

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



April Birthdays

In astrology, those born between April 1–19 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. Those born between April 20–30 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, are not shy about rewarding themselves.

Buddy Ebsen – April 2, 1908
Eddie Murphy – April 3, 1961
Gregory Peck – April 5, 1916
Loretta Lynn – April 14, 1932
Elizabeth II – April 21, 1926
Carol Burnett – April 26, 1933
Willie Nelson – April 30, 1933

Happy Birthday to Our Residents...

D. O'Brien	April 1st
P. Babineau	April 1st
L. Demanche	April 4th
S. Atfield	April 8th
G. Wood	April 8th
F. Andrews	April 14th
H. Farpea	April 14th
E. Sweikert	April 14th
D. Rego	April 15th
J. Vogel	April 15th
McCaffrey	April 24th
J. Martin	April 24th
M. Kennedy	April 26th



April 2026

Whaler's Cove Assisted Living The Port of Call

114 Riverside Avenue
New Bedford, MA 02746
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Embracing Spring and the Season of Renewal

Just as nature undergoes a process of renewal in spring, we too can embrace the season as an opportunity for personal growth and rejuvenation. Spring is a time to let go of the past and welcome new possibilities. Whether it's exploring new hobbies, setting goals, or simply enjoying a change in routine, this season encourages us to step forward with a sense of hope.

Easter, celebrated during this time of year, reflects many of these same themes - renewal, faith, and new beginnings. It serves as a gentle reminder of the importance of hope and the opportunities that come with each new day.

Spending time outdoors is one of the best ways to embrace the spirit of spring. Whether it's going for a walk or simply sitting in the gazebo and enjoying the sights and sounds of nature, connecting with the outdoors can have a positive impact on overall well-being. Time outside can help reduce stress, improve mood, and bring a sense of calm.

Spring also reminds us to appreciate the small moments. A warm breeze, blooming flowers, or time spent with others can bring a sense of peace and gratitude. Taking time to notice these simple pleasures can make each day more meaningful.

As the season changes, it also offers a fresh start—a chance to try something new, build routines, and embrace change with optimism. While change can feel uncertain, it also creates opportunities for growth and discovery.

Ways to Embrace the Season:

- Spend time outdoors and enjoy the fresh air
- Take moments to pause and appreciate your surroundings
- Try a new hobby or activity
- Refresh your space or routine
- Stay connected with others in the community

Spring is more than a change in weather—it's a season of renewal, growth, and possibility. By embracing the spirit of the season, we can create meaningful moments and look ahead with a renewed sense of purpose.

**Straw Hat
Month**

**Physical
Wellness
Month**

**Defeat
Diabetes
Month**

**Passover
Begins
Sundown
April 1**

**World Health
Day
April 7**

**Dolphin Day
April 14**

**Earth Day
April 22**

**International
Jazz Day
April 30**

Employee of the Month



We are proud to recognize Certified Nurse Assistant Gabrielle (Gabby) Dores as our Employee of the Month.

Gabby consistently demonstrates a level of maturity, competence, and compassion that makes a meaningful difference in the lives of our residents. She is known for her caring approach, strong work ethic, and ability to step up whenever needed.

Over the past several weeks, Gabby has gone above and beyond by increasing her hours to help support the team during short staffing. She willingly takes on additional responsibility and can always be counted on to ensure our residents receive the highest level of care.

During the recent blizzard, Gabby's dedication truly stood out. She made the decision to stay overnight at the community to ensure that residents continued to receive uninterrupted care during challenging conditions. Her commitment reflects the very best of what we strive for every day.

Gabby's journey with us began as a Co-Op student from Greater New Bedford Regional Vocational Technical High School in May 2023. Since then, she has grown into a valued full-time team member and a dependable presence on the floor.

Thank you, Gabby, for your dedication, reliability, and the compassion you bring to your role every day. We are grateful to have you on our team.

Physical Wellness Month

April is Physical Wellness Month, a reminder that staying active plays an important role in maintaining strength, balance, and overall well-being.

At Whaler's Cove, physical wellness is supported in ways that are safe, realistic, and tailored to each resident. This can include participating in group exercise programs, taking advantage of our on-site gym, working with therapy services or simply staying engaged in daily routines like walking to meals and activities.

Even small amounts of movement throughout the day can help support mobility, reduce fall risk, and improve overall comfort. Our team is here to encourage and assist residents in staying as active and as independent as possible!



Heating to Cooling Changeover

As we transition from heating to air conditioning, we want to ensure everyone remains comfortable during this seasonal change. With our one-pipe heating and cooling system, the timing of this switch depends on the weather, and we appreciate your patience during this process.

With warmer weather arriving earlier in recent years, we anticipate completing the system changeover sometime in April, with May as the latest timeframe, depending on outdoor temperatures and forecast trends.

Per Massachusetts regulations, indoor temperatures must be at least 64°F at night and 68°F during the day from September 15 to May 31, with a maximum indoor temperature of 78°F. Because these guidelines determine the heating season, we must ensure that switching to air conditioning will not impact our ability to meet these required temperatures.

To stay comfortable as temperatures fluctuate, we recommend:

- Using fans to help circulate air
- Adjusting window blinds to block excess heat
- Choosing lightweight, breathable fabrics for bedding and clothing
- Considering portable cooling devices for individual comfort

Your comfort and well-being remain our top priority, and we appreciate your understanding and cooperation as we make this seasonal adjustment.



Administrative Professionals Day

On April 22, we celebrate Administrative Professionals Day and recognize the individuals who help keep Whaler's Cove running smoothly each and every day.

Our administrative team plays a vital role behind the scenes, ensuring that residents, families, and staff are supported with efficiency, organization, and care. From managing communications and coordinating schedules to assisting with admissions, billing, and ongoing eligibility and documentation processes, their work touches every part of our community.

They are often the first point of contact, creating a welcoming and reassuring experience for all who walk through our doors. Their professionalism, attention to detail, and ability to adapt make them an essential part of our community.

Please join us in thanking our administrative professionals for their continued dedication and all that they do!

