

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



December Birthdays

In astrology, those born December 1–21 are Archers of Sagittarius. Archers are exciting and independent. Their positive attitude, great sense of humor, and kind heart make them excellent friends. Those born December 22–31 are Goats of Capricorn. Goats are the most stable of astrological signs. Reliable, economical, practical, and organized, they make good multitaskers and politicians.

Bette Midler – December 1, 1945
Eli Wallach – December 7, 1915
Rita Moreno – December 11, 1931
J. Paul Getty – December 15, 1892
Ray Romano – December 21, 1957
Maggie Smith – December 28, 1934
Bo Diddley – December 30, 1928



Happy Birthday to Our Residents...

| | |
|--------------|---------------|
| M. Sousa | December 3rd |
| R. Schneider | December 9th |
| M. Coelho | December 11th |
| M. Doerrler | December 12th |
| G. Skozolek | December 17th |
| S. Longworth | December 19th |
| N. Gero | December 20th |
| E. Crawford | December 24th |
| M. Young | December 28th |
| J. Regula | December 29th |



December 2025

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P: 508-997-2880 F: 508-997-2880

Season's Greetings from Whaler's Cove

As we enter the holiday season, we want to take a moment to share our appreciation for the residents who make Whaler's Cove home. This time of year means something different to everyone — for some it's about family traditions, for others it's about faith, memories, reflection, or simply enjoying a cozy and comfortable month indoors. No matter how you celebrate, we are grateful to share this season with you.

December will include a few special opportunities to come together.

- **Thursday, December 11th – Sharing Family Traditions**
Residents are welcome to join us for a relaxed afternoon of sharing family traditions, holiday memories, and meaningful moments. Those who would like to bring photos are encouraged to do so. We'll be serving hot cocoa and enjoying time together.
- **Holiday Outings**
On **Tuesday, December 10th**, we will attend the **New Bedford Ballet's performance of *The Nutcracker***, and on **Wednesday, December 17th**, we will enjoy **Dartmouth Middle School's holiday concert**. Both outings offer a festive way to experience local talent and seasonal cheer.
- **Friday, December 19th – Resident Yankee Swap**
Residents who wish to take part may bring a **wrapped gift valued under \$10**. This event is light-hearted, fun, and always good for a few laughs as the gifts make their way around the room.

* Sign-ups are required for all Yankee Swap & outings.

During this season, we recognize that holidays can bring joy, nostalgia, and everything in between. Please know that our staff is here to support, celebrate, listen, and share in the moments that matter to you.

From all of us at Whaler's Cove, we wish you a peaceful, comfortable, and enjoyable holiday season — and a warm start to the new year ahead!

Bingo Month

**Spiritual
Literacy Month**

**Safe Toys and
Gifts Month**

Antarctica Day
December 1

Mutt Day
December 2

**Lost and
Found Day**
December 12

Hanukkah
*December
14–22*

**IFCM World
Choral Day**
December 14

Christmas
December 25

Boxing Day
December 26

Kwanzaa
*December 26–
January 1*

New Year's Eve
December 31

Employee of the Month: Aaliyah Hook

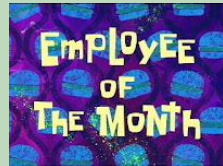


We are proud to recognize Dietary Aide Aaliyah Hook as our Employee of the Month. Aaliyah consistently demonstrates strong work ethic and dependability in the Dietary Department. She works efficiently, stays on task, and is always ready to step in when extra help is needed. She proactively checks the schedule and offers coverage when staffing is tight, which is greatly appreciated.

Aaliyah also volunteered to assist with reception coverage for the holiday season and quickly learned the role, showing flexibility and a willingness to support other departments when needed. Her familiarity with resident preferences helps meal service run smoothly, and residents regularly share positive feedback about her.

Aaliyah communicates well with the chefs and department leadership, welcomes feedback, and applies it to strengthen her performance. Her initiative, professionalism, and positive attitude make her an asset to our team.

Congratulations, Aaliyah, and thank you for your outstanding contributions to Whaler's Cove!



No Bake Peppermint Bark

Ingredients:

- 12 oz white chocolate chips
- 6 oz semi-sweet chocolate chips
- 3-4 crushed candy canes

Instructions:

1. Melt the semi-sweet chocolate in the microwave in 20-30 second intervals, stirring until smooth.
2. Spread a thin layer onto a parchment-lined plate or small tray. Refrigerate for 10 minutes.
3. Melt the white chocolate the same way and spread it over the chilled chocolate layer.
4. Sprinkle crushed candy canes on top and gently press them in.
5. Chill for 20-30 minutes, then break into pieces and enjoy!

Tip: Store in the refrigerator for freshness.



Important: 2026 Benefit Letters Needed

As you may already be aware, the Social Security Administration has announced the 2026 cost-of-living adjustment (COLA). It has been determined that Social Security benefit recipients will receive a COLA increase of 2.8% beginning in January 2026. Supplemental Security Income (SSI) benefit recipients will begin receiving the 2.8% COLA increase on December 31, 2025.

The Social Security Administration will communicate the final 2026 benefit amounts to recipients in November and December 2025 through a mailed COLA notice. If you have a "My Social Security" (online) account set up, you will receive the notice digitally through the online portal. Once this notice is received, please provide Mackenzie Botelho, Compliance Manager, with the notice **as soon as possible**. This financial information is imperative in maintaining accurate income records, as well as ensuring residency eligibility.

Please be mindful that we are required to obtain annual income verifications from not only Social Security/SSI, but also the Massachusetts State Supplement Program (SSP) and the Veteran's Administration (VA). SSP and the VA will be sending out their 2026 benefit verification letters in the coming weeks and once received, will need to be provided as soon as possible.

Please feel free to contact Ms. Botelho with the contact information provided below or visit the Administration Office Monday – Friday 8:30 am – 5:00 pm. As always, have a happy holiday season!



Cold & Flu Prevention This Winter

As winter arrives, we want everyone at Whaler's Cove to feel healthy, comfortable, and cared for. Simple habits can go a long way in keeping germs from spreading. Washing hands often, avoiding touching your face, and covering coughs and sneezes are easy ways to help protect yourself and your neighbors. Staying hydrated and getting good rest also supports overall wellness.

If you start feeling under the weather, please let our staff know so we can assist you. Residents who are interested in flu or COVID vaccines can speak with their healthcare provider to see what may be best for them. We also kindly ask that visitors wait to come in if they are not feeling well.

Thank you for helping us keep our community warm, safe, and healthy this season.

