

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



May Birthdays

In astrology, those born May 1--20 are Bulls of Taurus. Like bulls in a pasture, Taureans enjoy relaxing in serene environments. They also work hard and expect a reward for their efforts. Those born from May 21-31 are Twins of Gemini. Perhaps because they are born as a pair; Geminis love to communicate. They are clever extroverts who make persuasive arguments.

Dwayne Johnson (actor) – May 2, 1972
 Frankie Valli (singer) – May 3, 1934
 Audrey Hepburn (actress) – May 4, 1929
 Don Rickles (comedian) – May 8, 1926
 Stevie Wonder (musician) – May 13, 1950
 Janet Jackson (singer) – May 16, 1966
 Malcolm X (activist) – May 19, 1925
 Bob Dylan (musician) – May 24, 1941
 Sally Ride (astronaut) – May 26, 1951
 Brooke Shields (model) – May 31, 1965

Happy Birthday to Our Residents...

Filomena P.	May 11th
Mary Ellen B.	May 17th
Isaura P.	May 21 st
Lillian P.	May 23rd
Pauline B.	May 23rd
Shirley P.	May 24th
Elizabeth G.	May 26 th
Maria O.	May 30th



May 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

A Place to Call Home



Meet Maurice (Moe) Williams, Whaler's Cove resident since May of 2021. Maurice was born in Washington D.C. and raised in Pennsylvania. At just two years old after the passing of his mother, Maurice became a ward of the state and was in and out of foster homes until the age of 17.

Maurice says he was always very quiet and reserved. To him, love was pain, so it was always hard to adjust. He recalls his experience with his first foster family in Norristown, PA, where he endured emotional and physical abuse to the point of hospitalization. At the age of 15 Maurice found his forever foster family and moved to Bucks County, PA, to live with them.

Maurice's new family consisted of his foster parents two brothers and two sisters. In his time with them Maurice ran track for his high school and loved to read and sing for their church choir. They encouraged Maurice to pursue his passion of singing and even helped put him through college. He attended Temple College for music where he earned his Liberal Arts Degree. After graduation Maurice moved to Boston where he attended Berkley College of Music for a short time. He then went on to work as a Copy Clerk at a prestigious law firm in the city.

At that time, Maurice lost his identification and had to return to Pennsylvania to gather information from his first foster family in order to obtain a new I.D. Maurice learned the circumstances around his childhood during that visit. That information led him on a downward spiral of depression and drinking which eventually caused him to lose his job and become homeless. One night after almost falling to his death, Maurice experienced a AHA moment and decided to move to Brockton to start over.

Maurice started a job as the Kitchen Coordinator at MainSpring Shelter where he loved to cook and sing. Maurice met his now good friend Mike when he would go drop off food and volunteer at the shelter with his wife. After receiving news of his guardian's death from his foster family back in PA, it brought up suppressed emotions leading to homelessness once again. Mike was there for Maurice and would have him at his house regularly for what started as a lunch to regular visits and holidays spent with the entire family as well as the family dog. He eventually invited Maurice to move into a trailer that sat on his land, after all, he was already part of the family!

After suffering a stroke and attending short term rehab at a skilled nursing facility, Mike assisted Maurice in finding and applying for residency here at Whaler's Cove. Maurice says despite entering the world in pain, he learned to love himself and is learning to accept love from others which he has begun to find here. He continues to enjoy reading (especially the Dave Pelzer series which remind him of his story), spending time with Mike and his family, singing in the chorus, and passing time with his new friends and family here at Whaler's Cove!

Personal History Month

Global Health and Fitness Month

World Laughter Day
 May 1

148th Kentucky Derby
 May 7

Mother's Day (U.S.)
 May 8

World Belly Dance Day
 May 14

International Learn to Swim Day
 May 21

Memorial Day (U.S.)
 May 30

Meditate on This

Take a deep breath and relax. May is Meditation Month. Meditation might have gone mainstream thanks to popular practices like yoga and tai chi, but meditation is a practice that dates back many millennia.

The earliest written records referencing meditation date to around 1500 BC in India. The Hindu tradition of Vedantism included the practice of *Dyana*, a pursuit of enlightenment that emphasized “the training of the mind.” Meditation is a technique used to calm and clear the mind. The Buddha, although he did not invent meditation, used it as a means to achieve enlightenment.

Lao Tzu, the Chinese sage and author of the *Tao Te Ching*, wrote, “Be still. Stillness reveals the secrets of eternity.” Meditation has long served as a valuable tool during humanity’s relentless search for the meaning of life.

Today, modern science shows that meditation benefits the body just as much as it benefits the mind. Studies confirm that meditation reduces anxiety, promotes emotional health, enhances self-awareness, improves sleep, controls pain, and can even make you more kind. Meditation isn’t a miracle or magic. All it takes is deliberate practice.



Employee of the Month



Congratulations to Bruce Fernandes on receiving Employee of the Month for the month of May. Bruce has been a Chef with Whaler’s Cove since September of 2019. His humility and thoughtfulness are apparent on a daily basis. He is among our most trusted and diligent workers and possesses a great attitude that serves him well when taking care of residents and supporting members of his team.

Bruce is very conscious of each residents’ needs and when he’s not in the middle of cooking he makes his way around the dining room to greet and chat with them. He most recently stepped up, without hesitation, picking up several extra shifts to support his department when they were short staffed. He does a great job of understanding both the wishes of our residents and the strengths of our team in the kitchen.

Bruce truly has a passion for cooking and even grows his own fruits and vegetables at home. We thank Bruce for the contributions he has made to our kitchen and look forward to what he cooks up next!

Happy Mother’s Day!

Happy Mother’s Day to all the moms, especially all the wonderful women in our community! On **Friday, May 6** we will bring back our annual **Mother’s Day Tea** with a violin performance by Travis. Residents must sign up for this event. We will also host a **Mother’s Day celebration** on **Sunday, May 8th** with musical entertainers Judy and Barry.



National Nurses Week



In light of National Nurses Week Friday, May 6 – Thursday, May 12 we recognize and appreciate the vast contributions that our nurses make each day.

Our nurses and Co-Wellness Directors Ashley and Stacey have courageously taken on more than ever before. They perform some of the most important daily tasks such as overseeing residents’ health as a whole through monitoring and ensuring a high

standard of care, supervising the CNA’s by designating assignments and coordinating schedules, completing clinical assessments for new applicants and existing residents, interacting with families and loved ones to report changes in their health or care plan, and ensuring continuity of care by getting to know each resident, their physicians, and visiting nurse partners to collaborate on the best approach to their healthcare as a whole.

As the pandemic continues, instituting COVID precautions changed how nursing care is provided. They had never experienced a pandemic, at one time visitors were prevented and protocols keep shifting. It became their responsibility to manage patients’ visitors and enforce rules. They even took on additional tasks to assist CNAs, such as showering, dressing and toileting.

These are very difficult times, and the scale of the challenges are unparalleled. Every single one of us has a role to play in supporting and advocating for the health of our communities, and in supporting nurses everywhere. Nurses are the backbone of health systems around the world, and this has never been more apparent than now.

Ashley and Stacey, we appreciate you and your hard work and we’re celebrating you this week, the rest of 2022, and for years to come. Happy National Nurses Week!

