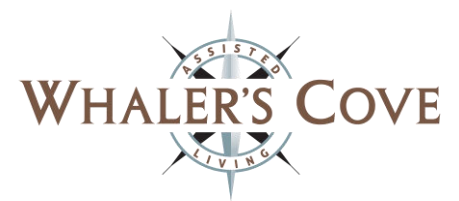


Whaler's Cove Assisted Living
114 Riverside Avenue
New Bedford, MA 02746



Important Reminder: Leave of Absence Notifications

As a reminder, if you plan to be away from the community overnight for any reason—whether visiting family, going on vacation, or spending a night out—it’s very important to notify our Wellness Department ahead of time.

This helps us keep accurate records, ensure your safety, and coordinate any services or medications you may need before or after your time away. Thank you for helping us provide the best care and support by keeping us informed of your plans.

October Birthdays

If you were born between October 1–22, you balance the scales of Libra. Libras seek harmony and value fairness and justice. Those born between October 23–31 are Scorpio. Scorpions are powerful investigators who stay abreast of the comings and goings of their peers, take control, and lead the way to success. October birthdays include:

Groucho Marx – Oct. 2, 1890
Margaret Thatcher – Oct. 13, 1925
Roger Moore – Oct. 14, 1927
Evel Knievel – Oct. 17, 1938
Jennifer Holliday – Oct. 19, 1960
Joyce Brothers – Oct. 20, 1927
Annette Funicello – Oct. 22, 1942
Jonas Salk – October 28, 1914

Happy Birthday to Our Residents...

L. Fragoso	October 3
A. Cote	October 7
J. Gonsalves	October 9
F. Carson	October 10
M. Amaral	October 17
R. Gardner	October 19
D. Hawkins	October 22
D. Robling	October 23
L. Allen	October 26
M. Stowe	October 26
B. Telles	October 30
B. Murach	October 30
E. Carvalho	October 31



October 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

Organize Your
Medical
Information
Month

Cookbook
Month
Balloons

Around the
World Day
October 1

World Day of
Architecture
October 6

Pet Peeve
Week
October
12–18

Chemistry
Week
October
19–25

International
Artists Day
October 25

Halloween
October 31

A Fresh Perspective in Dining Services

We are excited to welcome Karen Smola, Director of Dining Services, in her new role here at Whaler's Cove! As many of you have already seen, she has been spending time in the dining room getting to know residents, staff, and the daily routines that keep our community running smoothly.

Karen truly values hearing your ideas and suggestions, and she is committed to working closely with residents and staff to make the dining experience the best it can be. At this time, she is thoughtfully taking things step by step—learning menu planning and ordering, understanding staff strengths and needs, and reviewing current practices—before making adjustments that will benefit everyone.

As she settles in, we kindly ask that you give Karen the space and time to focus on one thing at a time. While she won't be able to tackle every request immediately, her goal is to carefully balance residents' needs with long-term improvements that will benefit the whole community.

We also want to thank everyone who attended September's Quarterly Resident Council Meeting last week. Your feedback is so important, and Karen will use these insights as she continues to prioritize and make thoughtful improvements in the weeks ahead.

This transition comes at a fitting time, as October brings two important observances in dining and nutrition. From October 5–11, 2025, we celebrate National Healthcare Food Service Week, recognizing the dedication and hard work of dietary teams across the country, including our very own here at Whaler's Cove. In addition, World Food Day on October 16 highlights the global fight against hunger and malnutrition—a reminder of how vital food service professionals are both here at home and around the world.

Please join us in warmly welcoming Karen and supporting her as she settles into her new role. Together, we look forward to continued positive changes in our dining program, while also recognizing the broader importance of food, nutrition, and community.

Employee of the Month

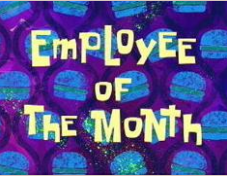


We are proud to recognize **Jose D. Sanabria Ramos** as our Employee of the Month for October! Jose has quickly become an invaluable member of our dietary team, known for his reliability, initiative, and the good energy he brings to every shift.

Jose consistently goes above and beyond to ensure our kitchen and dining services run smoothly. He is always willing to step up, often working doubles and making himself available to cover shifts whenever needed. By looking ahead at the schedule, Jose takes initiative to anticipate opportunities to help his team and maintain seamless coverage, showing both foresight and dedication.

Beyond his strong work ethic, Jose has built wonderful rapport with our residents. His friendly nature and approachable personality make him a favorite among both residents and staff.

Please join us in congratulating Jose on this well-deserved recognition! His dependability, kindness, and dedication set an example for us all.



Thanksgiving Food Drive

Whaler's Cove Assisted Living is proud to support the United Way of Greater New Bedford's Hunger Heroes Initiative. Together, we can help ensure local families have what they need for a warm and comforting Thanksgiving meal.

United Way's goal is to help package 1,000 Thanksgiving meals for families in need. These meals will be delivered to local food pantries and programs through the Hunger Commission and distributed directly to families they serve.

Our community will be collecting donations now through Friday, November 14th. Items needed include:

- Stuffing
- Instant Potatoes
- Canned Vegetables
- Cranberry Sauce
- Gravy
- Bread Mix

Every item donated brings them one step closer to reaching their goal. Donations can be left in the bin in front of the reception desk. Thank you for joining us in making the holiday season brighter for families in our community!



Activity Updates for October

We're excited to welcome fall with a variety of new programs and special events for our community! Here's what you can look forward to:

WC Store Hours

Beginning October 1st, the Whaler's Cove Store will now be open from 3:30 PM – 4:00 PM. Be sure to stop by during the new hours to pick up your favorite items.

Tai Chi Classes

Relax, stretch, and improve your balance! Tai Chi will now be offered on a regular basis every Tuesday and Thursday morning. All are welcome—no experience needed.

Paint Class with Allyson

Let your creativity shine! Allyson will be hosting a paint class on Monday, October 13th. Seating is limited, so please sign up at the administration office or with Allyson as soon as possible to reserve your spot.

Trick or Treat at Whaler's Cove

On Wednesday, October 29th, we'll be inviting children and grandchildren of residents and staff to visit our community for a festive afternoon of trick-or-treating. It's sure to be a fun-filled event for all ages—don't forget your costumes!

We look forward to enjoying these activities and events together as a community.



No-Bake Skillet Apple Crisp

Ingredients: 4 apples, peeled and sliced, 2 tbsp butter or coconut oil, 2 tbsp maple syrup or honey, 1 tsp cinnamon, ½ tsp nutmeg (optional), 1 cup rolled oats, ¼ cup chopped nuts (walnuts or pecans work great)

Instructions:

1. **Cook the apples:** In a skillet, melt 1 tbsp butter. Add apples, 1 tbsp maple syrup, cinnamon, and nutmeg. Cook 8–10 minutes until apples are soft. Remove and set aside.
2. **Make the topping:** In the same skillet, melt remaining butter. Add oats, nuts, and 1 tbsp maple syrup. Stir and cook 3–4 minutes until lightly toasted.
3. **Assemble:** Spoon apples into bowls and sprinkle the warm oat mixture on top.

Enjoy as is—or add vanilla ice cream for extra indulgence!

