



ADMIRALS COAST  
RETIREMENT CENTRE  
**Admirals Post**  
**November 2023**

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## *The Story of the Poppy*

The poppy flower only grows in the absence of other flowers and only in ground that has been churned. In perhaps the best known poem of World War I, when Dr. John McCrae observed poppies growing between the crosses on the soldiers' graves, it inspired him to write the poem *In Flanders Fields*. The poppy has since become known as "The Flower of Remembrance" and is worn in memory of our veterans.

*I'm sharing this poppy in remembrance of the veterans as well as the active service members and wishing you a beautiful Memorial Day weekend.*



# Best Wishes to Amelia Mooney



## **Best Wishes to Amelia Mooney**

Our cherished Amelia Mooney is retiring this month and she will surely be missed at Admirals Coast. Amelia began in employ with us in May 2012 and has been foundational in many of the housekeeping “best practices” we have today.

Amelia was a true friend to Admirals Coast; the type of friend you can count on even when things get “tough”. Amelia worked extra shifts on weekends and evening supper shifts when called upon. That has been my continued experience with Amelia, you can always count on her to help out. Very few people can answer a call to work at 5 a.m., Amelia was one of those people, you could always depend on Amelia to pick up that call.

Not only was Amelia extremely reliable, but she put forth her best each shift. Amelia always started her shift at least one hour before her scheduled time and she seldomly left on time. Amelia is meticulous with cleaning, not afraid to break out the tooth brush for those hard-to-reach places, and you certainly felt that “fresh and clean” feeling after Amelia had cleaned your room.

While her official role was “Housekeeping Manager”, through the years, Amelia took on more responsibility. Amelia managed our outbreak supplies, coordinated new resident arrivals and an overall operational support person helping out in many varied roles. Wherever Amelia found herself inside our operation, she was bringing 100% of herself to the task at hand.

Amelia is kind-hearted. Over the years I witnessed her generosity, with no gain in return, only the beautiful feeling that washes over a person when they see another person happy to receive. Amelia was a single Mom for many years. She worked very hard during that time to raise her children, and instilled in her children morales, ethics and being accountable and responsible, never succumbing to self-pity. She managed her money carefully and has always been independent, while that was most surely difficult at times. When I say “at times”, I mean year and year.

Not only did Amelia ensure, through her work ethic, that she had enough for her three children, and later grandchildren, but Amelia gave generously in many other ways. Amelia devoted much time over the past 5 years to hosting grief sessions. A special get together for people struggling with the sadness that the loss of a special love one will bring. Amelia hosted a weekly session within the CBS area for over 2 years and has also hosted sessions here at Admirals Coast. Amelia often “cleaned” for friends who were sick and couldn’t manage it at the time. Amelia picked up supplies for people at Admirals Coast and in the community, as a “kind gesture”. Amelia believed in “giving back”.

While we will miss Amelia immensely, we all congratulate her on a “job well done” and a “life of service” to be proud of.

Forever Giving, Forever Receiving, in the spirit of Humanity, most certainly applies to our friend Amelia.

Cheers to you Amelia!

## **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. If you have not made an appointment, you will not be seen by the doctor.

**Dr. Verge will be in to visit:**

**Tuesday November 7th**(Appointment Deadline: Mon Nov 6th)

**Tuesday November 21st**(Appointment Deadline: Mon Nov 20th)



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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 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.



# Remembering the special moments



Evelyn Morgan moved into Admirals Coast May of 2017. Evelyn loves any type of music, it would always bring a smile to her face. She also loves the children's groups that visit, the animals and the church

