



# Admirals Post July 2025



#### 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.

Dr.Verge will be here on : Wednesday July 2nd Tuesday July 15<sup>th</sup> and Tuesday July 29th

# 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 cold or flu symptoms, please let a staff member know so we can keep on top of it as not to spread it around the home.
  - $\cdot$  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



## <u>Safety First</u>

Curling Irons, Hair Dryers , Electric Razors and similar items must be used in the bathroom. There is a specific GFI outlet for such products.

The main living area is designed for lamps, TV's , clocks etc.

Please ensure if using a curling iron, hair dryer or electric razor that you do so in the washroom.



Please welcome our newest residents. If you see any of these folks around, introduce yourself and make them feel at home.



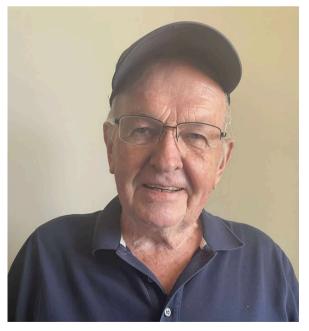
Irene Myles



Adela Bennett



Bruce & Minnie Higgins



Norman Smith

## <u>Group Walks</u>

Getting outside in the fresh air is important for your physical and mental health. Many of you are able to get out for walks regularly but for those that need assistance or just prefer walking buddies, any day that the weather cooperates, we will be going for a walk together around the building.

On nice days we will change the times of activities that are scheduled to accomodate a group walk. Walks will be written on the boards.







Employee Appreciation



We would like to pass on a big thank you to Katie Woodford! Katie has stepped into a big roll in such a short amount of time! Residents and staff alike have applauded her attention to detail when providing care, her kindness towards everyone around her, the time she takes to get to know the residents and most importantly the effortless ability to make others smile! You will see Katie around in the recreation room as well and PCA duties! Feel free to pass along the congratulations for this months appreciation!

Austen Scott has also been nominated for employee appreciation this month! Austen started off with us during covid doing screenings on our front door for visitors, he has since become a bigger part of the

Admirals Coast family! Austen was commended for coming in on his time off

to ensure more residents we able to participate in the group walk activity. He has since taken on the responsibility of

quality assurance checks to help the operations of the home run smoothly! A

big thank you to Austen for the never ending commitment to the residents, let pass along congratulations!



Employee Appreciation



Cheryl Bishop has been nominated by a resident here at the home for her help in dealing with a personal problem. Even the small individual tasks make a huge difference in someone's every day life. If you see her pass along your congratulations!

Dana Stickland is one of our cooks here in the building. A card of appreciation was given to her from a resident to acknowledge her attention to detail she gives daily to ensure our residents have their favorite meals! Lets send Dana our thanks!





Sandra Jones received a shoutout this month for keeping our building clean and finding the little spots that were missed! Nothing gets past her here at the home! Help me in giving Sandra a big thank you!

# Family Fun Day!

When: July 24<sup>th</sup> from 2pm-4pm Where: Admirals Coast Retirement Centre (Back courtyard facing the water)

Each year here at Admirals Coast we host a Family Fun day!

We have a live band, horse back riding, tractor rides, BBQ hamburgers and hotdogs, ice cream treats, bouncy castle, face painting and more!

We encourage you to invite your family and friends and enjoy a wonderful afternoon together!





Mhats new!

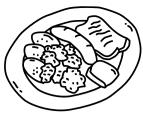
<u>Bingo with the Town of CBS: July 8<sup>th</sup></u> Each year the town of CBS brings prizes and calls a game of BINGO for our residents!

<u>Campfire July 14th:</u> Join us in an afternoon of roasted wieners, smores and sing along's out back in our courtyard!

### July 22<sup>nd</sup>: Two New Activities!

Reminiscense activity: Bring a picture, item or anything from your past. We will be sharing stories together! Voices of the Coast: We are going implement a choir here at the home. You do not have to have any background just bring your love for music! If you are able to play any instruments we would love to incorporate those as well! We will start off slow to gain interest and add more times as we go along!

<u>July 30<sup>th</sup>"</u>:Mini Olympic Games: To celebrate the summer Olympics being held here in Newfoundland, we will have smaller versions of a few sports you may see!





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. In order to put safety first and eliminate delays, staff must remove walkers before meal service has started. We realize there are times this is unavoidable but would appreciate your cooperation as much as possible .

Thank you

#### Notice about meal changes

Please try to have any changes to your meals in to the kitchen an hour before meal service starts. (11am and 4pm) We always have alternatives ready in case of changes however, a whole separate meal takes time. If changes aren't made in time, you will have to be patient as only items on the board have been made ahead of time.



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. You can avail of the meal served for the day for a \$5 fee per meal for every guest 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.



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. <u>Respiratory Outbreak:</u>

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. <u>Symptoms include</u>: 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

<u>Symptoms include</u>: Nausea, vomiting, diarrhea, loose bowels <u>Covid-19 Outbreak</u>

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.

