

Happy Father's Day!

Father's Day is a special time to recognize the strength, guidance, and quiet wisdom that fathers and father figures provide. At Whaler's Cove, we are proud to celebrate the incredible men in our community who have played these important roles in their families and beyond.

Whether you're a father, grandfather, uncle, or mentor, your stories, experiences, and contributions have helped shape generations—and for that, we thank you.

To show our appreciation, Father's Day gifts will be handed out ahead of the holiday, which falls on Sunday, June 15th this year. It's a small gesture to celebrate the big impact you've made in the lives of those around you.

June Birthdays

In astrology, those born June 1–21 are Gemini's Twins. Geminis love conversation. Witty, curious, charming, and imaginative, they're often the life of the party. If you were born June 22–30, that makes you a Crab of Cancer. Crabs are nurturers, dedicated to their home and family. Gentle and kind, they love storytelling and enjoy traditions. Celebrities born in June include:

Morgan Freeman – June 1, 1937 Curtis Mayfield – June 3, 1942 Dean Martin – June 7, 1917 Joan Rivers – June 8, 1933 Burl Ives – June 14, 1909 Meryl Streep – June 22, 1949 June Carter Cash – June 23, 1929

Happy Birthday to Our Residents...

E. Swiniarski June12th

N. Souza June 14th

L. Methot June 19th

B. Harrop June 20th

M. Medeiros June 24th





Whaler's Cove Assisted Living Port of Call

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June 2025

Annual Resident & Staff Cookout

June Events

Great
Outdoors
Month

Say
Something
Nice Day
June 1

Turtle Races Day

June 7
Yarn Bombing

Day June 11

Old Time Fiddlers Week June 16–21

International Sushi Day June 18

Flip-Flop Day

June 20

Day of the Seafarer
June 25

Wednesday, June 11, 2025 | 12:00 PM – 2:00 PM Under the large white tent across the street

We believe in celebrating the vibrant community we've built together—residents and staff alike. That's why we're excited to host one of our favorite annual traditions: the **Resident & Staff Cookout!** Mark your calendars for **Wednesday**, **June 11th**, and get ready for an afternoon filled with delicious food, live entertainment, and the joy of summer.

This year's cookout will take place beneath the large white tent in the parking lot across the street from our main entrance. From 12:00 PM to 2:00 PM, residents and staff will enjoy the sights, sounds, and tastes of a classic New England summer BBQ. The menu will include all the cookout favorites—grilled burgers and hot dogs, savory sides, refreshing beverages, and sweet treats to round out the meal.

Adding to the festive atmosphere, we'll have **live music** to enjoy as you dine and mingle, as well as **raffle prizes** for a little extra fun. Whether you're dancing to the tunes, catching up with neighbors, or simply soaking in the sunshine, there will be something for everyone.

We understand that some residents may prefer the comfort of their apartment. For those who do, a **boxed BBQ meal** can be delivered right to your door. Just let the Front Desk know your preference when you RSVP.

RSVP Today!

To help us plan accordingly and make sure everyone is well fed and well cared for, please stop by the Front Desk to RSVP. Staff members are encouraged to sign up as well—we love when our team members join in and connect with the people who make Whaler's Cove such a special place.

This event is more than just a meal—it's a celebration of the community spirit that defines Whaler's Cove. We look forward to sharing this fun-filled day with all of you and making new memories together.

See you under the tent!

The Whaler's Cove Team

Employee of the Month



Please join us in congratulating Yamaris Alarcon, our Employee of the Month! Yamaris consistently goes above and beyond in her role as a Certified Nursing Assistant, and we are so proud to recognize her dedication.

Known for her reliability, Yamaris is always on time and rarely ever calls out—a true example of commitment. She's a team player in every

sense, stepping in to cover last-minute shifts and offering support across departments without hesitation.

Whether she's assisting residents or helping her fellow staff members, Yamaris does it all with professionalism, kindness, and a can-do attitude. Her calm presence and compassionate care make a meaningful difference in the lives of our residents every day. She leads by example, and her positive energy uplifts everyone around her.

Thank you, Yamaris, for everything you do!

Cookie Dough Cheesecake Dip Recipe

Our most recent Food Services Activity was a delicious hit, and we're still hearing rave reviews! Residents and staff alike couldn't get enough of our **Cookie Dough Cheesecake Dip**—a simple, sweet, and satisfying treat that was as fun to make as it was to eat.

Now, by popular demand, we're sharing the recipe so you can recreate this crowd-pleaser at home or bring it to your next gathering:

Ingredients:

- -8 oz cream cheese (softened)
- -1 cup light brown sugar
- -1 tbsp vanilla extract
- -Chocolate chips (to taste)

Directions:

Mix all ingredients until smooth, fold in chocolate chips, chill for 1 hour, and serve with your favorite dippers!

Celebrating CNA Week 2025

At Whaler's Cove Assisted Living, we are proud to recognize and celebrate the incredible contributions of our Certified Nursing Assistants (CNAs) and Patient Care Technicians (PCTs) during CNA Week 2025, taking place June 12–18. This year's theme, "We Are the Champions!", beautifully reflects the strength, compassion, and unwavering dedication these professionals bring to our community every single day.

CNAs are the champions of their patients—our residents. As the frontline of care, they do so much more than assist with daily needs. They provide residents with comfort, dignity, and a sense of security. They are the familiar faces who greet each resident with a smile, the helping hands that ease daily routines, and the kind voices that reassure, encourage, and connect.

Their tireless efforts create an environment where every resident feels seen, heard, and genuinely cared for. These are the moments that matter—the simple gestures that turn care into compassion and a facility into a home.

Throughout CNA Week, we'll be honoring our CNAs with a series of activities, treats, and heartfelt thank-yous. Whether it's a special luncheon, a gift of appreciation, or just a sincere "thank you" in the hallway, we want our team to know: their hard work does not go unnoticed. They are the champions not only of their patients but of our entire Whaler's Cove family.

To every CNA—thank you. Thank you for showing up with empathy, for lifting others with grace, and for making a difference that echoes far beyond the tasks of a typical day. You are the heart of our care team, and we are forever grateful.

In House Podiatry Services

We are excited to announce that Dr. John MacLeod will be joining Whaler's Cove to provide in-house podiatry services for our residents, beginning July 16, 2025.

Just like the visits previously offered by Dr. Crow, Dr. MacLeod will see residents in the comfort of their own apartments on the scheduled day. He accepts most insurance plans, making this a convenient and accessible option for those in need of foot care.

We're thrilled to bring this important service back to the community and support our residents' health and wellness right at home.





