

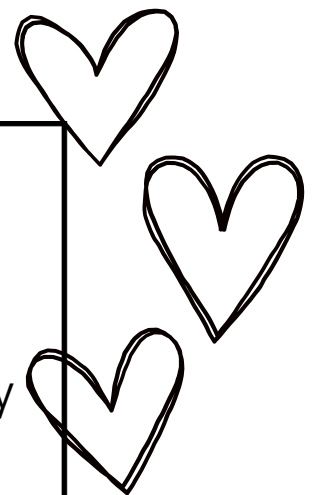
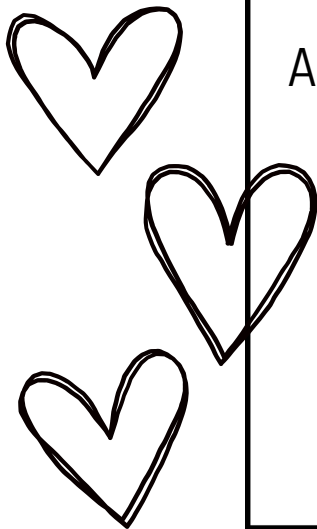


ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post February 2025

A Smile

Smiling is infectious,
You catch it like the flu.
When somebody smiled at me today
I started smiling too.
I passed around the corner
And someone saw my grin.
When he smiled, I realised
I'd passed it on to him.
I thought about my smile and then
I realised its worth.
A single smile like mine could travel
Right around the earth.
If you feel a smile begin
Don't leave it undetected.
Let's start an epidemic quick
And get the world infected.



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 Feb 11th(You must have your name down by Mon Feb 10th)

Tuesday Feb 25th (You must have your name down by Mon Feb 24th)



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

Remembering the special moments



Ollie Perry moved into Admirals Coast in May of 2022. She is a devout Salvation Army Captain and enjoyed attending their services here. Ollie loved sitting on the couch in the lobby almost every day and always had a big smile for you. Ollie has moved into another facility to better suit her current needs. We wish her all the best during this transition.



Walking for Your Health Contest

Did you know? Many health organizations recommend at least 30 minutes of moderate-intensity walking most days of the week. This translates to about 2.4 to 3.2 km per day. While this distance may not be achievable in one walk, you'll be surprised how quickly the steps/distance adds up throughout the day.

Walking regularly can help ease joint pain, improve cardiovascular health, boost immune function (studies show that those who walk regularly don't get sick as often or for as long as those who don't walk) and can boost energy and your mood as well.

Doctors say walking daily after supper can lower blood sugar too!

We measured the hallways here at Admirals Coast to help you keep track of your distances. Each wing is approximately 200 feet in length (there will be markers added to each wing in the coming weeks so you know where each wing starts/stops). One kilometer is 3280 feet. It might seem like a lot but that's only 16 times walking a wing, 8 times if you go up and back and many of you do quite a bit of walking already going to the dining room 3 times per day!

Lets start the new year with a new health goal. Use the calendar below to keep track of your

distances each day. If you need help calculating your walks, come see Shaelyn or Joanne. Pass in your calendar (the bottom half of this page) at the end of the month and we will draw for a prize amongst the top walkers!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



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 before 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



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, loose bowels

Covid-19 Outbreak

Still very new to a lot of people and we are still learning everyday about how it affects 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.

Margarets Place (Canteen)

Our canteen is still in operation!

It was moved from its original spot in the recreation room to the smaller supply closet next to it. For our newer residents, we carry chocolate bars, chips, candy, soft drinks, tissues as well as some personal hygiene products and crossword/wordsearch books and more!

We don't have regular hours right now but we will open for you if we're not busy., just come find Joanne or Shaelyn in the recreation room !



Reminder when Sharing a room

Several residents have shared accommodations.

As you can imagine, 2 tvs and 2 radios in one room can get a bit tangly. Please be respectful when using your devices and when possible, use headphones or at the very least, take turns or refrain from listening to your music for the entire day.

In shared rooms TV's must be off by 10pm unless you have headphones you can use.

