

Whaler's Cove Assisted Living

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

IN THIS ISSUE:

Happy Fourth of July!	1
Recipe for Homemade Apple Pie	2
Resident Activities in July	2
Resident Clam Boil Scheduled	2

MEET THE STAFF:

Maureen Costa
Executive Director

Sandra Furtado
Wellness Director

Elizabeth Cosby
Social Services Director

Laura Sousa
Marketing Director

Jeannine Pacheco
Activities Director

Paul Ravenelle
Food Services Director

Susan Pinard
Business Office Manager

Eric Costa
Housekeeping Supervisor

Nichole Paine
Compliance Officer

Happy Fourth of July!

Fourth of July is a day where people throughout the country celebrate with their families and friends at cookouts, parades, fireworks, and other patriotic events or ceremonies.

This holiday is very important in American History, as it marks the day in which the Declaration of Independence was adopted in 1776 and the colonies separated from the Kingdom of Great Britain.

Most of us learned about the signing of the Declaration of Independence in school, but to refresh your memory about the events leading up to this monumental change in American History, here are some interesting facts:

- ◆ The legal separation of the American colonies from Great Britain occurred on July 2, 1776.
- ◆ Thomas Jefferson was the principal author of the document. It was signed on July 4, 1776.
- ◆ In 1938, Congress made Independence Day a paid holiday for all employees. All non-essential federal institutions are closed that day (such as post offices and federal courts).
- ◆ Decorations for this holiday are generally red, white and blue.
- ◆ Firework displays are often accompanied by patriotic songs such as "The National Anthem," "God Bless America," and "America the Beautiful".
- ◆ The Bristol Fourth of July Parade, held annually in Bristol, RI on the 4th, is the longest running Independence Day Celebration in history. It began in 1785.
- ◆ The Fourth of July is also commonly referred to as Independence Day.
- ◆ It is considered to be the National Day of the United States.



Recipe for Homemade Apple Pie



Ingredients:

- 2/3 cup white sugar
- 1/3 cup all-purpose flour
- 1 tablespoon ground cinnamon
- 1/4 teaspoon ground cloves
- 9 inch double crust pie
- 8 Granny Smith apples - peeled, cored and sliced

Directions:

Preheat oven to 350 degrees F (175 degrees C).

In a small bowl stir together the sugar, flour, cinnamon and cloves.

Place one of the pie shells into a 10 inch pie pan.

Put 1/2 of the sliced apples into the shell and sprinkle half of the sugar mixture over them.

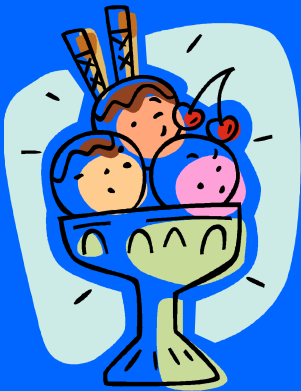
Top with the remaining apples and the remaining sugar mixture.

Cover apples with the top crust.

Press edges with the tines of a fork to seal and poke holes in the top with a knife.

Bake in preheated oven for 45 minutes.

(Recipe from www.allrecipes.com)



Resident Activities for Month of July

7/2	4th of July Celebration with Chuck Dee	7/16	Outing to Wal-Mart Ice Cream Social	7/23	Outing to Stop & Shop
7/7	Roger Chartier Entertains	7/19	Presentation by A+ on Diabetes & Asthma	7/26	Outing to K-Mart & Dollar Tree
7/9	Ice Cream Social		Monthly B-Day Party w/ John Scotti	7/27	Rehab at Home Presentation
7/12	Men's Sports Night—Outing for Ice Cream	7/21	Dedication Ceremony for the Gazebo	7/28	Claim Boil in the Dining Room Chris Waters Entertains
7/14	Personal Touch Presentation Lady Di & Ronnie Sands Entertain	7/22	Violinist Entertains	7/29	Outing for Lunch at Lindsay's Restaurant

Resident Clam Boil Not Affected By Oil Spill

People everywhere are still dealing with the effects of the recent oil spill that occurred in the Gulf of Mexico.

Service Department has been able to continue ordering seafood that has not been affected by the contamination.

Director, have been keeping a close eye on the situation and hope to move forward with the Annual Resident Clam Boil as always.

Fortunately, for the seafood lovers at Whaler's Cove, the Food

The Executive Director Maureen Costa and Paul Ravenelle, Food Service

We will continue to keep everyone updated.