



ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post October 2024



Dr. Verge's Upcoming Visits

Dr. Verge is available for appointments every second Tuesday.

The latest your appointment can be made with a PCA is **the Monday before** Dr. Verge comes in by 12pm, you will need to tell the staff member why you need to be seen as the Dr has to know before she comes. Please only put your name down if you need to see her. If you have not made an appointment, you will not be seen by the doctor.

Tuesday Oct 8th(You must have your name down by Mon Oct 7th)

Tuesday Oct 22nd (You must have your name down by Mon Oct 21st)



A note to all of our resident:

As flu season continues to be upon us we ask that you keep a few things in mind.

- Please wash your hands frequently. Especially after using the washroom and before eating meals.
- If you have a cold or symptoms of, please let a staff member know so we can keep on top of it as not to spread it around the home.
- When at the table or in a group setting and you have to cough or sneeze, please do so into a napkin or you elbow. Coughing or sneezing into your hands and then continuing to use the items on the table or during an activity will only spread the germs faster.

Thank you

The History of Aprons

I don't think most kids today know what an apron is. The principal use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears. From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came, those aprons were ideal hiding places for shy kids.. And when the weather was cold, she wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds. When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner. It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes. Mom's and Grandma's used to set hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw. They would go crazy now trying to figure out how many germs were on that apron.




Practicing Gratitude

Living your life with gratitude helps you notice the little wins—like someone singing your favorite song, a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a web of well-being that, over time, strengthens your ability to notice the good.

Some ways you can practice gratitude every day:

1. **Start a gratitude journal.** Regularly jotting down things you're thankful for can increase your happiness and satisfaction in life. It's a simple yet powerful way to focus on the positive aspects of everyday life.
2. **Express gratitude to loved ones.** Take a moment every day to express your gratitude to your family and friends. A simple “thank you” can go a long way in making someone’s day brighter and reinforcing your relationships. Tell a loved one why you appreciate them. You could even write them a gratitude note. Bonus: it’ll probably make their day too.
3. **Practice gratitude walks.** Go for a walk and notice the beauty around you. Whether it’s the charm of the trees, the warmth of the sun, or the smile of a passerby, expressing gratitude for these simple joys can elevate your mood. If you are unable to go outside, try and find beauty indoors or by simply sitting near a window.
4. **Say thank you more often.** Expressing thanks—even for the little things—can go a long way in creating a positive environment. It fosters mutual respect and appreciation, making interactions more pleasant and meaningful. Everyone loves to feel appreciated.
5. **Reflect on your challenges.** Consider the difficulties you’ve experienced and how they’ve helped you grow. Viewing challenges as opportunities for growth, can foster resilience and a deeper appreciation for life’s journey.

Start here. List 5 things that you are thankful for in your life right now. 

1. _____ . 2. _____ .
3. _____ . 4. _____ .
5. _____ .

Remembering The Special Moments



Bob Jenkins moved into Admirals Coast November 2023. Bob loves a good game of crib, being out doors enjoying the scenery and campfires, chatting with his friends here at the home and especially a good afternoon of music.

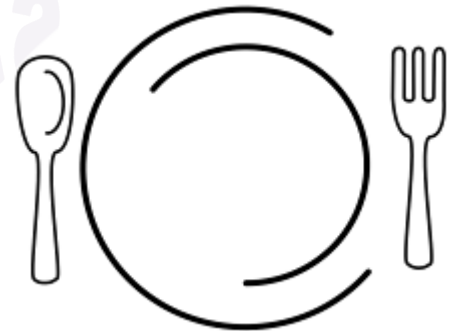
You can always count on Bob to know the latest of any sports game!

Bob has moved to another facility to better fit his current needs. We wish him and his family the best during this new transition.

Reminders

- ⇒ Reminder to residents and families that we have a private dining room for special occasions. Family members are welcome to come in and enjoy a meal with their loved one.

We require 48 hours notice to book the room for lunch or supper and the food served will be whatever is on the menu for that day (\$5 fee for non residents per meal) OR you are welcome to bring your own food in.



- ⇒ We have several meal trays delivered daily for various reasons. Staff would like to ask that, whenever possible, you keep a spot clear to place your tray before mealtime. Also, if possible, we ask that you place your finished tray outside your door for easier pick up.

Safety on Outbreaks

We have to always keep an eye on our residents and monitor for symptoms of outbreak. There are three types of outbreak that we monitor for respiratory, enteric and most recently Covid-19.

The following is symptoms to look for in each type of outbreak.

Respiratory Outbreak:

Defined as two or more cases of an acute respiratory tract within two days.

Respiratory outbreak is over 6 days after the last person becomes ill.