A shared room is split 50/50 per resident in the room itself and the bathroom.

Helping Hands



In the coming weeks, we hope to start a program that is enjoyed at many retirement homes. Once a week (to start) any resident who would like to help out with peeling vegetables can join in and have a little social interaction while you work. Some benefits of the program are:

Engaging with other residents and staff during meal preparation can combat loneliness and promote social connection.

Contributing to the community by helping prepare meals can provide a sense of accomplishment and value.

Depending on the tasks, it can provide gentle exercise and hand coordination practice.

****We will post days/times on the board when we schedule them***



Updated pricelist for
“Hairloom’s Salon”



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 NO CUT \$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 February- Residents

Thomas Loder -Feb 1st

Nora Squires– Feb 2nd

Ethel Noseworthy – Feb 13th

Jean Mercer- Feb 16th

Vivian Rees– Feb 19th

Birthdays in February- Staff

Rosalie Pike- Feb 2nd

Bhuwan KC- Feb 14th

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

Welcome

Last month we had a few new residents join our Admirals Coast family! If you have not yet met our newest members feel free to introduce yourself and welcome them home!



Annie Hicks



Wilson & Lillian Tibbo

2025 Invitation for Spiritual Wellness

Hello friends,

I am excited to invite everyone to help our Admirals Coast Community, our family and friends, by approaching Feb 1, 2025 with a little more awareness.

For one week, beginning on Feb 1, I ask that we not complain, compare or criticize for a week, and keep a tally of how many times we fail. Hopefully each day we will notice the tally becoming less and less.

Many spiritual traditions around the world ask us to:

- only speak words that are truthful,*
- beneficial to all,*
- pleasing,*
- and don't agitate the minds of others.*

OR:

A well-spoken statement is one that is:

- spoken at the right time*
- spoken in truth*
- spoken affectionately*
- spoken beneficially*
- spoken with a mind of good will*

Remember, saying whatever we want, whenever we want, however we want is not freedom. Real freedom is not feeling the need to say these things.

I ask everyone to pay attention to our words and our thoughts. Many of us are good at "biting our tongues", but the energy inside the mind as a negative thought is just as harmful. By paying attention to our words and thoughts, we place ourselves in a position of advantage. We all say we want peace, happiness, respect, understanding and love. Complaining, criticizing, and comparing is the opposite of these higher qualities.

The challenge is to firstly be aware of the negative thoughts and words; most of us are unaware. Then ask yourself for a more respectful, peaceful, loving way to think that thought or say the statement.

Happiness and success are fruits when you live your days reaching for these higher values in your relationship with yourself and others.

I believe the most important "purpose" we all have is to show up each day, in whatever situation we find ourselves, with respect, peace, understanding, compassion, integrity and all of the other higher virtues. Negativity such as complaining, comparing and criticizing is so common and familiar, but that doesn't make it right.

Saint Francis of Assisi is quoted as saying "Preach the gospel at all times, and use words if necessary".

Our thoughts create our feelings and then our words and actions. Being aware enough to recognize a negative thought and bring your "light" to it, this, in turn, will allow for right words and right action.

I am told, and I believe this to be true, that the most powerful force on our planet is love. It holds a higher vibrational frequency. It is often silent and still, but it is vibrant and life supporting.

I also believe that the day-to-day work of transforming our own thoughts, feelings, words and actions to the higher values is our most important role.

Sitting in silence, breathing in peace, exhaling judgement, breathing in hope, exhaling hopelessness, breathing in kindness, exhaling indifference, breathing in gratitude, exhaling scarcity, will create an abundance of ALL these spirited qualities.

If we want to save our world, sit quietly each day with your breath, ask for your own internal transformation toward peace, gratitude, and love. Then you will see the light everywhere because you have become the light.

Ask and you shall receive, let's start asking with vigor!

If you like how, you feel about yourself after the first week, please continue until it becomes you.

