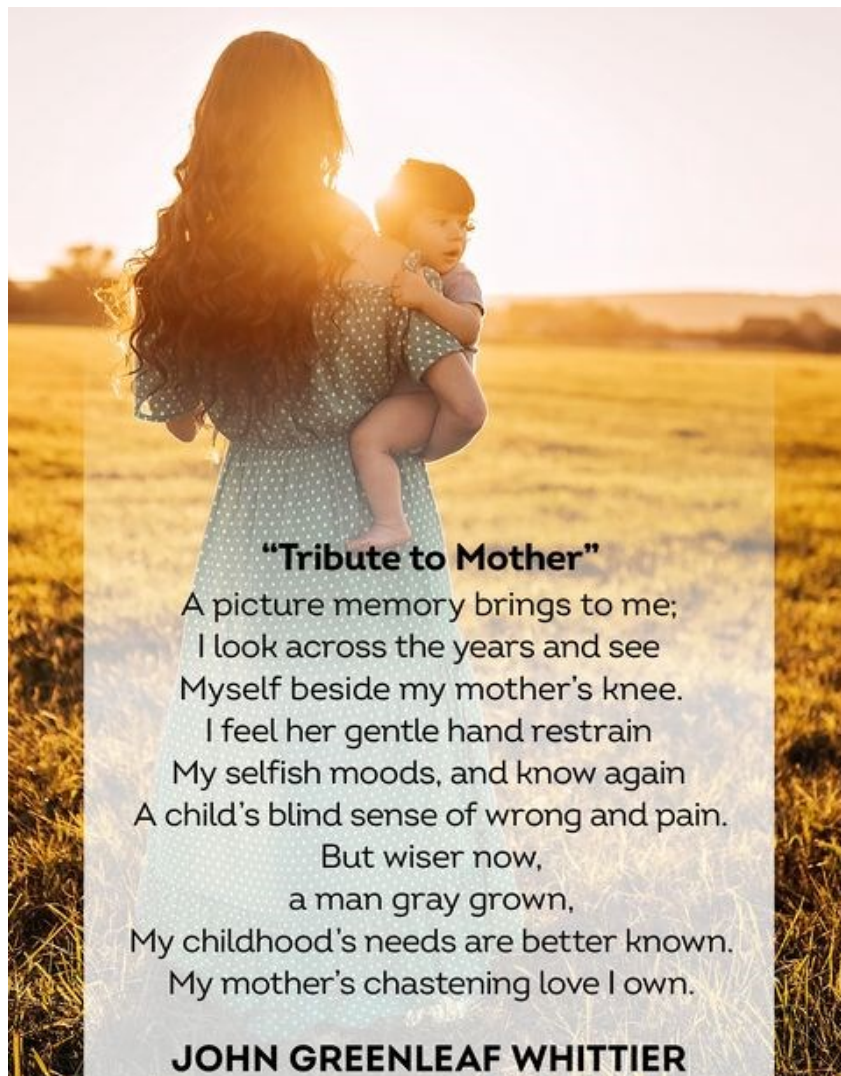




ADMIRALS COAST RETIREMENT CENTRE Admirals Post

May 2023



"Tribute to Mother"

A picture memory brings to me;
I look across the years and see
Myself beside my mother's knee.
I feel her gentle hand restrain
My selfish moods, and know again
A child's blind sense of wrong and pain.
But wiser now,
a man gray grown,
My childhood's needs are better known.
My mother's chastening love I own.

JOHN GREENLEAF WHITTIER

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. Jardine comes in. If you have not made an appointment, you will not be seen by the doctor.

Dr. Verge will be in/on virtual visit:

Tuesday May 9th(Appointment Deadline: Mon May 8th)

Tuesday May 23rd(Appointment Deadline: Mon May 22nd)



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

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.

Help us reach our goal!!

Donate in person or online following the link provided:

https://support.alzheimer.ca/site/TR/WFA/WFA_NL?team_id=23475&pg=team&fr_id=4328



Alzheimer Society



walkforalzheimers.ca | #IGWalkForAlz



Admirals Coast is inviting all residents, families and staff to join us on the IG Wealth Management Walk For Alzheimer's! Our goal is to raise urgently needed funds to improve the lives of families, neighbors, and friends living with dementia and help reduce the stigma!

