

ADMIRALS COAST  
RETIREMENT CENTRE  
Admirals Post

July 2023



## **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 July 4th** (Appointment Deadline: Mon July 3rd)

**Tuesday July 18th** (Appointment Deadline: Mon July 17th)



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## **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 your 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.

# Remembering the special moments



Vince Wiltshire & Doris Senior moved into Admirals Coast June 2022. Vince loves to play all of the games and they both enjoy coming out for church services, bingo, music and going for walks. Vince has since moved to another facility to better fit his current needs and Doris has moved out into a home in town to be closer to him. We wish them both the best during this new transition in their lives

Betty Brinson passed away July 1st. Our condolences go out to her family and friends during this difficult time. Betty moved into Admirals Coast March 2020.

Betty always enjoyed coming out to music, joining her friends in their weekly services and thoroughly enjoyed feeding the animals around the building.

Rest easy Betty



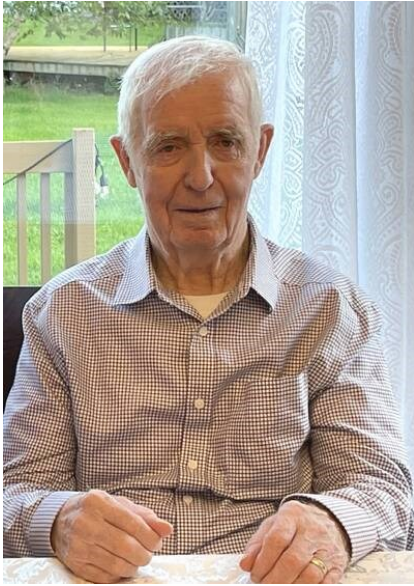
Margaret Ebsary moved into Admirals Coast March 2021.

Margaret loves to go for walks around the building, chats with the other ladies in the lobby, come out for an afternoon of music and play or watch all of the games that went on in the recreation room. Margaret has moved to another facility to better fit her current needs.

Our best wishes go out to her and her family during this new transition in their lives.



# Remembering the special moments

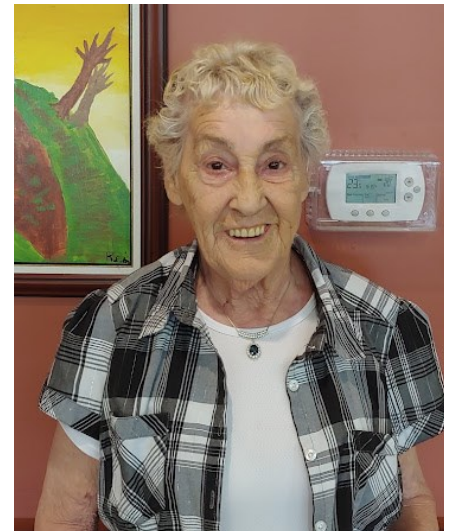


Hubert Crawley passed away on June 16th 2023. Our condolences go out to his family and friends during this difficult time. Hubert moved into Admirals Coast with his wife Patricia October 2020. Hubert loved having a chat with the other men at his table and especially going coming out for an afternoon of music. Hubert always had lovely visits from family and friends.

Rest in peace Hubert

Katherine Bolger passed away June 12th 2023. Our condolences go out to her family and friends during this difficult time. Katherine moved into Admirals Coast June 2020. Katherine loved to come out for an afternoon of music, walk around the building with her best friend Andy and have a chat with the ladies in the lobby.

Rest in peace Katherine



Joe Corbett passed away June 21st 2023. Our condolences go out to his wife, family and friends during this difficult time. Joe moved into Admirals Coast with his wife Mary December 2021. Joe was a character always telling stories and humming a jig for anyone that was around. Joe loved to hear the music and watch the animals outside especially the goats. We hope you are still humming those jiggs and making everyone around you laugh. Rest in Peace Joe.



## 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 July- Residents**



Barb Bursey Jul 8th

John Mason- July 14th



Margaret Crann– July 17th

Marguerite Loder-July 26th

### **Birthdays in July – Staff**

Angela Barron - July 1st

Shauna Lopez– July 7th

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!



