



March Birthdays

In astrology, those born from March 1–20 are Pisces' Fish. Pisces are sympathetic and selfless, making them compassionate friends. Their intuitive natures also make Fish creative artists. Those born from March 21–31 are Aries' Rams. As the first sign of the zodiac, Rams love to lead the charge of change. Sometimes impulsive, always passionate, Rams are fun friends.

Lupita Nyong'o (actress) – March 1, 1983
 Desi Arnaz (actor) – March 2, 1917
 Shaquille O'Neal (athlete) – March 6, 1972
 Raul Julia (actor) – March 9, 1940
 Liza Minnelli (entertainer) – March 12, 1946
 Simone Biles (gymnast) – March 14, 1997
 Vanessa Williams (singer) – March 18, 1963
 Spike Lee (director) – March 20, 1957
 Steve McQueen (actor) – March 24, 1930
 Aretha Franklin (singer) – March 25, 1942
 Warren Beatty (actor) – March 30, 1937

Happy Birthday to our Residents...

Maurice W.	3/4
Clifford G.	3/9
Gregory K.	3/9
Evelyn B.	3/12
Amy K.	3/14
Pauline B.	3/16
Louisa F.	3/17
Gerry G.	3/19
Milton R.	3/22
Rita P.	3/23
Florence C.	3/26
Dora F.	3/27
Doris C.	3/28
Arsenia F.	3/31
Florence M.	3/31



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

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Where There's A Will, There's A Woman



Meet Catherine Sampson, Whaler's Cove resident since March 2021. Catherine grew up in Fall River with her parents and siblings, later moving to the Boston area. She has fond memories of her childhood and summer camping trips with her family where they would stay in a camper that her father built.

Catherine graduated from Abbingdon High School in 1970 and started working for a telephone company. She also worked at King Size, a retail store where actor John Wayne frequented.

Catherine met her husband in 1971 and married later that year. They lived in Brockton where they

eventually started a family – two sons and one daughter. Catherine and her family later moved to Carver which she said was an adjustment period for her. She went from city living to the countryside. Catherine became a stay at home mom to raise her children and would pick up season retail jobs when they got older. At that time Catherine says she found the Lord at Faith Baptist Church. After years of marriage, Catherine's husband became an alcoholic and picked up a drug habit which kept her family in poverty, going long periods of time with no heat or basic necessities.

In 2004 Catherine joined the Tabernacle of Hope church where she worked as a secretary. After years and years of enduring abuse Catherine filed for divorce in 2004 and purchased a mobile home which she renovated with the help of her church family. Shortly after, Catherine fell ill causing her to fall behind on bills and having to sell her home. She moved in with a friend who she lived with for 6 years when she eventually left, becoming homeless, after suffering verbal and psychological abuse.

Tabernacle of Hope helped pack Catherine up and offered to let her stay at the church until she got back on her feet. They even assisted her in finding her new home, here at Whalers Cove.

Catherine says she loves her new life and is forever grateful to her church family for helping her get here. She enjoys having a space of her own and spending time with her new friends and her cat Meshu. She also loves spending time with her son and keeping in touch with her other children, grandchildren, and great grandchild who live out of state.

Catherine is a strong woman who is filled with kindness, generosity, compassion, authenticity, and hope. Even after all of the hardships, she has remained true to herself. We are so happy to have such a beautiful soul as part of our family.