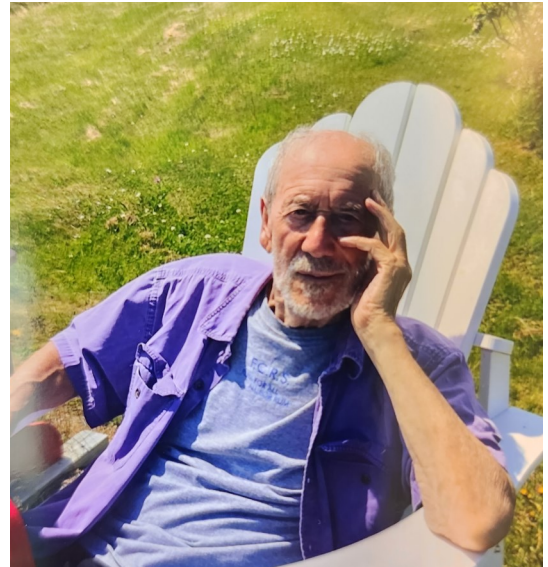
services offered here at the home.

Evelyn has moved to another facility that better fits her current needs. We wish her and her family the best during this new transition in their lives,

Clyde Rose passed away October 22nd our

condolences go out to his family and friends during this difficult time.

Clyde moved into Admirals Coast July of this year. Even though we only had a short time with Clyde we were grateful to get to know him. Clyde loved to tell stories and watch old time movies, Clyde was an avid reader and





# 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 November- Residents**



Violet Smith– Nov 7th



Geraldine Kane– Nov 18th

Olive Perry– Nov 20st

Mona Noseworthy– Nov 21st

Bill Thompson- Nov 25th

Geraldine Flannigan– Nov 26th

Denise Morgan– Nov 27th

Marion Penney- Nov.28th

## **Birthdays in November- Staff**



Gertie– Nov 4th



Debbie- Nov.12th

Geraldine– Nov 22

Alicia – Nov 25th

Brittney– Nov 25th

Paula– Nov 26th

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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## Activities upcoming!

We will be having a Remembrance Day tea on Saturday, November 11th. There will be some special guests and music to help us honor those who have served and continue to do so.

Our annual craft fair is this month! Sunday, November 26th from 1:30-4:30. It will be a perfect opportunity to get some holiday shopping done. Tell your friends and families as there will be something for everyone.

On November 30th, students from Academy Canadas .....program? Will be hosting a Winter Carnival here at Admirals Coast. There will be lots of games and prizes!

**“Remember, remember the 5th of November, gunpowder, treason and plot: for there is a reason why gunpowder and treason should ne’er be forgot”**



## **Bonfire Night facts**

Catholic dissident Guy Fawkes spent months with his 12 co-conspirators planning to blow up King James I of England during the opening of Parliament on 5 November 1605. But they were caught red-handed, allegedly lighting their 36 barrels of gunpowder in a cellar below the House of Lords, and their assassination attempt was foiled. Londoners immediately began lighting bonfires in celebration of the plot having failed, and a few months later Parliament declared 5 November a public day of thanksgiving.

The name “bonfire” derives from the term “bone fire”; in the Middle Ages, these types of fires were usually set up in order to burn bones.

Up until 1959, it was illegal not to celebrate Bonfire Night in the UK.

The first recorded fireworks display in England was at the wedding of King Henry VII in 1486.

If Guy Fawkes had managed to light the 2,500kg of gunpowder underneath the Houses of Parliament, he would’ve caused damage within a radius of almost 500 metres.

Fireworks were invented by accident. In the 10th century, a Chinese cook accidentally mixed three common cooking ingredients (sulfur, charcoal and a salt substitute) and set it alight, which resulted in colorful flames.

Fireworks first reached Europe in the 14th century. Initially, they were produced by the Italians and the first recorded display took place in Florence.



October was a great month with lots of fun activities.

The St. John Ambulance Therapy Dog program resumed with monthly visits.

We had our first of many paint events with Emma Dooley Art. So many talented residents!

Residents carved over a dozen pumpkins with the help of some volunteers.

The Better Halves put off an amazing Halloween party. Everyone had a great time and Peg O'Brien won best costume.





# Employee Appreciation

Please join me in congratulating and thanking this month's staff members' for going over and beyond in their respective positions this past month.