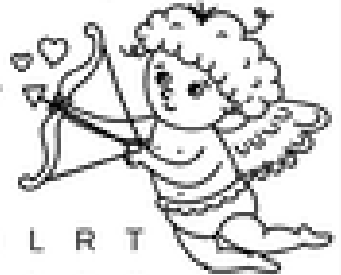
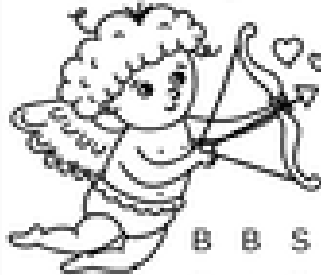
I am happy to hear your thoughts and feelings, drop by my office anytime.

With love and respect,

Laura xo

VALENTINE'S DAY

Wordsearch



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

WORD LIST

ADMIRER
AFFECTION
BE MINE
BOUQUET
BOYFRIEND
CANDY
CARD
CELEBRATE

CHOCOLATE
CRUSH
CUPID
DECORATE
FEBRUARY
FLOWERS
FOURTEENTH
GIFT

GIRLFRIEND
HEART
KISS
LOVE
PINK
POEM
RED
ROMANCE

ROSE
SMILE
SWEETHEART
TEDDY
TOGETHER
VALENTINE



St. Valentine's Day

by www.mes-english.com

crossword puzzle

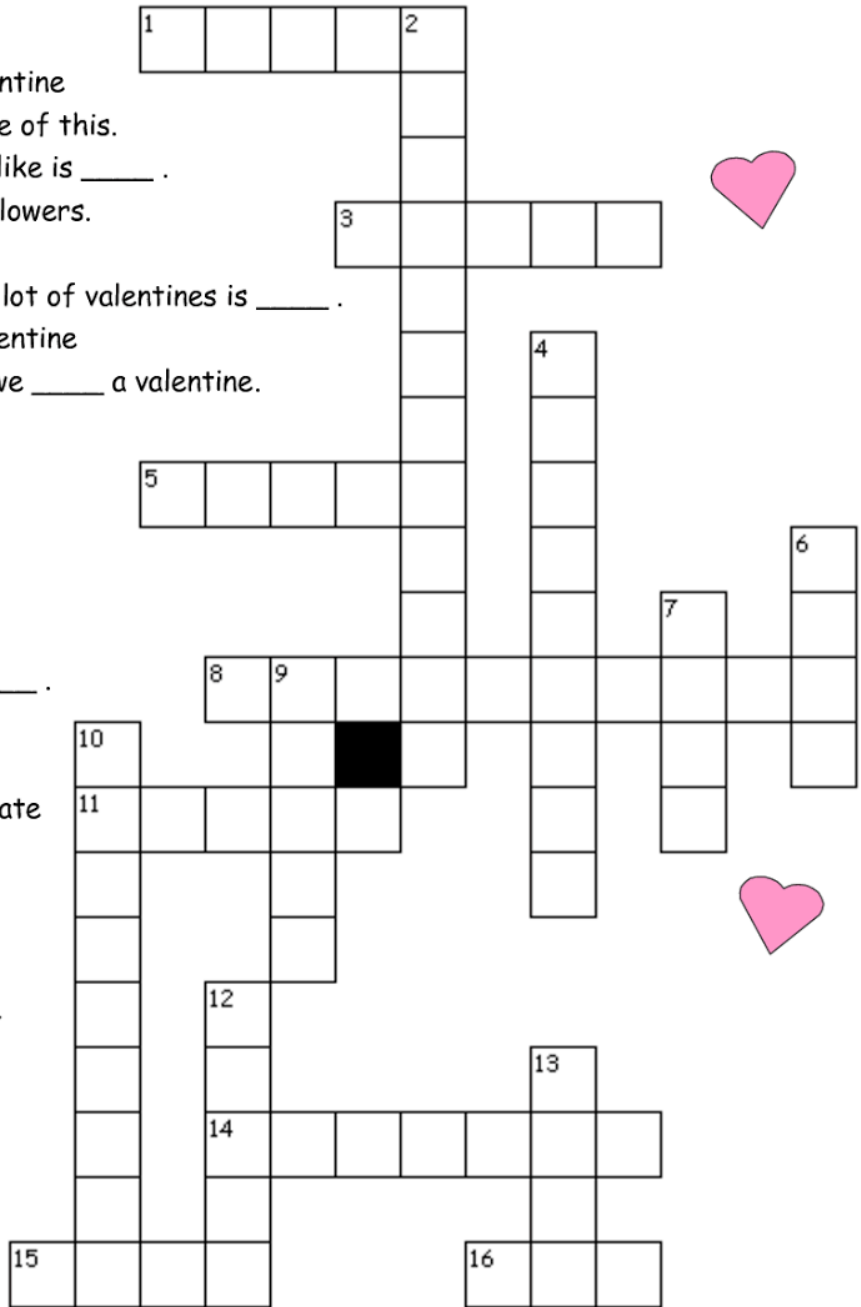


Across:

1. Before we send a valentine
3. Small hearts are made of this.
5. Something you don't like is _____ .
8. These are beautiful flowers.
11. It's given away.
14. Someone who gets a lot of valentines is _____ .
15. After we write a valentine
16. On Valentine's Day we _____ a valentine.

Down:

2. Giving a valentine is _____ .
4. The card we write
6. A flower with thorns
7. The reason we celebrate Valentine's Day.
9. Cupid's weapon
10. It's in the box.
12. He brings love.
13. Two people going out



Valentine's Day Sudoku

Fill in the boxes! Every column, row, and mid-grid should contain each of the following letters once: L, O, V, E.

L			E
O		E	

		E	
	L		
			O
V			

E			L
V			
			O

L			
	E		V
		O	

Employee Appreciation

· Nomination Form

Employee Being Nominated:

Date: _____

- Extraordinary Act of Kindness/Compassion ()***
- Taking Initiative with Co-workers Teamwork ()***
- Taking Initiative with Operations ()***

Details:

****Please Submit to Shaelyn or Laura****

Employee Recognition Time

A big thank you to all staff this past month as the new year seemed to bring the dreaded gastro virus! Abundantly contagious, it raced through our Home and affected many of our resident's and staff alike. It was a difficult few weeks to say the least. I want to thank all staff for being so dedicated. A modern-day inspiration, watching staff gown up and provide service under difficult conditions. Watching staff take extra shifts when co-workers became ill, providing the extra push each day to help everyone who needed helping.

