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

Important Reminder: Updated 2027 Benefit Letters Needed

As we approach the new year, we kindly ask all residents and caregivers to provide **Mackenzie Botelho, Compliance Manager, with updated 2027 Social Security, Supplemental Security Income (SSI), and State Supplement benefit letters** as soon as they are received. These documents are essential for maintaining accurate income records and determining continued eligibility for housing programs.

Please also bring any correspondence from Social Security, MassHealth, or the State Supplement Program to the Administration Office for review. Thank you for your cooperation!

November Birthdays

In astrology, those born between November 1–21 are Scorpios. Scorpios are passionate, assertive leaders who value honesty and fairness above all. Those born between November 22–30 are Archers of Sagittarius. Confident and lucky, Archers often find success. Their enthusiasm attracts friends who help them achieve their goals.

Marie Antoinette – Nov. 2, 1755
John Philip Sousa – Nov. 6, 1854
Carl Sagan – Nov. 9, 1934
Jonathan Winters – Nov. 11, 1925
Petula Clark – Nov. 15, 1932
Mickey Mouse – Nov. 18, 1928
Boris Karloff – Nov. 23, 1887
Tina Turner – Nov. 26, 1939
Mandy Patinkin – Nov. 30, 1952

Happy Birthday to Our Residents...

Ronald T.	November 6th
Avis C.	November 16th
Connie V.	November 18th
Pauline S.	November 20th
Joan D.	November 28th





November 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



Celebrating November

Memoir Writing Month

Inspirational Role Models Month

Use Your Common Sense Day
November 4

Dear Santa Letter Week
November 8–14

Apple Cider Day
November 18

Gingerbread Cookie Day
November 21

Thanksgiving Day (U.S.)
November 26

Rolling with Respect: Guidelines for a Smooth Ride on the Activities Van

Getting out and about on the activities van is one of the best parts of community life. Whether we are heading out for a shopping trip, a lunch date, or a scenic drive, these excursions are a wonderful way to stay connected and change up our scenery.

To ensure our trips are safe, timely, and enjoyable for everyone, we want to share a few friendly reminders about van etiquette, independence, and the logistics that go into making these outings happen.

Van Etiquette: Patience & Kindness First

A great trip starts before the wheels even turn. Please keep these guidelines in mind as we load the van:

- Loading Order: Not everyone can be first on the bus, and we cannot guarantee the same seat for every trip. Please be patient and flexible as our driver safely seats everyone.
- The Wheelchair Lift: If a fellow resident needs to use the electronic lift instead of the stairs, please extend your full patience. Safety takes time, and a complaint-free environment makes everyone feel welcome.
- Cleanliness on the Van: As this is a leased vehicle and we want to provide a clean and enjoyable transport, please note that there is no eating or drinking on the van.

Staying Independent & Safe Out on the Town

Our outings are designed for residents who can navigate the destination independently.

- Personal Care: We do not have personal care staff on board to accompany the driver or activities coordinator. Staff cannot assist residents inside stores, restaurants, or restrooms.

Article continues on next page.





Rolling with Respect Continued...

- Bring Your Devices: Residents must bring their own appropriate ambulation devices—such as a cane, walker, or wheelchair—to help them move around safely while away. If oxygen is required – the tanks need to be full and residents need to be able to wear it appropriately. Same goes for those who manage their own medications – if something is due to be taken while you are away from the community, you must make provisions to do so on your own.
- No Pushing or Motorized Scooters: Staff are unable to push residents in manual wheelchairs. Additionally, due to weight and size restrictions, motorized scooters are strictly prohibited on the van. If your destination (like a grocery store) provides motorized scooters, you are more than welcome to use them, if available, once inside.
- Purchases & Funds: Please ensure you bring the necessary funds for your purchases. Keep in mind that you must be able to safely and comfortably transport any items you buy back to the building inside the van.

Understanding the Schedule

We often get asked if our outings can be extended. While we wish we could stay out all day, our activities coordinator must stick strictly to a set timeframe. We have to be mindful of:

- On-Site Health Deadlines: Returning on time ensures no one misses scheduled meals, critical medications, Visiting Nurse Agency (VNA) visits, or other medical appointments.
- Resident Wellness: Some of our neighbors have diagnoses that require them to stay close to home or stick to a predictable routine.
- Staffing Logistical Realities: Gathering a large group, driving, hosting the event, and returning requires a massive amount of staff time away from the building. Our team must balance these trips with their essential daily duties back at their desks.

Looking for More Freedom?

- If you find that the van schedule doesn't quite fit your personal timeline, or if you need an outing that requires a bit more assistance, you have options! There are wonderful external community resources and transportation alternatives available for those who wish to venture out independently. Just stop by the front desk or chat with our activities coordinator. We will gladly hand you the information to help you get moving!

Thank you for your cooperation, your kindness to your neighbors, and for helping us keep our van outings safe and fun for all!

Thanksgiving Lunch

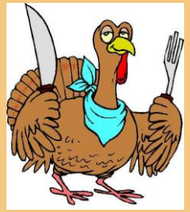
Join us as we celebrate Thanksgiving with a delicious holiday meal! We will have **one lunch seating for residents at 12:00 PM**, and guests are welcome to join us.

Thanksgiving Menu

Sliced Turkey with Gravy • Spiral Ham • Mashed Potatoes • Carrots • Stuffing • Cranberry Sauce • Dinner Roll • Pumpkin Pie

Please notify the Front Desk in advance if you will be welcoming guests or leaving to celebrate Thanksgiving with family.

We are grateful to our residents, caregivers, and community partners and wish everyone a wonderful holiday!



Staying Healthy this Season

As we head into November and the colder months ahead, cold, flu, and RSV season is upon us! At Whaler's Cove, the health and well-being of our residents remain our top priority. We encourage everyone to take a few simple precautions to help keep themselves and our community healthy.

A few friendly reminders to help prevent the spread of illness:

- Wash your hands frequently with soap and water.
- Cover your mouth and nose when coughing or sneezing.
- Avoid close contact with others who are feeling sick.
- Stay hydrated, eat well, and get plenty of rest.
- Pay attention to symptoms such as coughing, congestion, sore throat, fever, or unusual fatigue.

Not Feeling Well? Please Let Wellness Know!

If you begin experiencing cold or flu-like symptoms, please notify the Wellness Department as soon as possible. Even mild symptoms are worth reporting. Early communication allows our team to monitor your health, provide assistance, and take appropriate precautions to help prevent illness from spreading throughout our community.

Missed Our Vaccine Clinics? We Can Help!

If you were unable to attend our recent vaccination clinics and are interested in receiving the Flu, COVID-19, or RSV vaccine, our Wellness Department can assist you in arranging an appointment. Our team can also help you determine the appropriate next steps based on your vaccination history and current recommendations.

Let's all do our part to keep Whaler's Cove a happy, healthy community this season. Thank you for looking out for yourself and one another!