Brenda Peach— Brenda was nominated by many residents for her kind demeanor and friendly attitude towards every aspect of the job! You can always count on Brenda to have a song to sing or a dance move to put on the dance floor bringing smiles and laughter to everyone. Also known as "Sister Marguerite" her dance moves lit up the floor at our Halloween party bringing many belly laughs! Please feel free to pass on your congratulations when you see her next!

Melissa—We have received large praise about Melissa in both the dining room and housekeeping position. Melissa takes the time to get to know the residents and is very patient with their needs. Melissa is very helpful to other staff as well as residents, we are glad we have her here at Admirals Coast!

Kelly Scott— Kelly has been here a short time but she has made a big impression on the residents! Kelly fits in well here at our home, it feels like she has been here forever! Residents are always complementing how gentle and kind she is when doing care. We are very grateful to have a new staff member make such amazing connections with residents and other staff so quickly!

Danny Warford— In the words of a resident: "Danny is quiet but friendly. He is extra helpful and can do all kinds of jobs in his field! Danny goes to many lengths to please and fill the needs of all the residents and staff here . Help me in saying a big thank you to Mr. Fix it, if it wasn't for his help I wouldn't feel at home in my room. He was able to get all of my things just the way it should be" What better words to describe Danny!

# Remembrance Day Word Search

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

love

country

memorial

remember

war

armistice

flanders

November

sacrifice

wreath

Ceasefire

Forgiveness

peace

service

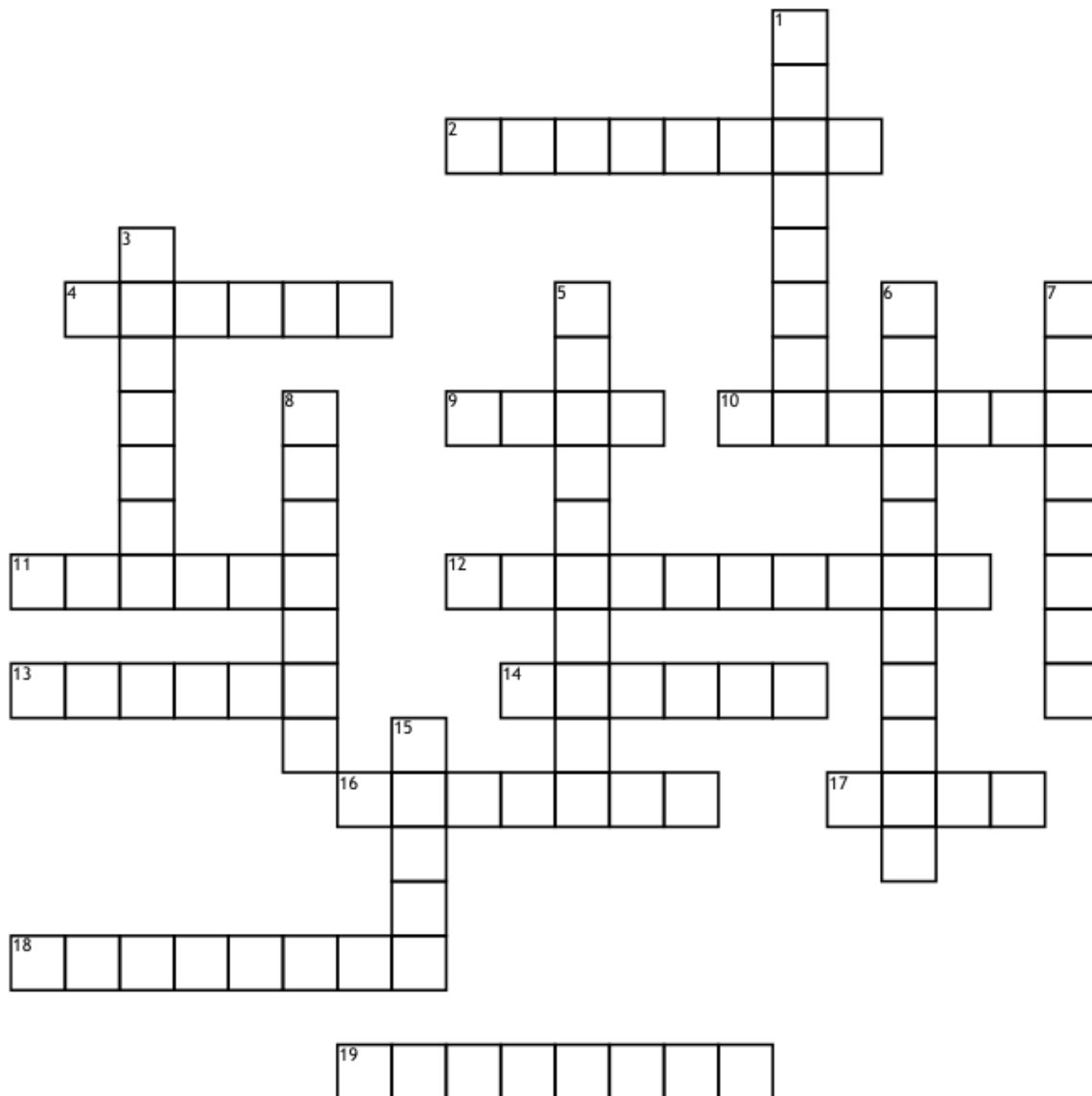
conflict

freedom

poppy

silence

# Remembrance Day



## Across

2. War Poem: In \_\_\_\_\_ Fields.  
 4. Lest we \_\_\_\_\_.  
 9. A group of people who fight on land.  
 10. Someone who has fought in a war.  
 11. A long hole dug into the ground where soldiers hid.  
 12. Wounded and dead.

13. Gas used in war.  
 14. Wire used in war.  
 16. Injured.

17. A group of people who fight on the sea.  
 18. A place where people are buried.  
 19. The month of Remembrance Day.