Date: Friday May 26, 2023

Time: 2pm

Location: Admirals Coast

Contact: Shaelyn Ivey



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

remembering the special moments

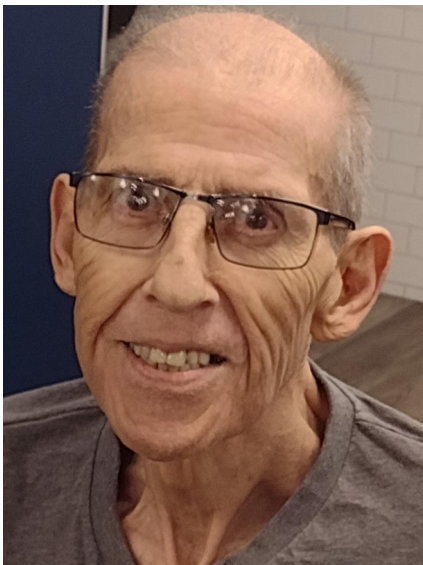


Gus Whittle passed away after only a short stay with us here at Admirals Coast. Our thoughts and prayers go out to his family and friends during this time. Gus loved to read the paper, listen to music and watch old Western movies. It was a pleasure getting to meet him.

Rest in peace Gus.

Welcome

We would love to welcome our new residents to our Admirals Coast Family! If you see them around feel free to introduce yourself and say hi!



Frank Dawe



Bill and Ruth
Thompson

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.





May Birthdays- Residents



Elaine Lynch– May 13th

Frances Rideout – May 14th



Lib Evoy– May 16th

Millie Tucker May 17th

Margaret Rose– May 20th

May Birthdays- Staff

Renee -May 3rd



Mary G- May 8th

Joanne —May 13th

Mollie- May 18th

Trevor– May 18th

Dana - May 20th

Katherine– May 23rd



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

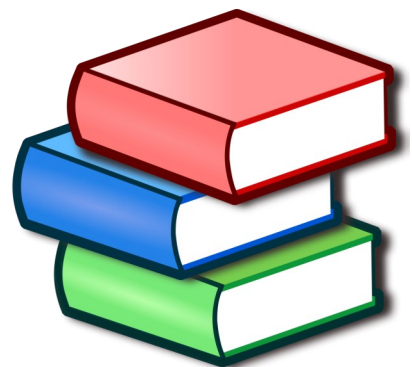
Travelling Library

We have been given a traveling library to keep at the home.

The books have to be checked out and brought back just like the real library. They will put located in the main lobby in a decorated box.

When you take one to read you must then bring it back to the box when you are finished with it.

If you have any questions please check with
Shaelyn in the Recreation Room



The Better Halves

Another beautiful night of music with our house band the Better Halves! Lots of singing, dancing, jokes and fun with friends!

One of the members of the band Dominic gifted the home with a lovely boat in which he handmade himself.

We are so proud to be home of the boat "Admirals Dream"



Employee Appreciation

A few words of gratitude and thanks to all the beautiful staff here at Admirals Coast. I am continually inspired by their daily contribution. The small acts of kindness make a big impression in our lives, and isn't that what touches all of our hearts. Here are a few we would like to highlight this month...Please pass along your thanks as well, a light is created when someone takes time to acknowledge another's efforts and it makes you and feel great too. That's the beauty of gratitude, it enhances the giver and receiver...

Jennifer Kean is a long time employee and we certainly acknowledge and appreciate Jen's commitment and loyalty to our residents. Jenn is knowledgeable enough and flexible enough to jump into just about any role here at Admirals Coast. Most recently on a moments notice Jenn rearranged her schedule to accommodate overnight shifts in our laundry department. Jenn is easy going and quick to help...very few staff can work the overnight shift so a big thank you to Jenn for being so helpful...It is much appreciated.

Sandra Warford is another long time employee and has an incredible ability with knowledge of our residents' medications'. Sandra is very dependable, she has barely taken 2-3 sick days in the last 15 years, quite remarkable in and of itself. I want to acknowledge how flexible Sandra has been as well with her schedule, always coming back to help us with summertime medications when needed. Sandra is caring and devoted to our resident's and please join in thanking her for her outstanding contribution.

