

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



March Birthdays

In astrology, those born March 1–20 are Pisces. These Fish are spiritual types who feel comfortable in their introspective natures. They are charitable helpers who “go with the flow.” Those born between March 21–31 are Rams of Aries. As the first sign of the zodiac, Arians charge out of the gate with energy, confidence, power, and zeal. As pioneers, Arians are unafraid of the unknown.

- Lou Costello – March 6, 1906
- Liza Minnelli – March 12, 1946
- Fred Rogers – March 20, 1928
- Ozzie Nelson – March 20, 1906
- Marcel Marceau – March 22, 1923
- Fannie Farmer – March 23, 1857
- Walt Frazier – March 29, 1945

Happy Birthday to Our Residents...

M. Williams	March 4th
G. Kurth	March 9th
F. Wetherbee	March 10th
D. Lopes	March 13th
J. Hines	March 29th



March 2026

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
 New Bedford, MA 02746
 P: 508-997-2880 F: 508-997-1599



**Irish
 American
 Heritage
 Month**

**Mad for Plaid
 Month**

**Women's
 History
 Month**

**Iditarod
 Begins
 March 7**

**Daylight
 Saving Time
 Begins
 March 8**

**St. Patrick's
 Day
 March 17**

**World Poetry
 Day
 March 21**

**International
 Hug a
 Medievalist
 Day
 March 31**

Resident Handbook Review & Quarterly

We invite all residents to join us on **March 18 at 10:00 AM** for a dedicated session that will include a Resident Handbook Review in place of our traditional Quarterly Resident Council meeting. Residents will still have the opportunity to provide feedback and have questions addressed, as time allows. Attendance is strongly encouraged.

Each resident receives a copy of the Resident Rights Handbook at move-in. We understand that move-in day comes with a great deal of information, and not everything is easy to retain in the moment. As time passes, it is helpful to revisit key policies, procedures, and resident rights to ensure everyone feels informed and confident.

This is an opportunity to review, provide feedback, and hear updates from departments including:

- Dining Services
- Activities
- Maintenance
- Housekeeping
- Wellness
- Administration

This session is designed to be a constructive and solution-focused conversation. We encourage thoughtful feedback, questions, and suggestions that help us continue improving our community together. When concerns are shared respectfully and with the goal of resolution, we are best able to address them effectively.

We will conclude with a Q&A session. If we are unable to answer every question during the allotted time, a member of our leadership team will follow up with you directly.

We look forward to a productive and collaborative discussion. Your participation helps strengthen our community for everyone.

Employee of the Month



We are proud to recognize Anthony Silvia as our March Employee of the Month.

Anthony is known throughout our community for being kind, reliable, and dependable. He consistently goes above and beyond to ensure our building, grounds, and equipment are safe and well maintained for both residents and staff.

In his role, Anthony completes minor repairs submitted through maintenance work orders and performs routine maintenance

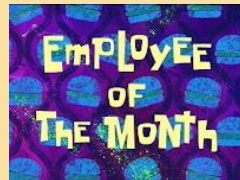
throughout the building, including equipment upkeep. He maintains the outside grounds, parking areas, and waste removal, and assists with snow and ice removal to ensure safe conditions. Anthony also proactively identifies and reports any conditions that could impact the safety or well-being of residents and staff, and he serves on call for maintenance emergencies when needed.

In addition to his daily responsibilities, Anthony recently took on the added task of transporting residents to medical appointments on Tuesdays and Thursdays — a meaningful way he continues to support our community.

During the two recent winter storms, Anthony stepped up alongside the maintenance team to ensure walkways and parking areas were consistently shoveled and salted to protect the safety of residents and staff. During the most recent storm, he even stayed overnight, working diligently and not leaving until he was confident everything possible had been done.

Anthony's work often happens behind the scenes, but its impact is felt every day. We are grateful for his dedication, steady presence, and commitment to keeping our community safe and running smoothly.

Please join us in congratulating Anthony on this well-deserved recognition!



St Patrick's Day Poem : A Little Luck This March

May your coffee be warm,
May your worries be few,
May a bit of Irish luck
Find its way to you.

May laughter fill your table,
May good friends gather near,
And may a touch of green this March
Bring happiness all year.



Working Together for a Positive Dining Experience

One of the greatest joys of living in our community is the opportunity to share a meal with loved ones. We truly enjoy seeing your family and friends in the dining room — their presence adds wonderful energy to our shared space.

To ensure that every resident continues to enjoy a comfortable and seamless dining experience, we'd like to share a few helpful reminders:

- **Reservations are essential:** To provide the level of service you expect, our culinary team needs an accurate headcount for food preparation and seating. Please notify the front desk or Dining Manager at least 24 hours in advance if you plan to bring a guest.
- **Respecting your tablemates:** Our dining room is a communal space where many residents have established seating routines. Adding an unexpected guest can sometimes feel crowded for those you share a table with. Before inviting a guest to join your regular table, please check with your neighbors to ensure they feel comfortable with the addition.
- **Capacity and comfort:** On busy evenings, we may arrange a separate table for you and your guests to ensure everyone has adequate space and that our servers can move safely throughout the room.

We would also like to take a moment to speak about **courtesy in the dining room**. Our dining team works diligently each day to provide quality meals and attentive service. They deserve to be treated with kindness and respect at all times.

If there is ever an issue with a meal or service, we ask that you address it promptly and directly at the time of the concern by speaking with Karen Smola, Director of Dining Services. If she is unavailable, please ask to speak with the Chef on duty. Addressing concerns immediately allows us to resolve them quickly and effectively.

Please do not wait to raise concerns after the fact or direct frustrations toward servers. Inappropriate comments or language toward staff will not be tolerated. Residents who engage in disrespectful behavior in the dining room will be asked to leave.

We also remind everyone that our team includes underage Co-Op students who are learning and gaining valuable experience. Your patience and encouragement make a meaningful difference in their growth and confidence.

By following these simple steps and showing consideration for one another, you help us maintain the relaxed and welcoming atmosphere that makes our dining room so special. We appreciate your cooperation in keeping our community a thoughtful and respectful place for all.

