

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



March Birthdays

In astrology, those born between March 1–20 are Pisces, the Fish. Selfless, spiritual, and intuitive, Pisces are emotional, compassionate people, always willing to help others. Those born from March 21–31 are Aries, the Ram. Rams are go-getters full of enthusiasm, charm, and energy. They make dynamic pioneers and adventurers, undeterred when the going gets rough.

- Knute Rockne – March 4, 1888
- Liza Minnelli – March 12, 1946
- Albert Einstein – March 14, 1879
- Jerry Lewis – March 16, 1926
- Moms Mabley – March 19, 1894
- Aretha Franklin – March 25, 1942
- Warren Beatty – March 30, 1937

Happy Birthday to Our Residents...

Maurice W.	March 4 th
Gregory K.	March 9 th
Frank W.	March 10 th
Dorothy L.	March 13 th



March 2025

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
New Bedford, MA 02746
P:508-997-2880 F: 508-997-1599



**Humorists
Are Artists
Month**

**Women's
History
Month**

**Save Your
Vision Month**

**Women in
Construction
Week
March 2–8**

**Dr. Seuss
Day
March 2**

**Quilting Day
March 15**

**St. Patrick's
Day
March 17**

**French Bread
Day
March 21**

Spring Forward: Daylight Savings Time

On **Sunday, March 9, 2025**, we will **spring forward** one hour as Daylight Savings Time begins. While this change gives us longer daylight hours in the evening, it can also take time for our bodies to adjust.

Tips for a Smooth Transition:

- **Adjust Gradually:** Try going to bed 15 minutes earlier each night leading up to the time change.
- **Get Sunlight:** Natural light during the day can help regulate your internal clock.
- **Stay Active:** Light physical activity can improve sleep and help with adjustment.
- **Be Mindful of Sleep Patterns:** Maintain a consistent bedtime and avoid naps that are too long.
- **Hydrate and Eat Well:** Staying hydrated and eating nutritious meals can help your body adapt.

Safety Reminders

- **Check Your Clocks:** Most devices update automatically, but remember to adjust wall clocks, watches, etc.
- **Be Extra Cautious:** The time change can lead to grogginess or confusion. Take extra care when walking and be mindful of any schedule changes.

At our community, we understand that any disruption to routine can be challenging. Our team is here to support you through this adjustment. If you have any concerns or need assistance, don't hesitate to reach out!

Let's welcome the longer days and enjoy the sunshine ahead!

Employee of the Month



Whaler's Cove Assisted Living is proud to recognize Certified Nursing Assistant, Gabrielle "Gabby" Dores, as our March Employee of the Month!

Gabrielle first joined Whaler's Cove as a Co-Op student from Greater New Bedford Regional Vocational Technical High School. From the start, she showed incredible promise, demonstrating a strong work ethic and a genuine passion for caring for others.

Gabby has now become an essential part of our team, bringing dedication and enthusiasm to her role every day.

One of Gabby's greatest strengths is her ability to lift the spirits of those around her. Whether it's through her positive attitude, her willingness to help, or her ability to create a fun and welcoming environment, she has a special way of making both her coworkers and residents feel supported and valued. She consistently goes above and beyond, taking on extra responsibilities such as learning the controlled assignment and stepping in to cover shifts when needed—ensuring that residents always receive the care they deserve.

Her kindness, team-first mentality, and strong work ethic have not gone unnoticed. Gabby embodies what it means to be a dedicated caregiver, and we are so grateful for the compassion and commitment she brings to Whaler's Cove.

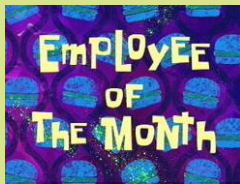
Thank you, Gabby, for everything you do! Your hard work and positive spirit make a difference every day. Congratulations on being our March Employee of the Month!

Camera Use in Apartments

At Whaler's Cove Assisted Living, we understand that many residents choose to have cameras in their apartments for peace of mind and better communication with loved ones. However, for the safety and privacy of everyone, we ask that residents notify us if they have cameras installed.

To ensure transparency, we are required to place a sign on the outside of the apartment door to inform anyone entering that they may be recorded. If you have a camera in your apartment, please let someone in the administration office know so we can properly track and place the required sign.

Thank you for your cooperation and for helping us maintain a safe and respectful environment for all!



Know Where to Go: Choosing the Right Medical Care

As a community, we are committed to using emergency medical services (EMS) responsibly. Ambulance trips can be costly and may take resources away from true emergencies in the New Bedford area. When you are feeling unwell, it can be difficult to determine whether to visit your primary care physician (PCP), an urgent care center, or the emergency room (ER). Below are some general guidelines to help you make the best choice for your health and wellness.

Where Should I Go for Care?

- **Cold or flu-like symptoms** – PCP or urgent care
- **Fever** – PCP or urgent care
- **Minor cuts or wounds** – PCP or urgent care
- **UTI symptoms** – PCP or urgent care
- **Constipation** – PCP or urgent care
- **Continued care for minor chronic illness** – PCP
- **Chronic pain** – PCP
- **New onset of pain with a fall** – Urgent care or ER (depending on severity)
- **Minor abdominal pain without a known cause** – Call PCP for guidance
- **Fainting** – Emergency room
- **Head strike, especially if on anticoagulants** – Emergency room
- **Severe abdominal pain** – Emergency room
- **Shortness of breath** – Emergency room
- **Chest pain** – Emergency room via 911

Additional Resources

If you have a **Visiting Nurse Association (VNA) service**, they can assist with minor health concerns like blood pressure checks. If you do not already have VNA services, your primary care physician can send a referral.

Whenever possible, try to rely on **family members or insurance-provided rides** for non-emergency visits to urgent care or the ER. During normal **Wellness hours**, our team is available for wellness checks or guidance to help determine the best course of action.

If it is a true emergency, please use your **Lifeline pendant** or call the front desk for assistance in contacting an ambulance.

By choosing the appropriate level of care, we can ensure that emergency services remain available for those who truly need them while still addressing our health concerns promptly and effectively. Stay informed and stay well!