Danny Warford is our Mr. Fix it and you can imagine the requests he has on a day to day basis. Not only does Danny unplug clogged toilets, hang pictures, replace lightbulbs, move furniture, hang pictures, and many other maintenance type tasks but he also ensures our staff arrive safely on stormy mornings. In the wee hours of the morning Danny is often picking up staff at their homes to ensure residents have breakfast cooked on time. Danny is so easy going and helpful, he never says no to any of us. Thank you Danny for being such a super person.

Employee Appreciation

Charlene Tobin was acknowledged by one of her co-workers this past month. Her colleague noted how knowledgeable Charlene is with resident care needs and how helpful she is in providing that care. You may have noticed we have two staff members assigned to each wing along with “floaters” who help provide extra support in order to meet everyone’s care needs in a timely fashion. Charlene is quite informed on each resident’s preferred schedule and does her best to meet everyone’s needs. Charlene has a quite disposition but eagerly approaches her work and does not take her head up until her work is done. Thank you Charlene for all the detail of each person’s care you remember and lovingly provide.

Sandra Jones was also recognized by a co-worker this past month. It was noted that Sandra J often goes unnoticed but provides much love and kindness towards all of our residents. I see that and wanted to correct the “unnoticed” part. Sandra J (as we lovingly refer to her) please know how delightful you are to work alongside and thank you for being so engaged with helping our residents. Whether you are in the dining room or working in housekeeping “on the floor” , you always have a smile and generosity for helping. We appreciate all the little extra’s you do for our residents and staff alike.

Shauna Lee Lopez is another shining star. Shauna Lee has been with us for a number of years and is also very dedicated to our residents needs. Most recently Shauna took time out of her routine to sit and open a gift box that was delivered for one of our residents who has experienced a health decline. The resident was so obviously happy to have received a care package from a family member living away. The resident was practically in a state of bliss and Shauna Lee shared with her coworkers so we could remind resident of the gift. Thank you Shauna Lee for being so kind and compassionate. As we know, an act of kindness like this not only brightens the receiver, but the giver and also the observers. All too often we hear negative but when someone takes the time to share something beautiful like this it warms all our hearts...this is part of the reason I share with all of you readers the very same. I trust you feel better too. Thank you Shauna Lee.

Employee Appreciation

Brittany Dawe is a newcomer but already making a great impression with her co-workers. At least four staff have commented on how engaged she is with our residents and very eager to learn the tasks and do a great job. Brittany is friendly and very pleasant...We are certainly looking forward to getting to know you better and wanted you to know your efforts have not gone unnoticed.

Cindy Slade, Collen Reid, Jessica Efford and Terri Murphy deserve a pat on the back for their team work in monitoring and flagging a new resident's decline. This particular resident had been assessed by a doctor and nurse within the previous few days but our staff felt something wasn't right or had newly developed. They monitored throughout the day and ultimately decided to send this resident to the hospital. It was a serious infection brewing and I want to acknowledge their keen intuitive sense. That sense comes from a deep desire to provide best care possible. I also want to applaud their aptitude to work together as a team. Well done ladies!

Hatching Chicks!

This year we hatched chickens for Easter and welcomed 7 beautiful chicks on Easter Friday!



They have now grown out of their tank and will be up in the barn until the weather gets nicer. You will then be able to visit them in their pen around the back of the building!

Name: _____

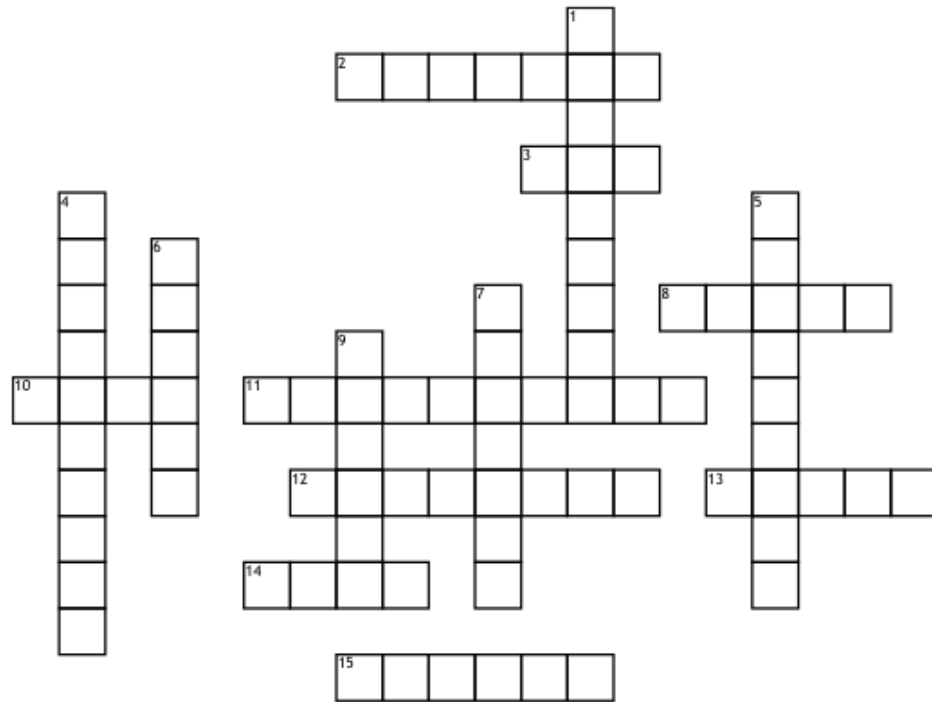


Mother's Day Word Scramble

Directions: Unscramble the letters to make a word then write the word on the line.

-
1. iftg _____
 2. uhgs _____
 3. oelv _____
 4. mthero _____
 5. ksseis _____
 6. udldec _____
 7. yma _____
 8. ndsuay _____
 9. yda _____
 10. fmlayi _____

Mother's Day Crossword



Across

2. Something you can give your mother, a bouquet of _____.

3. The month when Spain and the USA celebrate Mother's Day.

8. The month when Mother's Day is celebrated in the UK. (Hint: BEFORE Easter).

10. A sweet dessert (postre) you can make for your mother.

11. Small and sweet things that you can give your mother as a gift, a box of _____.

12. _____ give gifts to their mothers on Mother's Day.

13. Things you give to another person to say thanks or celebrate something.

14. A small paper item you can give as a gift to your mother.

15. The season when most countries celebrate Mother's Day

Down

1. _____ in bed, a way to thank your mother on Mother's Day.

4. A place to go out to eat.

5. A type of flower that represents mother's day, a white _____.

6. The first people to celebrate mothers were the ancient _____.

7. The word for a special day of the year that is celebrated by people.

9. The word for a female parent

Word Bank

BREAKFAST

FLOWERS

CAKE

MOTHER

HOLIDAY

CARNATION

MARCH

GREEKS

SPRING

CARD

CHOCOLATES

GIFTS

RESTAURANT

MAY

CHILDREN

Mother's Day

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

flower

Grandmother

dear

talented

smart

heart

nice

beautiful

happy

loving

hugging

giving

caring

helpful

sweet

kissing

Mom

kind

fun

Mother

Employee Appreciation

. Nomination Form

Employee Being Nominated:

Date: _____

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

Details: _____

Just Joking

'I Know CPR!'

My mother had just finished taking a CPR class at a local college when she and I were in the mall and saw a big crowd gathered around a still body. Mom took off running at a speed I didn't know she could muster, yelling, "Everyone back! I know CPR!" Just as she threw herself next to the body and was about to begin, a pair of strong hands pulled her to her feet. "Ma'am," said a police officer beside her, "we are trying to arrest this man."



Weight Loss Contest

Mother and I were discussing our mutual weight problem one evening, when I challenged her to a contest. If I lost the most weight in the next month, I wouldn't have to pay her the \$6 that I owed her. If she lost the most weight, I would have to pay up. "All right," Mom agreed, "but let's wait two

What's Your Real Age?

My friend Emily and her mother bumped into an old family acquaintance on the street. "Is this your daughter?" the woman asked. "I remember her when she was *this* high! How old is she now?" Without pausing, Emily's mom said, "24." Emily, 35, nearly fainted on the spot. When the woman left, Emily asked her mom why she told such a whopper. "Emily," her mother replied, "I've been lying about my age for so long, it suddenly dawned on me that I'd have to start lying about yours too."