



## May Birthdays

In astrology, those born between May 1–20 are Bulls of Taurus. Bulls show a steady persistence in endeavors both professional and personal, and after working hard, they are not shy about rewarding themselves for a job well done. Those born between May 21–31 are Gemini's Twins. The Twins represent energetic communication and interaction. Witty and intellectual, they attract many friends and colleagues.

Frankie Valli – May 3, 1934  
 Willie Mays – May 6, 1931  
 Florence Nightingale – May 12, 1820  
 Cher – May 20, 1946  
 Bill Robinson – May 25, 1878  
 Sally Ride – May 26, 1951  
 Clint Eastwood – May 31, 1930



## Happy Birthday to Our Residents...

Kristen S.	May 1st
Margaret R.	May 5th
Rose Y	May 7th
Paul P.	May 8th
Merrilee A-N.	May 13th
Dagmar P.	May 16th
Mary Ellen	May 17th
Ernest J. Jr.	May 18th
Diane H.	May 21st
Isaura P.	May 21st
Emily W.	May 25th
Maria O.	May 30th



May 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

## Staying Cool & Comfortable

As the warmer weather arrives, it's important to take a few simple steps to stay cool, comfortable, and safe throughout the day.

Here are some helpful tips for beating the heat:

### Stay Hydrated

- Drink water regularly, even if you don't feel thirsty
- Limit beverages with caffeine, which can contribute to dehydration

### Dress for the Weather

- Choose lightweight, loose-fitting clothing
- Light colors can help keep you cooler

### Keep Your Living Space Comfortable

- Adjust the temperature or use fans as needed
- Keep blinds or curtains closed during the hottest parts of the day

### Plan Your Day Wisely

- Try to schedule outdoor activities in the morning or early evening
- Take breaks and avoid spending too much time in direct sun

### Take Advantage of Cool Spaces

- Spend time in common areas where it may be cooler
- Join indoor activities to stay engaged while avoiding the heat

### Know When to Ask for Help

- Let a wellness staff member know if you're feeling overheated, dizzy, or unwell. We're here to help and want everyone to stay safe

A little preparation goes a long way in staying comfortable during the summer months. If you ever need assistance or have questions, please don't hesitate to reach out to a member of our team.

Stay cool and enjoy the season!

### Family Month

### Personal History Awareness Month

### Global Love Day

May 1

### Star Wars Day

May 4

### Mother's Day

May 10

### International Nurses Day

May 12

### New Friends, Old Friends Week

May 17–23

### Rescue Dog Day

May 20

### Memorial Day

May 25

## Employee of the Month



We're proud to recognize Betsy Finch-Kaplan as our Employee of the Month!

Betsy will be celebrating 5 years with Whaler's Cove this September, and her dedication over the years has made a lasting impact on our community. She is known for her flexibility and willingness to

to adjust her schedule, especially during times when the department needs extra support. Her team-first mindset helps ensure continuity of care and a smooth day-to-day experience for both residents and staff.

Betsy greets everyone with a warm smile and brings a positive, welcoming energy to those around her. She is dependable, consistent, and always ready to lend a hand, qualities that make her an essential part of the team.

Her commitment does not go unnoticed, and we are grateful for the care and reliability she brings to her role each day.

Thank you, Betsy, for all that you do, we're lucky to have you as part of the Whaler's Cove family.

## Celebrating National Nurses Day

On Wednesday, May 6, we are proud to celebrate National Nurses Day and recognize the vital role our nurses play in supporting the health, safety, and the well-being of our residents here at Whaler's Cove. From coordinating care to monitoring health changes and working closely with families and providers, our nurses help ensure that each resident receives thoughtful, consistent support every day.

We would like to give special recognition to Kianna Gagne and Jo Ann Silva for their dedication and commitment to our community. Their compassion, professionalism, and steady presence make a meaningful difference in the lives of our residents and staff alike. If you see them on May 6, please join us in thanking them for all that they do, we are truly grateful to have them as part of our team!



## May Activity Highlights

There's a lot to look forward to this May! Be sure to refer to the Activity Calendar for a full list of events, times, and details throughout the month.

Here are a few highlights:

### Cinco de Mayo Celebration – May 5

Join us for a fun and festive afternoon! Kristina from 321 Dance Studio will be here to teach us some salsa moves. Dietary will also be hosting a nacho bar and serving mock margaritas alongside Allyson.

### Therapy Dog Visit – May 6

Bodhi the dog will be visiting and ready to bring smiles and comfort to everyone.

### Mother's Day Celebration – May 8

We're showing the mothers of Whaler's Cove some extra love with a special celebration featuring Candida Rose and thoughtful gifts.

### New Program: Resident Meet & Greet – Starting May 13

We're excited to introduce a new monthly gathering to welcome our newest residents. This informal meet and greet will be held in the Country Kitchen with cheese and crackers. It's a great opportunity to connect, socialize, and get to know one another in a relaxed setting.

### Acushnet Creamery Outing – May 27

Enjoy a sweet outing to Acushnet Creamery—always a resident favorite!

### Reminder: Sign Up for Outings

If you're interested in attending outings, please be sure to sign up in advance with the Activities Team so we can plan accordingly.

We look forward to another great month of activities and time together!

## Happy Mother's Day!

Wishing a very Happy Mother's Day to all of the wonderful mothers at Whaler's Cove. Today we take time to recognize and celebrate the love, strength, and care you have shared with your families and those around you. The impact of a mother's guidance and kindness lasts a lifetime, and we are grateful to have such remarkable women in our community. We hope you feel appreciated, celebrated, and surrounded by warmth today and always.