Symptoms include: Runny nose or sneezing, congestion, sore throat, difficulty swallowing, cough, abnormal temperature, generalized aches and pains and swollen glands in the neck

Enteric Outbreak

Defined as two or more cases with symptoms in two days. Enteric outbreak ends 48 hours after the last person becomes ill. Enteric outbreak can spread very fast, many infected take two days to show symptoms passing the illness on before they know they are sick and even after they feel better making this outbreak hard to contain

Symptoms include: Nausea, vomiting, diarrhea, loss bowels

Covid-19 Outbreak

Still very new to a lot of people and we are still learning everyday about how it effect people. **ONE** confirmed case of Covid-19 is considered an outbreak. If any symptoms present the residents must be isolated and the community health nurse should be contacted and guidance will be provided about how to move forward.

Symptoms include: Fever (or signs of a fever), cough, headache, sore throat, painful swallowing, runny nose, unexplained loss of appetite, diarrhea, loss of smell or taste, small red or purple spots on your hands and/or feet

With all confirmed outbreaks, proper PPE had to be worn when in contact with the residents. We have outbreak kits located in the house keeping room along with the new south tub room.

Attentions residents, staff and families

We are partnering with the CBS Kin Club for project this year for school age students.

We are going to receive/be asking for donations of wool.

Between now and this coming December we have a goal set for 60 hats and 60 mittens and we are asking for your help.

Each year the CBS Kin Club creates Christmas bags for school age children that may need extra necessities. We are hoping to be able to make a hat and pair of mittens to go in each bag for each child!

If you are interested, please let us know we have our first donation of wool to use and will be looking for more throughout the year.

When you have completed a hat or mittens you can bring them to the recreation room and we will be starting a box to keep them in!

Early December we will be helping the CBS Kin Club create the bags before they are given to those in need!

Any questions feel free to ask Shaelyn or Joanne in the recreation room!

Thank you in advance for your help!

***Update: we have been getting lot of hats and socks but no mittens. If anyone wants to knit mittens, drop by for some wool. ***



a





Updated pricelist for
“Hairloom’s Salon”
As of October 1st
2022



Women’s Haircut (includes set/curling iron)	\$18.00
Men’s Haircut & Beard Trim	\$15.00
Shampoo & Blow dry	\$8.00
Shampoo, Dry, and Curling Iron	\$12.00
Shampoo and Roller Set	\$13.00
Curling Iron Touch-Up	\$5.00
Color - Provided by Mollie (Includes set/curling iron)	\$30.00
Color - Provided by resident (Includes set/curling iron)	\$20.00
Perm and Cut	\$65.00
Perm With <u>NO CUT</u>	\$55.00

Admirals Coast

Emergency Procedures

Attention Residents and Families

Here at Admirals Coast we have a monthly fire drill. Here are some reminders about what it means to have a fire drill and what the procedures are to follow.

When the fire bell rings, all residents are to go to their muster stations in the home. (Residents who's rooms are "behind" the fire doors will go to the end of their wing and residents "in front" of the fire doors will go to the main lobby or "front" door near Mollies salon)

If all residents are in a common space (ie dining room/recreation room) staff will be dispersed accordingly to ensure we get the large group out in a timely manner

In the case of an evacuation, we have 2 busing companies as well as 2 hotels in St. John's that will accommodate us until our home is up and running again.

Another reminder about our new generator that was installed last year. It turns itself off and on and will run maintenance on itself. In the case of a power outage, you will only see a "flick" of the lights as it will cut in almost automatically .



Any questions about this procedure feel free to ask Shaelyn in the recreation room.





Birthdays in October- Residents



Shelia Mullett– Oct 5th

Eric Rose– Oct 6th

Christine Noseworthy– October 9th

Phil Mullett– Oct 9th

Russell Parsons Oct 10th

Eileen Mullett– Oct 18th

Marie Porter- Oct.28th

Jim Whitten- Oct. 28th

Clarence Snook- Oct.31st

Bill Brown– Oct 31st



Birthdays in October- Staff

Shaelyn- Oct.2nd

Emma– Oct 19th

Happy Birthday to you, Happy Birthday to you,
God's blessings upon you, Happy Birthday to you!

Dining Room Reminder

Attention Residents

We want to remind you the importance of residents being seated in the dining room at 12:00 and 5:00 sharp. Staff make every effort to start meal service on time and having to remove walkers after meal service has started creates delays for everyone. We realize there are times this is unavoidable but would appreciate your cooperation as much as possible .
Thank you

An Admirals Coast Love Story!

Our very own kitchen staff member, Mary, got married on Sept. 20th.

We couldn't be happier for the lovely couple.



Staff

Congratulations to some of our staff who were recognized in September!

