

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



September Birthdays

In astrology, those born between the 1st and 22nd of September are Virginal Virgos. Virgos are industrious, efficient, and pay close attention to details. Those born between September 23rd and 30th balance the scales of Libra. Libras seek harmony and value fairness and justice. Although they'd rather avoid conflict, they are excellent team players—tactful and polite at soothing those embroiled in argument.

- Lily Tomlin – Sept. 1, 1939
- Grandma Moses – Sept. 7, 1860
- Otis Redding – Sept. 9, 1941
- Agatha Christie – Sept. 15, 1890
- Jim Henson – Sept. 24, 1936
- T. S. Eliot – Sept. 26, 1888

Happy Birthday to Our Residents...

J. Santos Perez	September 5 th
R. Drouin	September 8 th
C. Whittle	September 8 th
A. Madeira	September 13 th
C. Rose	September 16 th



September 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

Intergeneration
Month

World
Alzheimer's
Month

Labor Day
Sept. 1

Day of
Charity
Sept. 5

Bald Is
Beautiful Day
Sept. 13

Balance
Awareness
Week
Sept. 14–20

Respect Day
Sept. 18

Centenarian's
Day
Sept. 22

Good Neighbor
Day
Sept. 28

National Assisted Living Week
September 7th–13th, 2025
Theme: Ageless Adventure



Whaler's Cove is excited to share ageless adventures during National Assisted Living Week! Join us as we "cruise" through different countries with themed days Monday through Friday. Check below for daily highlights and don't forget to view the activity calendar for the full itinerary.

Residents will receive a passport to be stamped each day at any activity scheduled that day —collect all stamps for a chance to win a raffle prize at the end of the week!

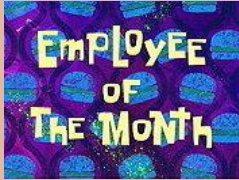
Monday, 9/8 Welcome Aboard – Portugal: Kick off the week with Portuguese music, dance, crafts, and treats! 9:30: All aboard! Check in at the Mini Theater to receive your passport and your first stamp in Portugal.

Tuesday, 9/9 Monte Carlo: It's a day of high stakes and big laughs! Try your hand at blackjack and bingo, catch the comedian, and enjoy rich French-inspired flavors all day long.

Wednesday, 9/10 Greece: Get ready to dance, laugh, and shout opa! Join us for pottery, trivia, and our lively Mykonos Toga Party—residents are encouraged to bring a white sheet to wear as a toga!

Thursday, 9/11 Italy: Enjoy a formal one seating Captain's Lunch with live music and a special visit from the captain himself. Dress to impress! Also, don't forget to RSVP for the Italian Dinner!

Friday, 9/12 London: Enjoy Beatles tunes, lawn games, and a spot of tea with the symphony and a movie! We'll wrap up the week with by announcing our Passport Raffle Winner



Employee of the Month



Please join us in congratulating Mariana Martins, our September Employee of the Month!

Since joining the Whaler's Cove team in June, Mariana has made a remarkable impression on both residents and staff. From day one, she jumped into her role with confidence, care, and a clear passion for helping others. Mariana's work is not only efficient and dependable but also delivered with kindness and grace. Whether she's assisting a resident or supporting her team, she consistently brings a positive attitude and strong work ethic to everything she does.

Most recently, Mariana went above and beyond for her department while her counterpart was out—proving just how dedicated and capable she truly is.

Thank you, Mariana, for all that you do. Whaler's Cove is lucky to have you on our team!



Labor Day Conversation Starter

Labor Day, celebrated on the first Monday in September, is a time to recognize the contributions of American workers—and that includes *you*. At Whaler's Cove, we honor the incredible dedication, sacrifice, and service that our residents have given throughout their lives.

Whether you served in the military, raised a family, worked in healthcare, education, trades, or business—you helped build the communities we live in today. Your efforts have made a lasting impact, and this holiday is a chance to say **thank you**.

In the spirit of the holiday, we encourage you to take a moment this week to **share a work memory with a fellow resident**. It could be your first job, a career you loved, a funny story from the workplace, or advice you'd pass on to younger generations.

A few fun prompts to get the conversation started:

- What was your very first job?
- What did you do for most of your working life?
- What job taught you the most about life?
- Did your job ever take you to new places?

Let's celebrate one another's stories—and the journeys that brought us all here to Whaler's Cove.



Heating Season Notice

As we begin transitioning out of air conditioning, we'd like to share some helpful information about how heating works at Whaler's Cove.

Our building operates on a two-pipe system—one supply line and one return line—meaning we can only provide either heat or air conditioning at a given time, not both.

Because our building tends to retain heat well, indoor temperatures typically don't fall below 70°F until October or even early November. For this reason, the heat will not be turned on in September, even though state heating season technically begins on September 15.

To stay comfortable during this transition period, we recommend:

- Wearing layers or using warmer bedding on cooler days
- Using safe, portable space heaters (please check with maintenance for approval)
- Closing windows and adjusting blinds to help maintain room temperature

We appreciate your understanding as we work to keep everyone comfortable while also maintaining building-wide climate efficiency.



A Friendly Reminder About Balloons

We know balloons can bring joy and brighten someone's day, but for safety reasons, they are generally prohibited inside the building.

When not properly secured, balloons can float into the ceiling rafters and risk damaging important fire safety equipment, such as strobes and smoke detectors. This could create a safety hazard for everyone in our community.

To help us maintain a safe and secure environment, we kindly ask residents, families, and visitors to refrain from bringing in balloons.

Thank you for your understanding and for helping us keep Whaler's Cove safe for all!