<u>Symptoms include</u>: 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, birthday cards and more! We will post our hours of operation on the daily activity board, outside of those hours you can find Katie or Shaelyn in the recreation room !



#### <u>Reminder when Sharing a room</u>

Several residents have shared accommodations. As you can imagine, 2 tvs and 2 radios in one room can be difficult. Please be respectful when using your devices and when possible, use headphones. TV must be off by 10pm unless you have headphones.

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

#### <u>Helping Hands</u>

We have started our helping hands project and 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 home 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.

<u>\*Wednesdays and Saturdays at 1:30pm in the private dining room\*</u>

Updated pricelist for "Hairloom's Salon"

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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

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# **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 with be dispursed 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.



# Remembering the Special Moments



Lib Evoy moved into Admirals Coast, September 2021. Lib loves to play the toss games, have a nice afternoon of music and especially a game of bingo. Lib has moved to another facility to better fit her current needs. We wish her and her family the best during this new transition

Gerard Fleming pass away June 12<sup>th</sup> 2025. Gerard moved in last month with his wife Mary. Though he was only here with us for a short time, he made many friends and his kind soul will always be remembered. Gerard loved to take part in all of the activities to try something new! We wish his family and friends the best during this difficult time.





Birthdays in July- Residents Joan Banfield- July 6<sup>th</sup> Jacquline Piercey- July 8<sup>th</sup> Barb Bursey - July 9<sup>th</sup> John Mason- July 13<sup>th</sup> Margaret Crann– July 17<sup>th</sup> Marguerite Loder-July 27<sup>th</sup> Myrtle Thistle– July 21<sup>st</sup> John Tremblett– July 19<sup>th</sup>

Birthdays in July – Staff Shauna Lopez– July 7th Katie Woodford- July 9th Brenda Peach– July 14th Darlene Newell - July 20th Sylvia Parsons - July 27th

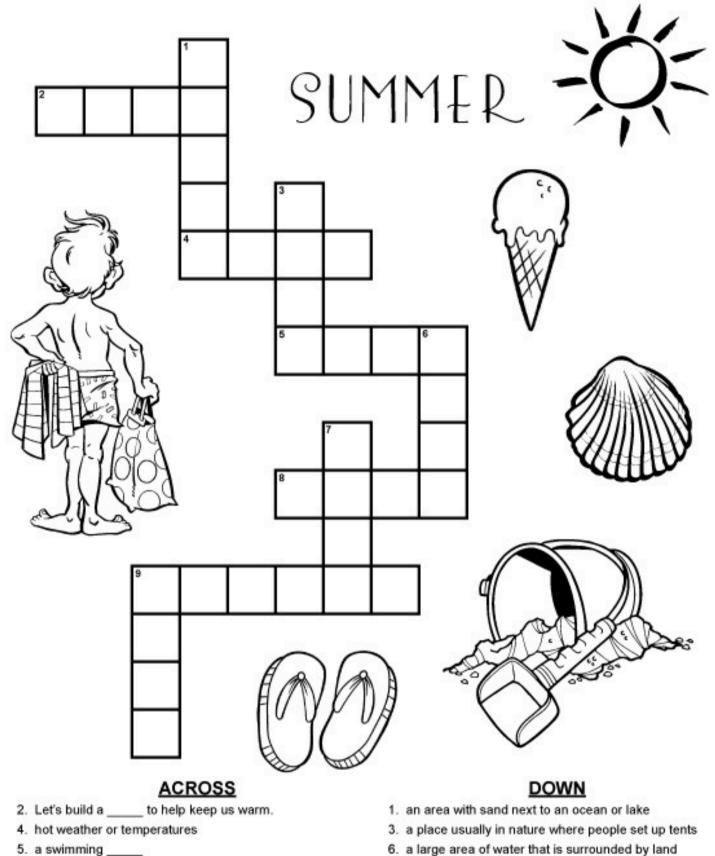
Happy Birthday to you, Happy Birthday to you, God's blessings upon you, Happy Birthday to you!

## Summer Olympic Games



BOXING SWIMMING GOLF WRESTLING TRIPLE JUMP JAVELIN ARCHERY BMX TABLE TENNIS EQUESTRIAN FENCING ROWING TAEKWONDO HIGH JUMP BADMINTON JUDO WATER POLO DIVING LONG JUMP





- 8. a usually long walk especially for pleasure or exercise
- 9. the warmest season of the year

- 6. a large area of water that is surrounded by land
- 7. Can I ride my \_\_\_\_?
- 9. very tiny, loose pieces of rock that kids like to play in

# 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\*



Knock, knock! Kho's there? Anita. Anita who?



What did the beach say to the tide when it came in? Long time, no sea.

# When do you go at red and stop at green?



When you're eating a watermelon!!!

