

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



### July Birthdays

In astrology, those born July 1–22 are the Crabs of Cancer. Crabs are emotional nurturers, dedicated to their home and family. Gentle and kind, they love telling stories around the dinner table and upholding traditions. Those born between July 23–31 are the Lion star sign, Leo. Leos are dignified, strong, and powerful, making good leaders and honorable friends. They are also ambitious and hard working.

P. T. Barnum – July 5, 1810  
Nancy Reagan – July 6, 1921  
Michelle Kwan – July 7, 1980  
Milton Berle – July 12, 1908  
Phyllis Diller – July 17, 1917  
Don Knotts – July 21, 1924  
Gracie Allen – July 26, 1895  
Paul Anka – July 30, 1941



### Happy Birthday to Our Residents...

Richard H.	July 1 <sup>st</sup>
Manuel A.	July 10 <sup>th</sup>
Margaret M.	July 11 <sup>th</sup>
Kathleen B.	July 12 <sup>th</sup>
Leonette B.	July 15 <sup>th</sup>
Lorraine M.	July 18 <sup>th</sup>
Yuko M.	July 19 <sup>th</sup>
Emile F.	July 23 <sup>rd</sup>
Janet G.	July 25 <sup>th</sup>
Kenneth H.	July 29 <sup>th</sup>
Richard M.	July 29 <sup>th</sup>
Judith A.	July 30 <sup>th</sup>



July 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

### Celebrating Independence Day

#### *The Meaning Behind the Fourth of July*

Each year on **July 4<sup>th</sup>**, Americans across the country celebrate **Independence Day**—a time for community, reflection, and patriotic spirit. While many of us associate the day with fireworks, barbecues, and festive gatherings, it's also an opportunity to reflect on the history and meaning behind this important holiday.

#### **A Little History**

Independence Day marks the adoption of the **Declaration of Independence** on July 4, 1776. On that day, the thirteen original colonies officially declared their separation from British rule, laying the foundation for the birth of a new nation. The document, primarily written by **Thomas Jefferson**, expressed the desire for freedom, equality, and self-governance.

#### **What It Represents**

At its core, the Fourth of July is about more than fireworks and flags. It's a day that reminds us of the strength, resilience, and unity that helped shape the United States. It's a time to come together with loved ones, celebrate the freedoms we enjoy, and honor the spirit of community that brings us all together.

Whether you're enjoying a festive meal, sharing stories, or simply taking in the sunshine, we hope your Independence Day is filled with joy, gratitude, and a sense of pride in being part of something greater.

**Happy Fourth of July from all of us at Whaler's Cove!**

#### Grilling Month

#### Family Reunion Month

#### Share a Sunset with Someone You Love Month

#### Canada Day July 1

#### Tom Sawyer Days July 1–5

#### Independence Day July 4

#### Collector Car Appreciation July 11

#### Everybody Deserves a Massage Week July 13–19

#### Paperback Book Day July 30

# Employee of the Month

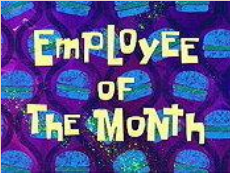


We're proud to recognize Alicia Goncalves as Whaler's Cove Assisted Living's Employee of the Month for July!

Alicia's calm, kind nature and unwavering reliability make her an exceptional presence in our community. Whether she's assisting residents, supporting her teammates, or stepping in to help other departments, Alicia does it all with grace and professionalism.

Known for her accuracy and attention to detail, Alicia consistently goes above and beyond with her CNA documentation, setting a high standard of excellence. Her commitment to quality care is matched by her dedication to personal growth—she's currently entering her senior year for her bachelor's in nursing, and we couldn't be prouder of how far she's come. Fun fact: Alicia first came to Whaler's Cove as a high school Co-op student from Greater New Bedford Regional Vocational Technical High School, and we've been lucky to have her ever since.

Please join us in celebrating Alicia for her outstanding contributions, her warm spirit, and the care she brings to our residents every day. Congratulations, Alicia!



# Watermelon Pizza Recipe

Looking for a fun, healthy, and hydrating way to beat the summer heat? This **Watermelon Dessert Pizza** is the perfect no-bake snack or dessert—sweet, refreshing, and packed with flavor.

## Ingredients:

- 1 thick slice of watermelon (1–2 inches)
- ½ cup full-fat Greek or coconut yogurt
- 1 tsp honey or maple syrup
- 1 tsp vanilla extract
- 1 cup mixed berries (plus optional mashed berries)

**Optional toppings:** chopped nuts, coconut flakes, cacao nibs, or extra honey

## To Make:

1. Mix yogurt, honey, and vanilla (plus mashed berries if using).
2. Cut the watermelon slice into 8 wedges, like a pizza.
3. Spread yogurt mixture on each wedge, top with berries and desired toppings.

**Serve chilled and enjoy a sweet treat that helps you stay cool and hydrated!**



# Stay Hydrated This Summer

As the temperatures climb, it's more important than ever to stay hydrated. At Whaler's Cove, your health and comfort are our top priorities, and hydration plays a big part in keeping you feeling your best.

Why is hydration so important for seniors?

As we age, our sense of thirst naturally decreases, and some medications can cause the body to lose more fluids. Even mild dehydration can lead to dizziness, confusion, urinary tract infections, and fatigue. This is especially important for residents who enjoy sitting outside in the warmer weather.

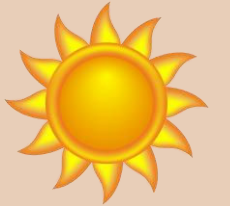
We're working on it!

A summer refreshment program is currently in development to help keep everyone cool and hydrated during the warmer months. In the meantime, residents can make requests during meal service hours for cold drinks from our limited supply, and staff will do their best to accommodate.

Tips to Stay Hydrated:

- Drink water regularly—even if you're not thirsty
- Snack on water-rich foods like watermelon, cucumbers, or oranges
- Bring water or cold drink if you're heading outside
- Limit caffeine and sugary beverages
- Let us know if you're feeling tired, lightheaded, or overheated

Let's all do our part to stay safe in the summer heat. Hydration is key to a happy, healthy summer at Whaler's Cove!



# New Whaler's Cove Apparel Now Available

We're excited to announce that new Whaler's Cove apparel is now available! From cozy sweatshirts and zip-ups to vibrant Royal long sleeve shirts, our branded gear is a fun way to show your community pride. These items also make thoughtful gifts for friends and family!

Residents who would like to view the available merchandise or place an order can stop by and see Amanda Costa in Administration for a preview and order form.

If you've already placed an order, your items are in! Please visit Administration to pick up your merchandise and make payment at your convenience.

Quantities are limited, so don't wait too long—once it's gone, it's gone! We can't wait to see everyone representing Whaler's Cove in style.

