

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



## January Birthdays

In astrology, those born between January 1–19 are Goats of Capricorn. Economical, practical, organized, and reliable, they make good multitaskers and politicians. Those born between January 20–31 are Aquarian Water Bearers. Aquarians have attractive personalities, vivid imaginations, and a thirst for knowledge. They share a desire to help humanity and create unity. Some of note:

J. R. R. Tolkien (writer) – Jan. 3, 1892  
Soupy Sales (comedian) – Jan. 8, 1926  
Robert Stack (actor) – Jan. 13, 1919  
Rakesh Sharma (cosmonaut) – Jan. 13, 1949  
Ethel Merman (singer) – Jan. 16, 1908  
Oliver Hardy (comedian) – Jan. 18, 1892  
Oprah Winfrey (host) – Jan. 29, 1954



## Happy Birthday to Our Residents...

G. Gallop	January 5th
J. O'Malley	January 7th
K. Furey	January 8th
C. Sepulveda	January 12th
R. Carroll Jr.	January 21st
W. Field	January 26th
J. Loftus	January 26th



January 2026

# Whaler's Cove Assisted Living The Port of Call

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New Bedford, MA 02746  
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## Welcoming the New Year

As we begin a new year, all of us at Whaler's Cove Assisted Living want to take a moment to express our sincere gratitude. To our residents, families, caregivers, staff, and community partners — thank you for being such an important part of our community.

The start of a new year is a time for reflection and renewal. Over the past year, Whaler's Cove has remained a place of comfort, connection, and steady support. From shared meals and activities to the reassurance of familiar faces, it is the people here who make Whaler's Cove feel like home.

As we move forward, our focus remains on what matters most:

- Providing quality care with dignity, respect, and compassion
- Offering engaging programs and activities that support well-being and connection
- Maintaining open communication and strong partnerships with families
- Supporting our dedicated staff, whose commitment guides everything we do

To our residents, thank you for trusting us and for what you bring to Whaler's Cove each day. It is truly a privilege to support you and share in your daily lives.

To our families and caregivers, we value your partnership and continued trust. Your involvement and communication help us provide thoughtful, consistent care.

To our staff, thank you for your professionalism, compassion, and dedication. Your work makes a meaningful difference every single day, and we are deeply grateful for all that you do.

To our community partners, thank you for your collaboration and shared commitment to serving older adults in our region. Your support strengthens our ability to care for those we serve.

As we enter the new year, we remain committed to creating a welcoming, supportive, and respectful environment for everyone who calls Whaler's Cove home.

We wish you a healthy, peaceful, and hopeful New Year!



### Book Blitz Month

### International Brain Teaser Month

### New Year's Day January 1

### Bobblehead Day January 7

### Make Your Dream Come True Day January 13

### Fresh Squeezed Juice Week January 18–24

### Belly Laugh Day January 24

### Curmudgeons Day January 29

## Resident Handbook Review

When new residents move into Whaler's Cove, they are given a Resident Handbook. Many glance at it initially to learn more about the community but it inevitably gets set aside or buried under other documents. We have noticed that some of the questions we have been receiving lately could have been answered by looking in the Handbook. It is important that residents know how to access information quickly and do not have to wait for a staff member to be available.

As a means to review the Handbook as a group, we will be picking a date/time in February to host a get together where we can expound upon some of the commonly asked questions or situations residents have faced after move-in.

We hope that you will consider joining us as it is always a good refresher – we do this annually, by department, with our team of staff and find it helpful to set the expectations and provide reasoning/context for why some policies and procedures are in place.

Should you need an additional copy of the Resident Handbook, we will have some on hand to pass out at the meeting. We are looking forward to sitting with you and reviewing this important information as we begin a new year together. Do not hesitate to bring questions with you – we are here to help!

## Coffee & Conversation

Following the recent PACE presentations held in our building, Whaler's Cove will be offering **Coffee & Conversation** sessions twice monthly for residents who would like to ask questions or learn more.

These informal gatherings provide an opportunity to speak with our team in a relaxed setting, review information that was previously shared, and ask any follow-up questions about the PACE program. There is no obligation or enrollment required — this time is simply intended for discussion and clarification.

### January dates:

- **January 8th at 9:30 a.m.**
- **January 29th at 9:30 a.m.**

Seasonal coffee will be served, with a variety of flavor options available.

Both sessions will be listed on the Activities Calendar. Residents are welcome to attend one or both sessions, listen in, or bring questions that may have come up since the presentations.



## Upcoming Activities

The new year is off to a fun start at Whaler's Cove, with plenty of opportunities to get together, try something new, and enjoy the season. Please refer to the Activity Calendar for the full list of activities.

**Jan 5** – Start the new year by planting a lucky jade plant and adding a little green (and good luck!) to your space.

**Jan 9** – Celebrate *The King* with an Elvis-themed birthday bash, complete with music and classic peanut butter and banana sandwiches.

**Jan 14** – Enjoy making and tasting a winter favorite as we prepare Baked Alaska together.

**Jan 16** – Cool off and socialize at our winter ice cream social.

**Jan 20** – relax during a special pet therapy visit from Barn Babies.

**Jan 21** – Enjoy another heartwarming pet therapy visit with Bodhi the Golden Doodle.

**Jan 30** – Get creative with a snowflake craft to wrap up the month.

Also join us for outings throughout the month to Olive Garden, Dollar Tree, the Casino, and Peking Garden. Dates are listed on the Activities Calendar. *Sign-ups are required as space on the van is limited.*



## Employee of the Month



Whaler's Cove is proud to recognize Norma Maldonado, 3rd Shift Certified Nursing Assistant, as our Employee of the Month.

Norma consistently demonstrates what it means to be a true team player. She is hard-working, reliable, and punctual, with excellent attendance and a strong commitment to her role. Norma puts the success of the team first and leads by example, showing quiet but confident leadership on every shift.

She is also deeply committed to excellence, using the proper channels to communicate with supervisors and ensuring concerns are addressed promptly and professionally. Her reliability and strong work ethic make her someone both residents and coworkers can count on.

Thank you, Norma, for your continued dedication to our residents and to the Whaler's Cove team. Your positive attitude, strong sense of responsibility, and willingness to step up when needed do not go unnoticed. You set a high standard for care and professionalism, and your commitment makes a meaningful difference every day. We are truly grateful for the care, leadership, and reliability you bring to Whaler's Cove.