# 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

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# 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!



John Cumbie



Stan & Marie Parsons

# Employee Appreciation

I enjoy writing and sharing well-deserved praise for our dedicated staff. I receive many compliments from residents and family members throughout the month expressing their gratitude for the love and care received. It is a great joy to work among people who are so giving and attentive to kindness.

A resident wrote a page describing the many attributes of Shaelyn Ivey.

Shaelyn Ivey is our Operational Director and is involved and responsible for many of the day-to-day activities here at Admirals Coast. Our entire recreational program is created with Shaelyn's loving attention. Along with the regular music, games, spiritual and exercise program, Shaelyn is always seeking extra nuggets of entertainment such as the recent car show. I am starting to think she has an influence with the weather as you may recall the car show was our very first nice day the summer, coming along after weeks of cold, rainy/foggy weather. Shaelyn arrives early morning and is helpful to many residents in various areas, sometimes helping to serve breakfast, sometimes providing care and sometimes administering medications. Wherever you find Shaelyn, you will find a vibrant young woman who is eager to help. She is kind and caring, dependable, organized and keeps all those operational balls she manages to juggle up in the air. I am delighted to shine a light on her contribution, please take a few moments to congratulate her yourself when you see her again.

Alicia Symes is another shining star here at Admirals Coast. In Alicia's role as Quality Assurance Officer, Alicia tends to so many details for each and every resident. Her big, beautiful smiles is accompanied by a devotion to our residents that is admirable. Alicia is happy and her ability to connect with residents and staff are innate and natural. You can feel comfortable and trust Alicia soon after meeting her. We entrust her with the most sensitive and difficult tasks to which Alicia is successful. She is because she allows her heart to guide her every thought and action. The physical endurance to accomplish all this goodness follows as her heart knows no limits. Recently a night shift member needed sometime to tend to a medical issue. Within 2 minutes of asking for her to switch from days to nights, Alicia agreed. In her usual style she brought 100% to the role. Everyone would/will agree it is not easy working nightshift. To leave your regular day shift to help out on nights is the kind of "over and beyond" and high level of function and devotion I share and acknowledge with you. Thank you, Alicia, for being so helpful this past month in particular.

I would also like to acknowledge our dedicated overnight team. Not only have they completely turned around the biological sleeping patterns to attend to our late-night needs, they also do it with such heartfulness. No matter when I call at night or what resident I speak to, the night shift is always pleasant and attentive to our resident's needs. I invite all residents and staff to take a few moments to thank each member of our overnight team, you will not find a better example of team work anywhere.

# Employee Appreciation

Debbie Lopez is a living legend when it comes to working night shift, she is everything you would want in this position, calm, knowledgeable, dependable, a woman of few words but when she speaks, we all listen, and a more capable, loving person you could not find. Debbie has been caring for our residents overnight since 2008. She raised young children all the while working fulltime here. I have yet to speak to Debbie and her sound flustered or stressed. She handles all her responsibilities with grace and is very respectful. Thank you, Debbie, you are admirable and inspirational.

Paula Devereau, another shining star on our overnight team. Paula is our first go-to if a night member needs a shift covered. Life is funny with its twists and turns and are we every grateful that Paula is so generous with her time and will cover off pretty much whatever is thrown her way in terms of extra overnight shifts. Paula is available to us, agreeable to work on a moment's notice. Combine available with the sweetness of her kind way and now we are talking about fortunate. I appreciate her thoroughness and dedication to our resident's needs. Paula is helpful to our staff as well, ensuring if she can help with working their shift she will certainly do so. Paula is gentle and a great listener. I appreciate her eagerness to work even though she retired from her fulltime government position a few years back. It is admirable to work with people so willing to serve humanity and bring their special gifts to each resident as needed.

Brenda Moriarity is another special human with many special talents. Have you heard Brenda sing? It is a delight so ask her if you have not, it is quite a treat. Brenda approached us for a position the same month that we found ourselves head long into the pandemic. I appreciated her courage at that time to start a new position at such a fearful time. Brenda has a great faith and uses herself to do "God's work". Brenda is devoted to our residents and drives for almost an hour both to and from work each shift. She is quick to provide personal care and help with medications even though her main responsibility is laundry. Brenda likes to help in anyway she can, everything from laundering clothes, ironing, providing personal care in many forms, helping with medication administration, or lifting someone's spirit by singing a song. Thank you, Brenda, your contribution is very valuable.

Gertie Hillier, affectionately known by some as "Aunt Gert". WELCOME BACK! Many of you will know that Gertie had to take some time off for a medical problem. As the months went by and Aunt Gert was faced with health challenges, she always talked about returning to her work with our residents. How beautiful is that! Gertie has enormous talent with baking, the homemade bread and shortbread cookies alone, is the best you will find anywhere on earth. Now that is a big statement. Gertie is easy going and naturally connects with everyone. She is happy and could make you laugh even if you were dying. Gertie returned to work the first week of June and I know I speak for all of us when I say "Thank you God for giving us back "Aunt Gert". You are so special Gertie, thank you for all you do and by how you live, helping us to realize not to sweat the small stuff!!!!

# Employee Appreciation

Terri Murphy, affectionately known to me as “Sunshine”. It is a little play on words as my entire working relationship with Terri is night time, yet her name is “Sunshine”. It started with her enthusiastic greeting of “GOOD MORNING SUNSHINE” every time you speak with her...which is usually the very late hours of the night.... Lol. Terri is sunshine to many of us, particularly our residents. Terri is kind, nothing seems to be too much trouble, and lives on the lighter side of life. Terri has reason to wear a frown at times I am sure, but she chooses Sunshine and brightness. Terri is capable in all aspects of care and medication administration. Terri is calm in all situations and brings her best self no matter how distressing the situation may be at the time. Terri is helpful to staff as well, often times, working extra shifts when needed. Terri offers to do this when the need arises. I enjoy working with Terri, we have come to depend on her Sunshine and it makes for another piece of beauty in our lives.

Angela Barron is another nighttime living legend. Angela began in the very early days of Admirals Coast opening and has been helping us “sort” out laundry ever since.... lol. Angela is a dear friend to many of our residents. She takes pride in laundering our residents’ clothes and often times offers special attention to detail that elevates the ordinary to the extraordinary. Angela is patient and shows great tenderness with our residents. She helps with many aspects of personal care always helping to make a resident feel better. She has a quiet disposition but keenly aware of who needs what. Angela is funny...Angela is also very appreciative of the smallest kindness and is grateful to serve our residents. I recently so Angela attends a resident’s mid-morning funeral service. Angela had just worked 3 nights in a row, 12-hour shifts but was determined to stay awake to say a final goodbye and support the family. This is what I refer to when I say Angela cares.... Thank you, Angela, for all you have done to make life at Admirals Coast so special.

Renee Hogarth is our other extraordinary nighttime baker, her tea buns and flakies are legendary and DELICIOUS! Renee was without her partner Gertie for the past year and therefore was left the tremendous responsibility of practically single handedly baking all the homemade bread....WOWSA! Renee is dependable and Mrs. Clean in her kitchen. She is a talented baker and while we are sleeping Renee is busy ensuring our sweet tooth is satisfied. Renee carefully and thoughtfully plans her desserts and baking items. I appreciate the devotion she has to a clean work space, hard work ethic and attention to detail. Thank you, Renee, for all the extra work you did the past year. It was very much appreciated and we know it was not easy. Myself, Gertie and Renee met last week to discuss some new desserts. You can look forward to some new treats soon. Thank you, Renee.



# Mollie's Holidays



Mollie will not be here on the  
following dates:

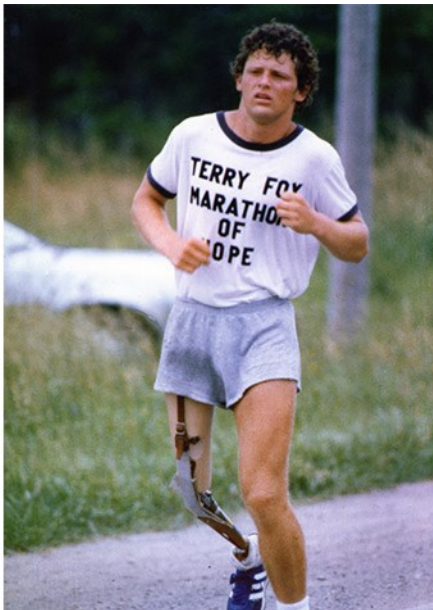
July-11th, 12th, 13th and 14th

August-15th, 16th, 17th and 18th

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## Canada Day Parade!





# Silver Fox Walk

**Terry's wish was that we all come together to help keep his dream of raising money to find a cure for cancer alive. Your participation in the Terry Fox Run will do just that.**

As part of this tradition, we are looking for retirement homes and senior residences to host their very own "Silver Fox Run" at their home. We would be thrilled to have your establishment help raise money for cancer

We here at Admirals Coast Retirement Centre will be participating in the annual Terry Fox Walk with our very own Silver Fox walk

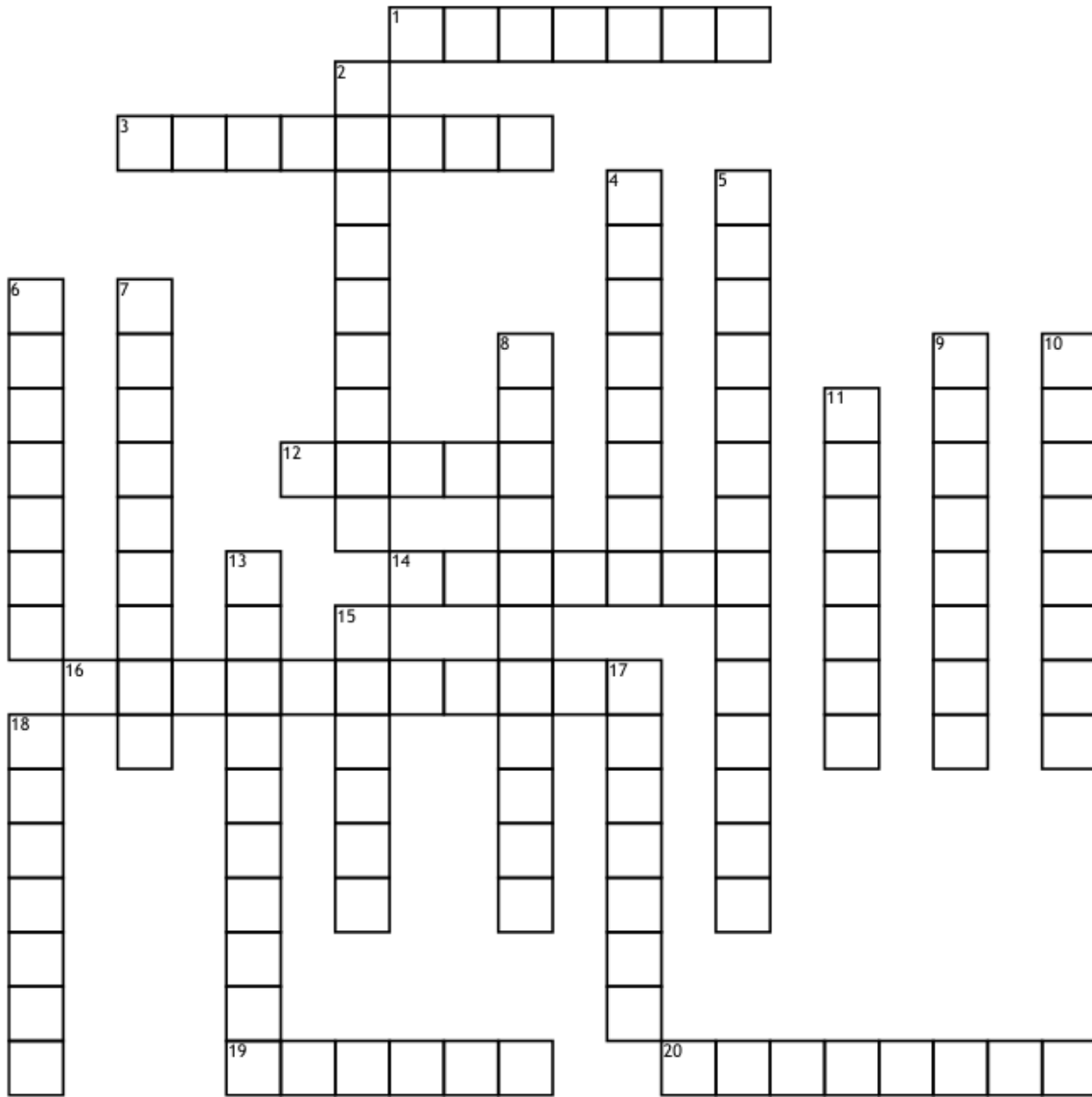
**Where:** Here around the building at Admirals Coast

**When:** Thursday July 27th at 2pm

We will be collecting money for donations before and during the walk to go towards Terry's cause of finding a cure for cancer.

After the walk we will have drinks and hotdogs for anyone who participated or anyone interested in donating for the cause.

# Summer's Puzzle



## Across

1. great happiness and exhilariation
3. showing great care or caution
12. angry or bitter
14. extremely large or great
16. not knowing how to read or write
19. a small wood, orchard, or groups of trees

20. a state of disorganization or untidiness

## Down

2. the quality of being childishly
4. physical or mental effort
5. unchanging :constant
6. desolate or dreary
7. a police

8. impossible to subdue or defeat
9. derisive
10. indisputable; definate
11. execution by hanging
13. to skim along a surface
15. to change direction or turn about or aside
17. extremely hot or intense
18. colluding or conspiring together secretly





# Summer



## Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

AUGUST  
BACK TO SCHOOL  
BASEBALL  
BATHING SUIT  
BEACH  
CAMP  
CANOEING  
FAN  
FATHER'S DAY  
FOURTH OF JULY  
FRESH FRUIT  
GARDENING  
HEAT  
HIKING  
HOT  
ICE CREAM  
JULY  
JUNE  
MUGGY  
OUTDOORS

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



PARK	SUNDRESS
PICNIC	SWIM
POPSICLE	TRAVEL
SAILING	VACATION
SHORTS	WATERMELON





# Summer Word Scramble Puzzle

1. NCBCAIGKKPA

2. ALAELSBB

3. ABIOGNT

4. NBIIK

5. MNAGPC

6. LOREFSW

7. EIC RAMEC

8. CANEO

9. IICCPN

10. LRXAE

11. USN

12. ETAH

13. OTH

14. AADSLSN

15. MISW

16. ELVART

17. CIONTAAV

18. TERMWAONEL

# **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

One March evening, the boss of a big company needed to call one of his employees about an urgent problem with one of the main computers, dialled the employee's home phone number and was greeted with a child's whisper.

**Hello.'**

'Is your daddy home?' he asked.

**Yes, 'whispered the small voice.**

'May I talk with him?'

**The child whispered, 'No.'**

Surprised, and wanting to talk with an adult, the boss asked, 'Is your Mommy there?'

**Yes.'**

'May I talk with her?'

**Again the small voice whispered, 'No.'**

Hoping there was somebody with whom he could leave a message, the boss asked, 'Is anybody else there?'

**Yes, 'whispered the child, 'a policeman.'**

Wondering what a cop would be doing at his employee's home, the boss asked, 'May I speak with the policeman?'

**No, he's busy', whispered the child.**

'Busy doing what?'

**Talking to Daddy and Mommy and the Fireman, 'came the whispered answer.**

Growing concerned and even worried as he heard what sounded like a Helicopter through the earpiece on the phone the boss asked, 'What is that noise?'

**A 'hello-copper' answered the whispering voice.**

"What is going on there?" asked the boss, now truly alarmed.

**In an awed whispering voice the child answered, 'The search team just landed the hello-copper.'**

Alarmed,

concerned, and even more than just a little frustrated the boss asked, 'What are they searching for?'

**Still whispering, the young voice replied along with a muffled giggle: 'ME.'**