Dana for all of the delicious cookies at our bake sale

Ryan F for his positive attitude here at the home and coming in on his days off to take part in activities

Austen and Michael for awesome teamwork in the kitchen!

We are so lucky to have such an amazing support staff here at our home!

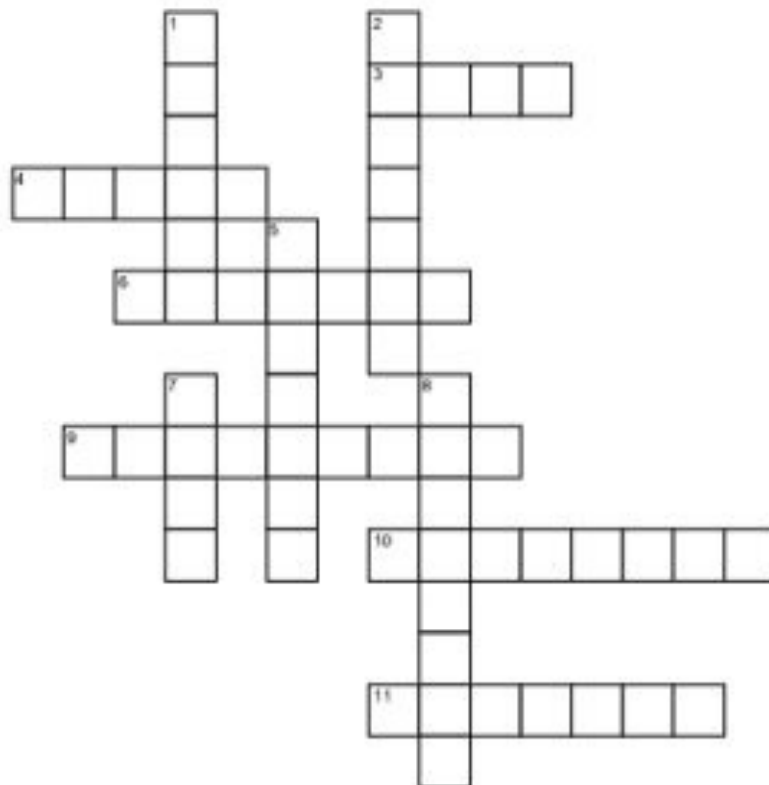
If you would like to pass on a name we love to bring it to their attention and let them know they are appreciated.





FALL CROSSWORD

Solve the following puzzle based on the clues given!



Across

- [3] A tasty yellow vegetable with kernels.
- [4] A crisp, red fruit.
- [6] Something people wear during the autumn.
- [9] Used to scare birds away from the corn.
- [10] A sport that starts in autumn.
- [11] A large orange squash that people carve faces into.

Down

- [1] One of the colors leaves turn in autumn.
- [2] The middle month of autumn.
- [5] Another word for gathering crops before winter.
- [7] Another word for autumn.
- [8] The way trees look during the autumn.

fall

WORD SCRAMBLE

CARROCEWS

BERLAUML

AMUNUT

ARKE

DRE

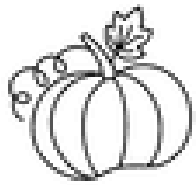
TYRUKÉ

RBOWN

LCNDAE

LLOTBFAO

HAVTRES



FALL WORDSEARCH



F S M F P G C Z S Q
 G N R E D C O O C E
 O Y M C P O Z H A Z
 L A H R I R Y N R C
 D U Y R E N I A F Y
 E L S V Q C U U Z G
 N Z O Q U I L T I P
 H G U H A E V U U F
 U O P P T W F M D J
 C H I L L Y N N S S



WORD LIST

AUTUMN	PIE
CHILLY	QUILT
CORN	RED
COZY	SCARF
GOLDEN	SOUP



Employee Appreciation

. Nomination Form

Employee Being Nominated:

Date: _____

- **Extraordinary Act of Kindness/
Compassion ()**

- **Taking Initiative with Co-workers Team-
work ()**

- **Taking Initiative with Operations
()**

Details: _____

Just Joking

Two men were walking home after a Halloween party and decided to take a shortcut through the cemetery just for laughs. Right in the middle of the cemetery, they were startled by a tap-tap-tapping noise coming from the misty shadows.

Trembling with fear, they found an old man with a hammer and chisel, chipping away at one of the headstones.

"Holy cow, Mister," one of them said after catching his breath. "You scared us half to death -- we thought you were a ghost! What are you doing working here so late at night?"

"My family are such fools!" the old man grumbled. "They misspelled my name and here I have to correct it!"



Write your name on this ticket and put it in the box by the fish tank for a chance to win a prize. There will be a new chance to win in every newsletter .



Name: