

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



## November Birthdays

Those born between November 1–21 are passionate Scorpios, considered the most intense sign in the zodiac. Outside, Scorpios are calm and composed, but inside they are forceful, emotional, determined, and ambitious. If you were born between November 22–30, you are Sagittarius, the Archer. Archers are optimistic, energetic, generous, and honest. They enjoy exploration and keep an open mind.

- Joni Mitchell (musician) – Nov. 7, 1943
- Carl Sagan (scientist) – Nov. 9, 1934
- Whoopi Goldberg (comedian) – Nov. 13, 1955
- Rock Hudson (actor) – Nov. 17, 1925
- Robert F. Kennedy (politician) – Nov. 20, 1925
- Ken Griffey Jr. (athlete) – Nov. 21, 1969
- C. S. Lewis (writer) – Nov. 29, 1898

## Happy Birthday to Our Residents...

E. Patridge	November 8 <sup>th</sup>
C. Viera	November 18 <sup>th</sup>
S. Andrade	November 28 <sup>th</sup>
J. Daxberger	November 28 <sup>th</sup>
J. Dugas	November 30 <sup>th</sup>



November 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 November

**Historic  
 Bridge  
 Awareness  
 Month**

**Novel Writing  
 Month**

**Traffic  
 Directors Day  
 November 4**

**Origami Day  
 November 11**

**National Take  
 a Hike Day  
 November 17**

**Doctor Who  
 Day  
 November 23**

**National  
 Jukebox Day  
 November 27**

**Thanksgiving  
 Day  
 November 28**

## Welcome New Activities Coordinator Sara Achorn



We are thrilled to welcome Sara Achorn as the new Activities Coordinator at Whaler's Cove Assisted Living! Sara brings a vibrant personality and an impressive background, making her a perfect fit for our community. As a certified Activities Professional, she has managed activity programs in nursing homes and is also a professional vocalist, adding a special touch of creativity to her work.

Sara's passion for this field and our residents is palpable. She has built strong connections within the City of New Bedford (former Ms. New Bedford in 2018), which will allow her to bring fresh and exciting ideas to our activity calendar. Residents can look forward to fun, engaging, and enriching programs, customized to their interests. In addition, she is comfortable driving small transport vehicles and will support resident outings each month, ensuring a smooth experience for all.

Her office will be in the administration suite. She officially takes over the November programming, but many residents may have already had the pleasure of meeting her at our Halloween Celebration. We are excited to see the energy she will bring to our community, and we hope you'll join us in giving Sara a warm welcome as your new Activities Coordinator!

We would also like to thank everyone—staff and resident volunteers alike—for your patience and support during this transition. With your help, the Activities Department continued running smoothly.

We look forward to seeing Sara's fresh approach to activities, ensuring our programming remains unique, fun, entertaining, and educational.

## Employee of the Month



We are thrilled to announce that Certified Nursing Assistant Wanda Baptiste has been selected as Whaler's Cove Assisted Living's Employee of the Month!

Wanda embodies the spirit of teamwork and compassion that we value so highly at Whaler's Cove. Her fun and energetic personality brings a sense of joy to the residents she cares for, keeping them lighthearted and engaged. Always with a smile, Wanda knows how to create a warm

and positive environment, making our residents feel at home.

Beyond her infectious positivity, Wanda is known for her hard work and unwavering commitment to her team. She consistently demonstrates a strong team approach, always willing to offer a helping hand. Wanda regularly takes the initiative to support her coworkers, whether it's stepping in to cover shifts or providing assistance to ensure tasks are completed with efficiency and accuracy.

Her dedication goes above and beyond, and her colleagues appreciate her reliability and collaborative spirit. Wanda's ability to balance a fun-loving attitude with a strong work ethic is a key reason why she is such an integral part of the Whaler's Cove community.

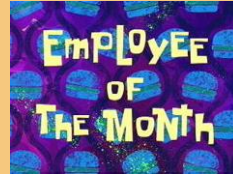
Congratulations, Wanda, and thank you for making a difference in the lives of our residents and team members!

## Mexican Street Corn Recipe

**Ingredients:** 3 (15.25-ounce) cans corn – drained, 2 tablespoons butter, kosher salt, 3 tablespoons mayonnaise, 1-2 tablespoons lime juice, 2 teaspoons chili powder – divided, cotija cheese, cilantro - roughly chopped

### Instructions:

1. Heat a cast iron skillet on high heat and add the corn. Cook for 8-10 minutes, stirring occasionally.
2. Remove from heat and add in butter and salt. Stir until mixed.
3. Place corn in a bowl and stir in mayo and lime juice. Add 1 teaspoon chili powder and mix well.
4. Sprinkle with cotija cheese, chili powder, and chopped cilantro. Serve immediately and enjoy!



## Veterans Day

At Whaler's Cove, we take great pride in honoring the courageous men and women who have served in the U.S. Armed Forces. Veterans Day is a time for us to reflect on the sacrifices they made and to express our deep gratitude for their service in protecting our freedoms.

This year, we are hosting a special Veterans Celebration in our auditorium on Friday, November 8, at 2:00 PM. We invite all residents and staff to join us for this heartfelt event as we recognize and pay tribute to the veterans living among us. During the celebration, each resident veteran will be presented with a token of appreciation for their bravery and dedication.

In addition to the ceremony, we encourage everyone to stop by the Veterans Wall located near the front desk. This wall proudly displays photos of our resident veterans, offering a glimpse into the lives of those who have selflessly served our nation. It stands as a lasting tribute to the strength, courage, and commitment of these extraordinary individuals.

We look forward to celebrating our veterans on this special day and hope you will join us in showing our appreciation for their service. This is a time to come together as a community, not only to recognize the sacrifices of our veterans but also to remind ourselves of the values they fought to protect.



## Transportation to Medical Appointments

We're happy to share that Maintenance Assistant Anthony will now be driving the Whaler's Cove van for private pay residents' medical appointments on Tuesdays and Thursdays. He will be available to assist with appointments made between 9:00 AM and 1:30 PM. Please provide the front desk with advanced notice to ensure availability. This service is available exclusively for private pay residents, as those on other programs have weekly transportation for medical appointments covered through their insurance.

We want to emphasize that this service is a courtesy. It's important to remember that, due to the van's other uses and Anthony's maintenance responsibilities, we may not be able to meet all transportation needs. We encourage residents to explore additional options, including family support or using outside resources such as the New Bedford Council on Aging Medical Van, which offers rides for \$10 one way or round trips. To coordinate they can be contacted directly at 508-991-6271.

For outings and community events, new Activities Coordinator, Sara Achorn, will drive the van, so please rest assured that these activities will still be supported.

While we strive to help where possible, transportation through our van service is not a comprehensive solution. We're happy to assist, but please keep in mind it is offered as a benefit, not a guarantee.

We appreciate your understanding.