## Down

1. A group of people who fight in the air.

3. Bravery.  
 5. The area between the trenches.  
 6. What WWI was originally known as.  
 7. A statue or building to remember veterans.  
 8. Gun used in war.  
 15. A red flower that is a symbol of remembrance of the dead.

# Remembrance Day Word Scramble

Instructions: Unscramble the letters to find the Remembrance Day words from the list below.

m e y n e

— — — — —

u r d a g

— — — — —

n a a d c a

— — — — —

b l t e t a

— — — — —

g f i r e

— — — — —

p e c a e

— — — — —

y t u d

— — — —

d a e p r a

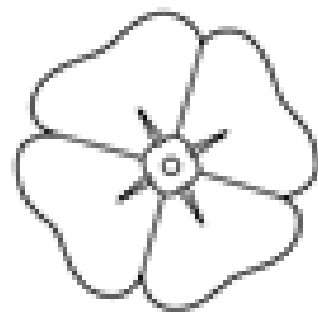
— — — — —

l a g f

— — — —

## Word List

battle	grief
canada	guard
duty	parade
enemy	peace
flog	





# **Employee Appreciation**

## **. Nomination Form**

**Employee Being Nominated:**

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**Date:** 

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

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

**- Taking Initiative with Operations  
( )**

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**Details:** 

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# Just Joking

Dear Son,

I am writing this slow because I know you can't read fast  
We don't live where we did when you left. Your dad read in the paper that most car accidents happen within twenty miles of home, so we moved. I can't send you the address as the last family that lived here took the numbers with them for their next house so they wouldn't have to change their address

This place has a washing machine but the first day I put in four shirts, pulled the chain and I haven't seen them since

It rained here only twice last week, three days the first time and four the second time

About the coat you wanted me to send you. Aunt sue said it would be a little to heavy to send in the mail with them heavy buttons so we cut them off and put them in the pockets

About your sister, she had a baby this morning. I haven't found out if it is a boy or a girl so I don't know if you're an aunt or an uncle

Aunt Mable is knitting you some socks. She would have sent them by now but I told her you had grown another foot since she saw you last so she had to knit another one

Not much more news this time. Nothing has happened

Love mom