**Irish
 American
 Heritage
 Month**

**Women's
 History
 Month**

**Mardi Gras
 March 1**

**International
 Women's
 Day
 March 8**

**St. Patrick's
 Day
 March 17**

**Worldwide
 Quilting Day
 March 19**

**World Poetry
 Day
 March 21**

**Shakespeare
 Week
 March 21–27**

Resident Activities for March

3/1	Barry & Judy Entertain – Mardi Gras Rev. Leary’s Bible Class	3/13	Turn Clocks Forward
3/2	Distribution of Ashes Sign-Ups for March Outings Bingo	3/14	Outing to Price Rite Gary Faria Entertains
3/3	Food for Thought Bingo with Wendy	3/15	Exercise Class Presentation by Navicare
3/4	Catholic Mass Movie & Snacks	3/16	Outing to Stop & Shop Robert Black Entertains
3/5	Exercise Class Bingo w/ Jeannine Turnover	3/17	St. Patricks Day Party w/ City Lights
3/7	Bingo w/ Wendy Maggie’s Rosary Group	3/18	Game of Darts Movie & Snacks
3/8	Tai Chi w/ Steve Mark Deschines Entertains	3/20	First Day of Spring
3/9	Caretenders Exercise Class Monthly Birthday Party w/ City Lights	3/21	K-9 Dogs Visit from BCSO
3/10	Communion Service w/ Jeannine	3/22	Tai Chi w/ Steve
3/11	Outing to Walmart Portuguese Catholic Mass	3/23	Caretenders Walking Club Candida Rose Entertains
3/12	Peter’s Worship Service Crafts w/ Jeannine	3/24	Resident Council Meeting Bingo
		3/25	Outing for Lunch
		3/28	Horse Racing
		3/29	Bodhi the Dog Visits
		3/30	Outing to Dollar Tree Movie & Snacks
		3/31	Baking w/ Katie



Employee of the Month



Congratulations to DeGrace Paquiot on receiving March’s Employee of the Month. She has been a CNA with us since June 2019. DeGrace was nominated by her colleagues who witness her exceptional resident care.

DeGrace is dependable, hardworking, and attentive . She goes above and beyond to ensure that the needs of residents and families

are always met. During her time with us Degrace has taken on many roles. She has been very flexible, picking up extra shifts and duties without hesitation. Most recently she has stepped in to do laundry for the entire community.

DeGrace is compassionate in everything she does and treats each resident as if they are her family. She is a strong leader and a great role model. Her positive, uplifting attitude and smile is contagious and we are so happy to have her on our team.

We congratulate DeGrace on being awarded Employee of the Month. Her strong work ethic, willingness to support her team, and caregiving skills are certainly recognized. Thank you DeGrace for all you do!



St. Patricks Day History

The history of St. Paddy’s day as an official holiday dates back to the 1900s although it was celebrated as a national feast day in Ireland as early as the 10th century. St. Patrick, the most famous patron saint of Ireland, is regarded as the principal missionary who brought Christianity to Ireland. He was known to use the leaves of a shamrock to teach the doctrine of the holy trinity.

Originally, the color associated with St. Patrick was blue, but to honor him, people would wear shamrocks. Then, during a rebellion in 1798, Irish soldiers wore all green uniforms with the hope of drawing attention and support. This was known as ‘wearing of the green’. Eventually green overtook blue, and shamrocks and their green color became the norm for those celebrating this holiday.

St. Patrick’s Day has since spread to all corners of the world. It is widely popular in Canada, the USA, Great Britain, Australia, and New Zealand, and is even celebrated in Japan and South Korea.

Source: <https://www.gourmetgiftbaskets.com/Blog/post/a-short-history-of-st-patricks-day.aspx>



Important Mail

Many residents are receiving mail from MassHealth, Social Security, or the State Supplement Program that requires immediate response.

Unfortunately, residents (and caregivers) do not realize the urgency of replying and it has resulted in the loss of benefits or an increase in costs for medical insurance premiums. It has also impacted residents’ ability to pay the rent in full as well as the amount of spending money residents have been able to retain each month.

We ask you (and caregivers) to check the mail regularly and to bring any copies of mail to the Administration Office so that we can assist you in replying if needed. You should also monitor your bank accounts as well as any bills you receive from medical providers. These could offer clues to changes in your income or insurance.

Recently, our staff has been tasked with trying to reinstate benefits or recoup costs for residents and it is not their responsibility to do so.

We are here to guide and assist whenever possible, but you should be the one to check your mail, provide these agencies with the appropriate information, and ensure that your income and insurance is maintained so that your residency is not negatively impacted.

If you have any questions or have documents to show the staff in the Administration Office, we ask that you call or stop by to make an appointment.

Thank you for your understanding and cooperation.