Debbie Lopez –

Our long-time night shift manager dating back to 2008. Debbie is a blessing! Calm, capable, competent and caring, are just a few words to describe this beautiful woman. Thank you Debbie for all you do that I know about, and the many acts of kindness and leadership you do that I don't know .

Sarita Patel –

Welcome and an acknowledgement to Sarita for the extra hours she worked during our outbreak. Sarita accumulated 120 hours over a 2-week period. Thank you hardly seems enough stepping forward to help as you did when we needed people most. Thank you Sarita. You are attentive and eager to learn and we are delighted to have you as a part of our team. Not everyone may know this, Sarita went to nursing school and was a nurse in her country of origin in Nepal.

Juvy Fernandez -

Juvey was nominated by a resident for always being so cheerful and helpful no matter how busy her day is. I'd also like to take this time to say Thank You to Juvy for helping our new staff and making them feel welcome here. Did you know that Juvy speaks several languages?



Just Joking

A lady goes to the doctor and complains that her husband is losing interest in sex. The doctor gives her a pill, but warns her that it's still experimental. He tells her to slip it into his mashed potatoes at dinner, so that night, she does just that. About a week later, she's back at the doctor, where she says, "Doc, the pill worked great! I put it in the potatoes like you said! It wasn't five minutes later that he jumped up, raked all the food and dishes onto the floor, grabbed me, ripped all my clothes off, and ravaged me right there on the table!" The doctor says, "I'm sorry, we didn't realize the pill was that strong! The foundation will be glad to pay for any damages." "Nah," she says, "that's okay. We're never going back to that restaurant anyway."



Write your name on ballot and put it in the box by the fish tank. Prize will be drawn near the end of the month.

Name: