



## February Birthdays

In astrology, those born from February 1-18 are the Water Bearers of Aquarius. Just as water gives life to the land and its creatures, Aquarians are the humanitarians of the zodiac. Their empathy compels them to help those in need. Those born from February 19-28 are Pisces' Fish. Pisces are sympathetic and selfless friends. Their intuitive natures make Fish creative artists.

Norman Rockwell (artist) - Feb. 3, 1894  
Rosa Parks (activist) - Feb. 4, 1913  
Bob Marley (musician) - Feb. 6, 1945  
Chris Rock (comedian) - Feb. 7, 1965  
Laura Dern (actress) - Feb. 10, 1967  
Jennifer Aniston (actress) - Feb. 11, 1969  
L.L. Bean (outdoorsman) - Feb. 13, 1873  
Michael Jordan (athlete) - Feb. 17, 1963  
Ansel Adams (photographer) - Feb. 20, 1902  
Rashida Jones (actress) - Feb. 25, 1976



## Happy Birthday to Our Residents...

Daniel M.	2/10
Wendy R.	2/11
Roy V.	2/13
Patty O.	2/13
Helen E.	2/14
Carleton T.	2/19
Lorraine L.	2/20
Georgette P.	2/21
Pauline B.	2/22
John R.	2/23
Roger P.	2/26
Gilly M	2/27



February 2022

# Whaler's Cove Assisted Living Monthly News The Port of Call

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## Small Town Love



Meet Mr. & Mrs. John and Mary Mello, Whaler's Cove residents since February 2020. John and Mary are both from the small town of Vila Franca on the island of St. Michael, Azores, where they met. You can usually find them going for walks around the community, socializing with other residents, or going out for joy rides together.

John and Mary have known each other since a young age, their houses were only five minutes walking distance. At just six years old John attended school across the street from Mary's house. As he grew older, he became best friends with Mary's older brother Joseph who he worked alongside on a local farm.

John was attracted to Mary's family values and beauty. He is one of four children and Mary is one of six. At the age of twenty-two John started dating Mary who was seventeen at the time. Their definition of dating was John visiting Mary at her window where they would chat and get to know each other. He was only allowed in the house after two years, with her father's permission, and after getting engaged. Even then, John and Mary would need to have their dates to the local feasts or around town supervised by her sister.

They finally wed in 1958 and rented a house in town where they started a family. They had three boys (one who passed shortly after birth) and one girl. In 1964 they made their way to the U.S. where John's family had moved 7 years prior. John worked making handbags for a local company and later secured a position at Acushnet Company where he eventually retired from. Mary worked upstairs from our building, the old Mars Bargainland, as a seamstress. She later became a stay-at-home mom.

John says he worked hard his whole life so that he could give his family a better life. After selling their three-family home they built a house in Acushnet where they resided for seventeen years. They then moved in with their son for a short time after John suffered two strokes and two heart attacks, finally making their way to Whaler's Cove.

These days the Mello's are more in love than ever, and their growing family still remains their main priority.

**Black History Month**

**Chinese New Year:  
Year of the Tiger**  
February 1

**Groundhog Day**  
February 2

**Winter Olympics Begin**  
February 4

**Read in the Bathtub Day**  
February 9

**Valentine's Day**  
February 14

**Presidents' Day (U.S.)**  
February 21

**Tooth Fairy Day**  
February 28

## Employee of the Month



Congratulations to Mackenzie Botelho, Compliance Manager, on receiving February's Employee of the Month. She started at Whaler's Cove in June of 2020 and was previously employed at New Bedford Credit Union for nine years where she worked her way up from a teller to the Operations Manager.

Mackenzie is responsible for ensuring that all resident move-ins, renewals, interim recertifications, internal transfers and move-outs are processed in accordance with all federal/state/local regulatory requirements.

Additionally, she has a basic knowledge of all building compliance audit requirements such as those imposed by the Executive Office of Elder Affairs, Spectrum, Department of Housing & Community Development, the Department of Developmental Services, MassHealth and Senior Whole Health.

Mackenzie is a valued member of the management team. She is willing to step in and help any department at any time. Many of you do not know that when we had to conduct outbreak testing following the holidays, she handled the reporting responsibilities while Laura was away on vacation. This required additional steps and attention to detail. Mackenzie's execution of these responsibilities was perfect, and she kept the management team updated on the regulations and dates for additional testing. Together, the entire management team navigated the positive staff breakthrough cases with composure, competence, and a great deal of teamwork.

We are grateful for Mackenzie's role during this difficult time and for her willingness to step outside her traditional job responsibilities to assist where help is needed. Mackenzie always demonstrates confidence, patience, resourcefulness, and compassion. These traits are supremely important working in this environment, with residents, caregivers, and staff. The fact that the team voted her Employee of the Month comes as no surprise--she has earned this accolade for her contributions and dedication to Whaler's Cove. Congratulations Mackenzie! Thanks for all you do!



## American Heart Month

### How to Protect Your Heart



Actively exercise at least 150 minutes per week



Follow an overall well-balanced diet



See your primary care physician for a yearly physical



Stay hydrated by drinking at least 64 oz. of water daily



Sleep 6-8 hours a night



## Black History Month

Black History Month got its start in 1926 when Dr. Carter G. Woodson promoted "Negro History Week" in February. The time was selected because it included the birthdays of Frederick Douglass and Abraham Lincoln which had been notable dates for the black community since the start of the twentieth century.

Also known as African American History Month, it was first observed by students and faculty at Kent State University in 1970. In 1976 it evolved into a month-long celebration and became a national holiday when President Gerald Ford recognized "the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history" in a speech to mark the United States Bicentennial.

It is a time for all Americans to reflect on both the history and teachings of African Americans, and to focus on the progress, richness, and diversity of African American achievements.

The Black History Month 2022 theme, "Black Health and Wellness," explores "the legacy of not only Black scholars and medical practitioners in Western medicine, but also other ways of knowing (e.g., birth workers, doulas, midwives, naturopaths, herbalists, etc.) throughout the African Diaspora. The 2022 theme considers activities, rituals and initiatives that Black communities have done to be well."

Source: <https://www.history.com/topics/black-history/black-history-month>

