8-14, 2024. This year's theme, 'Inspiring Generations,' invites us all to reflect on the diverse and meaningful lives of those who call assisted living their home, and those who dedicate their lives to caring for them.

National Assisted Living Week, established by the National Center for Assisted Living (NCAL) in 1995, is a time to celebrate the incredible individuals within assisted living communities. This annual observance is proudly sponsored by Select Rehabilitation, and it offers a special opportunity to honor the connections and contributions that make assisted living a truly enriching environment.

"Inspiring Generations" is more than just a theme; it's a call to appreciate and celebrate the rich tapestry of experiences that both residents and staff bring to our community. NCAL Executive Director LaShuan Bethea encapsulates this sentiment perfectly: "Assisted living brings together individuals from many different backgrounds and experiences. This year's theme is an opportunity to both look back at where assisted living has been and look ahead to where we're going."

At Whaler's Cove, we're preparing for a week filled with joy, reflection, and celebration. Our residents and staff will partake in a series of exciting activities designed to honor and celebrate our community's spirit. Each day will feature themed events. Please refer to our calendar of activities for the full schedule and details.

Let us come together to celebrate the remarkable individuals who enrich our lives at Whaler's Cove. Join us in making National Assisted Living Week a memorable tribute to the generations that inspire us all.

Employee of the Month



We are thrilled to announce Bruna Salemme as September's Employee of the Month. Bruna's exceptional dedication and outstanding work ethic make her a standout member of our team, and we are proud to recognize her contributions.

Bruna embodies the qualities of a true team player. Her hard work and consistent performance set a high standard for excellence in our community.

Reliable and steadfast, she is always willing to step in and assist her colleagues whenever the need arises. Whether it's picking up extra shifts or handling unforeseen challenges, Bruna approaches every task with unwavering commitment and a positive attitude.

What truly distinguishes Bruna is her ability to manage her responsibilities with remarkable accuracy. She completes her assignments with minimal oversight, demonstrating a keen sense of responsibility and initiative. Her knack for delegating tasks effectively ensures that everything runs smoothly and efficiently, benefiting both residents and her teammates.

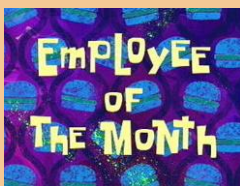
Bruna's contributions go beyond her daily duties; she is a cornerstone of our supportive and collaborative work environment. Her willingness to help wherever needed and her reliability make her a dependable and valuable asset to our team.

Please join us in congratulating Bruna Salemme for her well-deserved recognition as Employee of the Month. Her hard work, consistency, and exceptional teamwork truly make a difference at Whaler's Cove. We are grateful for her continued dedication and proud to have her as part of our team.

Heating Season

As we prepare to turn off the air conditioning this month given our one-pipe heating and cooling system, we're mindful of the diverse temperature preferences of our residents. To ensure comfort, we recommend using apartment fans to circulate air and maintain a cool environment. Adjustable window blinds can help block out the sun's heat, while lightweight, breathable fabrics for bedding and clothing can provide additional comfort.

According to MA regulation, to turn on heat, indoor temperatures must be at least 64°F at night and 68°F during the day from September 15 to May 31, with a maximum of 78°F. Note that some Board of Health regulations might adjust the heating season to start September 30th. If needed, consider portable cooling/heating devices to help manage individual temperature needs. Your comfort and well-being remain our top priority during this transition.



A Labor of Love

As we approach Labor Day, we take a moment to celebrate the diverse and accomplished backgrounds of our residents. This holiday, observed on the first Monday in September, is a tribute to the contributions of workers from all professions, and it's the perfect opportunity to reflect on the rich tapestry of careers that have shaped the lives of those in our community.

Each resident at Whaler's Cove carries with them a unique story, one that includes a history of professional achievements and contributions across various fields. Whether it's in healthcare, education, law, the arts, or other domains, our residents have brought dedication, expertise, and passion to their work throughout their lives.

Our community is a living mosaic of past careers, representing a wide array of professional experiences. From those who spent their lives in the service of others to those who pursued creative and intellectual pursuits, the richness of their professional journeys adds a depth and diversity that is truly remarkable.

Labor Day is not just a holiday; it's a celebration of the hard work and dedication that shaped the future. Here at Whaler's Cove, we honor the myriad of professions and the significant impact that each resident has made in their respective fields. Each story of professional achievement is a testament to the spirit of commitment and excellence that Labor Day represents.

As we enjoy the holiday, let's take a moment to appreciate and celebrate the past lives and careers of our residents. Their diverse experiences and achievements are an integral part of our community's fabric, and they serve as an inspiration to us all.



World Alzheimer's Month

September is World Alzheimer's Month, a time dedicated to raising awareness about Alzheimer's disease and dementia. As part of this global effort, we are excited to participate in the Walk to End Alzheimer's, a key event supporting the Alzheimer's Association's mission.

To help fundraise for this important cause, we will be at the Willow Tree all day on Saturday, September 21st. We invite you to join us for breakfast and contribute to our fundraising efforts. Your support will make a difference!

The Walk itself will take place on Saturday, October 5th at Bristol Community College, located at 777 Elsbree St., Fall River, MA 02720. The schedule is as follows: Walkers are welcome starting at 8:30 AM, with the ceremony beginning at 9:45 AM. The walk will start promptly at 10:00 AM.

All funds raised through these events directly support the Alzheimer's Association's work in care, support, and research. For those interested in participating or donating, please see Amanda Costa in the administration office. Let's come together this September to make a meaningful impact in the fight against Alzheimer's disease.

