

Whaler's Cove Assisted Living

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MEET THE STAFF:

Maureen Costa
Executive Director

Elizabeth Cosby
Wellness Director

Jennifer Cores
Registered Nurse

Joann LaPointe
Licensed Practical Nurse

Sara Varao
Marketing Associate

Jeannine Pacheco
Activities Director

Susan Pinard
Business Office Manager

Eric Costa
*Maintenance &
Housekeeping Director*

Nichole Paine
Compliance Officer

Happy Thanksgiving!

It is that time again—time to sit around the dining room table with family and friends and enjoy an nice home cooked Thanksgiving Day meal!

The holiday is primarily celebrated on the United States on the 4th Thursday in November, and in Canada on the 2nd Tuesday of the month.

Here in Massachusetts, we reflect on the history of the Plymouth Plantation—in which the pilgrims celebrated with a great feast.

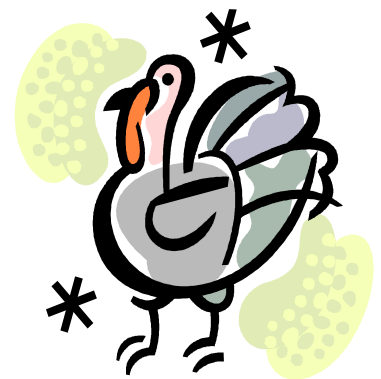
Traditionally, friends and family celebrate by gathering around a table of roast turkey with all the trimmings. Many families play football or gather for a Thanksgiving Day game!

Lots of people prefer to volunteer their time giving to those less fortunate by

helping out at soup kitchens or shelters, while many others prepare to brave the crowds and begin their holiday shopping.

Here at Whaler's Cove Assisted Living, residents and staff will gather in our dining room to enjoy a Thanksgiving Feast. Our food services department always offers a wonderful array of Thanksgiving sides to accompany the turkey!

All of us here at Whaler's Cove Assisted Living would like to wish a Happy Thanksgiving to each and every one of our residents, family, friends and staff! Enjoy the holiday!



Recipe for Pumpkin Bread



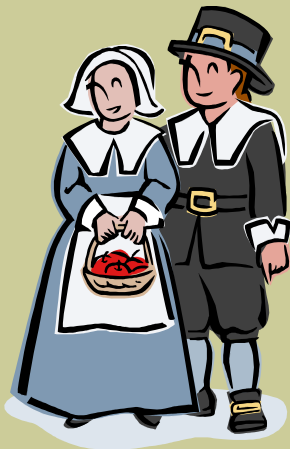
Ingredients:

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 cup vegetable oil
- 2/3 cup water
- 3 cups white sugar
- 3 1/2 cups all-purpose flour
- 2 teaspoons baking soda
- 1 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour three 7x3 inch loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, oil, water and sugar until well blended. In a separate bowl, whisk together the flour, baking
3. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
4. Bake for about 50 minutes in the preheated oven. Loaves are done when toothpick inserted in center comes out clean.

(Recipe from
www.allrecipes.com)



November Resident Activities:

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|------|--|----------------------------------|---|---|---|
| 11/1 | Matty B Entertains | Restaurant Must Register! | 11/19 | Resident Outing to K-Mart Must Register! | |
| 11/2 | Marc Deschenes Entertains | 11/11 | Honoring our Veteran's with entertainment by Chris Waters | 11/21 | Monthly Birthday Party with Billy Musto |
| 11/3 | Resident Outing to Stop & Shop Must Register! | 11/14 | Jim Entertains | 11/23 | Thanksgiving Celebration with Ray Smith |
| 11/7 | Food for Thought | 11/15 | Presentation by Personal Touch | | |
| 11/8 | Going to the Polls to Vote Must Register! | 11/16 | Resident Outing to Wal-Mart Must Register! | | |
| 11/9 | Resident Outing to Mermaid's | 11/17 | Lady D Entertains | | |

Happy Veteran's Day!

November 11th marks anniversary of the end of WWI, and became an official national holiday in 1938.

Veteran's Day is celebrated all over the world, including in the United States, Britain,

France, Australia and Canada.

Here at Whaler's Cove, we'll be celebrating all of our veterans too!

On November 11th, there will be a Veteran's Award Ceremony and celebration followed by

an afternoon of entertainment by resident favorite Chris Waters.

To all of our Veterans from all of us at Whaler's Cove—

Thank You!