

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



Seasonal Heating & Cooling Reminder

Whaler's Cove operates on a **one-pipe heating and cooling system**, which means the building must transition seasonally from air conditioning to heat. Our changeover is generally completed by **October 15**, while we continue to monitor temperatures and follow applicable Massachusetts heating requirements.

Because fall temperatures can fluctuate, residents may choose to use a personal space heater during the transitional season. If you do, please let **Maintenance or Administration** know so the heater can be inspected for safety before use.

October Birthdays

In astrology, those born October 1–22 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise. Those born October 23–31 are Scorpions. Scorpions are passionate and assertive leaders who value honesty.

- Buster Keaton – Oct. 4, 1895
- Jesse Jackson – Oct. 8, 1941
- Henry John Heinz – Oct. 11, 1844
- Ralph Lauren – Oct. 14, 1939
- Emeril Lagasse – Oct. 15, 1959
- Annette Funicello – Oct. 22, 1942
- Michael Crichton – Oct. 23, 1942
- Dylan Thomas – Oct. 27, 1914

Happy Birthday to Our Residents...

Lucia F.	October 3rd
Mitchell R.	October 4th
Albert C.	October 7th
Jill G.	October 9th
Francis C.	October 10th
Angela A.	October 14th
Maria A.	October 17th
Donna H.	October 22nd
Deborah R.	October 23rd
Laura A.	October 26th
Marie S.	October 26th
Bruce T.	October 30th
Barbara M.	October 30th



October 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

October Happenings

October is packed with fun at Whaler's Cove!

Our Annual Trick-or-Treat Night will be held on Thursday, October 29th at 6:30 PM. Staff, friends, and family are welcome to join us for an evening of Halloween fun throughout the community. Residents who plan to hand out candy should let Activities Coordinator Allyson Dolan know so she can place a sign outside their apartment door. Guests planning to attend should also RSVP with Allyson. Refreshments will be available for trick-or-treaters in the Lower Lobby.

We'll also be celebrating with a Halloween Party and Costume Contest on Friday, October 30th at 2:00 PM, plus a visit to Cervelli's Farm Stand and a special paranormal investigator guest speaker.

Be sure to check the activity calendar for all events and more details!

MassMAP Evacuation Drill – Volunteers Needed!

On Wednesday, October 7th, Whaler's Cove will be participating in a MassMAP evacuation drill in our Lower Lobby.

MassMAP, or the Massachusetts Long-Term Care Mutual Aid Plan, helps healthcare and senior living communities prepare for emergencies that could require residents to be moved or evacuated. During the drill, our team will practice the steps we would take in a real emergency, including organizing residents, communicating with staff, and safely working through an evacuation scenario.

To make the exercise as realistic as possible, we are looking for a few resident volunteers to participate and help us act out the evacuation process. And as a thank-you, volunteers will receive a sweet treat! If you are interested in participating, please see Compliance Manager Mackenzie Botelho in the Administration Office. She will provide additional details and let you know what to expect on the day of the drill. Thank you for helping us practice and prepare so we can continue keeping our community safe.

Italian-American
Heritage
Month

Computer
Learning
Month

Frugal
Fun Day
October 3

Do
Something
Nice Day
October 5

Random Acts
of Poetry Day
October 7

International
Skeptics Day
October 13

Dictionary
Day
October 16

World Pasta
Day
October 25

Halloween
October 31

Public Restroom Use

To help keep our shared spaces clean and comfortable for everyone, we'd like to remind residents about the use of public restrooms throughout Whaler's Cove.

If you are near your apartment, please use the bathroom in your own apartment whenever possible. Our public restrooms are shared spaces and are also used by staff, visiting professionals, family members, and other guests.

If you are away from your apartment and need to use a public restroom, we simply ask that you leave the space clean and ready for the next person. If an accident occurs or the restroom needs attention, please notify the Front Desk so Housekeeping can be contacted to assist.

We also want to remind residents that toiletries for private apartment bathrooms, including toilet paper and other personal bathroom supplies, are resident's responsibility.

Thank you for helping us keep Whaler's Cove clean, comfortable, and welcoming for everyone.



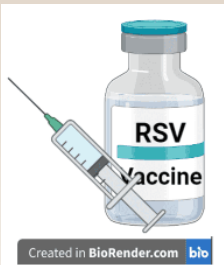
Flu & RSV Vaccine Clinic

As we head into cold and flu season, Whaler's Cove will be hosting a Flu & RSV Vaccine Clinic administered by CVS on Wednesday, October 7th from 9:30 AM–12:30 AM in the Lower Lobby.

This is a convenient opportunity for residents who choose to receive their seasonal vaccines without having to travel off-site. If you are interested in signing up, please let Wellness, the Front Desk, or the Administration staff know so we can add your name to the list.

PACE participants should not sign up for this clinic, as they will receive their Flu and RSV vaccines through the program.

As fall and winter approach, seasonal illnesses become more common, making this a good time to think about the preventative steps that are right for you. We're happy to make access to these services as easy and convenient as possible for our residents.



Celebrating National Healthcare Food Service Week

During the first full week of October, we're proud to recognize National Healthcare Food Service Week, also known as Dietary Week, and celebrate the hardworking team behind every meal at Whaler's Cove.

Our Dietary Department does so much more than prepare breakfast, lunch, and dinner. They help accommodate individual needs and preferences, create special menus for holidays and events, and make mealtimes something residents can look forward to each day.

Their work takes planning, teamwork, creativity, and a true commitment to our residents. We are grateful for everything they do, both in and out of the kitchen.

Please join us in thanking our Dietary Team during October 4–10 for all they do to keep Whaler's Cove well fed and well cared for!



A Reminder About Respect in Our Community

At Whaler's Cove, we want everyone who lives, works, and visits here to feel comfortable, respected, and safe. Living in a community means sharing spaces, routines, and experiences with many different people, and treating one another with courtesy is an important part of creating a positive environment for everyone.

We understand that frustrations and disagreements can happen. However, language or behavior that is threatening, degrading, inappropriate, discriminatory, or directed at another person in a disrespectful way is not acceptable. These expectations are also outlined in our Resident Rights Handbook, and behavior that violates those standards will not be tolerated.

If something is upsetting you, we encourage you to speak with a member of our team so we can help address the concern in a respectful and productive way. Our staff are here to listen and assist whenever possible.

Thank you to our residents, families, and team members for continuing to help make Whaler's Cove a welcoming community built on kindness, dignity, and mutual respect.

