

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



December Birthdays

In astrology, those born December 1-21 are Archers of Sagittarius. These Archers are philosophical seekers of knowledge who love traveling to new places. Those born from December 22-31 are Capricorn's Goats. Patience, perseverance, and dedication help Goats climb to the highest of heights.

Tyra Banks (model) – Dec. 4, 1973
 Little Richard (musician) – Dec. 5, 1932
 Eli Wallach (actor) – Dec. 7, 1915
 Rita Moreno (actress) – Dec. 11, 1931
 Dionne Warwick (singer) – Dec. 12, 1940
 Jamie Foxx (actor) – Dec. 13, 1967
 Pope Francis (pope) – Dec. 17, 1936
 Steven Spielberg (director) – Dec. 18, 1946
 Samuel L. Jackson (actor) – Dec. 21, 1948
 Humphrey Bogart (actor) – Dec. 25, 1899
 Denzel Washington (actor) – Dec. 28, 1954

Happy Birthday to Our Residents...

Maureen K.	December 8 th
Remi S.	December 9 th
Daniel M.	December 10 th
Maureen D.	December 12 th
Genevieve S.	December 17 th
Phyllis R.	December 23 rd
Evelyn C.	December 24 th
Mildred Y.	December 28 th
Joel R.	December 29 th
Donald B.	December 30 th



December 2022

Whaler's Cove Assisted Living The Port of Call

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

Happy Holidays!

The holidays are all about celebrating the values that bring us together in life, such as our friends and family. These important connections can bring us unity through togetherness, generosity, and gratitude. Many holidays during the fall and winter months are ways for us to gather with those we love and care about and express our gratitude and appreciation for them. While these holidays are all about giving thanks and gratitude, it is also a time for giving!

Giving back to our communities is especially important during the holidays, but it is a good reminder to integrate it into our lives year-round. The holidays are best celebrated by surrounding yourself with people you feel the most connected to, whether that is family, friends, or your community.

One of the best ways to celebrate with our loved ones is by gathering together and vocalizing our appreciation for one another. Studies show that practicing gratitude regularly can make us happier by increasing our mental health, enhancing positive emotions, boosting our self-esteem, and reducing negativity. Although the holidays are meant for reflection, we all might benefit from the happiness that gratitude can bring if we practice it every day.

During this holiday season, try to utilize these ways of practicing your gratitude with your loved ones or community:

- **Vocalize your gratitude.** It's important to take the time to thank the ones you love for their presence in your life. You might tell them how thankful and grateful you are, or you might feel more comfortable writing about how important they are to you. Taking the time out of your day to show your appreciation will make a difference in their lives.
- **Connect with loved ones.** Whether it is a big family celebration or even a small gathering with your closest friends, connecting with those you love is the most important during the holiday season. Spending time focusing on what we are grateful for with those we love improves our relationships with them.
- **Volunteer your time.** The holiday season is also about giving back—volunteer your time around your community, gather donations for those in need, or perform random acts of kindness.
- **Focus on positivity.** Try to avoid negative interactions during the holiday season. Challenge yourself to find the positive in any situation. There might be pressure to create the perfect environment, but remember that everyone is trying their best, and the holidays are about gratitude and happiness.

The holidays can be challenging to celebrate, but remember it is a time to reflect on our meaningful connections and why they are important to us.

Source: <https://centerstone.org/our-resources/health-wellness/how-holiday-celebrations-can-bring-you-happiness/>



**Safe Toys and
 Gifts Month**

**Spiritual
 Literacy Month**

**Cookie Cutter
 Week**
December 1-7

**St. Nicholas
 Day**
December 6

**Nobel Prize
 Day**
December 10

Las Posadas
December 16-24

Hanukkah
December 18-26

Yaldā
December 21

Christmas
December 25

**New Year's
 Eve**
December 31



Office Visits

While we do have an open-door policy when it comes to Wellness or Administration office visits from residents, caregivers, and staff, we ask that visitors please be patient as staff may not always be readily available. In order to avoid an unnecessary office trip, we recommend calling the front desk at 508-997-2880 so that you are directed to the best person to address your need and to ensure availability. While we will do everything we can to offer immediate assistance, an appointment may have to be scheduled as staff could be away from their desks, in a meeting, or working on an urgent matter. We thank you for your understanding!

Holiday Initiatives

The Salvation Army Tree Program

Every child deserves to experience the joy of Christmas morning. The Salvation Army Angel Tree program helps provide Christmas gifts for hundreds of thousands of children in need around the country each year. Whaler's Cove will be adopting angel ornaments to hang from our Christmas tree so that visitors, staff, residents, families, and partners can sponsor an Angel by purchasing the items on a local child's wish list. Please see reception if interested.

Holiday Wish Campaign

This holiday season, Whaler's Cove wants to make a local family's wishes come true. Along with the United Way of Greater New Bedford and Fun 107.1, we will work to make the holidays just a little brighter for a Southcoast family who has been faced with trying times throughout the year.

Holiday Wish families are those that have struggled in 2022. They look for families that have been less than fortunate and could use a break. Whether it is a sickness of a parent or a child, a lost job, or a recent death in the family, the Holiday Wish program is all about helping families that are living and working here on the South Coast.

Holiday Wish works to fulfill major needs for families beyond the basic holiday needs of toys and clothing. In past years, money has been raised to pay rent, insurance, medical bills, and other items that have allowed the families to thrive.

Each morning, *Michael and Maddie* will share a local family's story. Local businesses will call in to help solve adult problems like broken appliances, needed clothing, or things to help in the home. The audience then helps bring the holiday magic to life, with donations of new toys for the children in the family.



Employee of The Month



Join us in celebrating Paula DaSilva, 3rd shift CNA at Whaler's Cove, as December's Employee of the Month. Paula worked at Whaler's Cove in the past and returned in August 2021. She goes above and beyond, whether picking up extra shifts, making sure all resident and staff needs are met, or covering for the front desk.

Her cheery disposition and happy spirit, as well as her willingness to do whatever it takes to make sure residents are comfortable, happy, and healthy, is what makes her a great employee. She most recently picked up several shifts without hesitation and always lends a hand when someone is in need, even if it means working overtime.

We congratulate Paula on being awarded Employee of the Month. Her work ethic, willingness to support her team, and compassionate caregiving skills are definitely recognized and appreciated. Please help us congratulate her on a job well done!



2023 COLA Increase

As you may already be aware, the Social Security Administration has announced the 2023 cost-of-living adjustment (COLA). It has been determined that Social Security benefit recipients will receive a COLA increase of 8.7% beginning in January 2023. Supplemental Security Income (SSI) benefit recipients will begin receiving the 8.7% COLA increase on December 31, 2022.

The Social Security Administration will communicate the final 2023 benefit amounts to recipients in December 2022 through a mailed COLA notice. Once this notice is received, please provide Mackenzie Botelho, Compliance Manager, with the notice **as soon as possible**. This financial information is imperative in maintaining accurate income records, as well as ensuring residency eligibility.

Please be mindful that Social Security, the State Supplement Program, and MassHealth often send important updates regarding the renewal of benefits to the residents directly. If you or your loved one routinely check the mailbox located at Whaler's Cove, we ask that you let someone in the Administration Office know if you receive any correspondence from these agencies that looks like it needs to be responded to immediately. Failure to respond can result in the loss of income, disqualification from the subsidized program, and jeopardize housing. It is important to note that each entity has its process for review and redetermination of benefits that is separate from Whaler's Cove, and we do not get notified if a resident is losing their income or insurance coverage until after it is too late. Please help us avoid this by checking the mailbox regularly and bringing any documents to the Administration Office that you or your loved one does not understand. We are happy to help and want to assist in avoiding additional complications down the road.

