



ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post December 2023

I'VE BEEN WAITING FOR CHRISTMAS

By Unknown

I've been waiting for Christmas,
And it's almost here.
I've been waiting for Christmas,
Santa's getting near.

Can't you hear the sleigh bells ringing?
Reindeer up so high.
Can't you hear the children singing,
As they watch the sky?



Christmas Facts you might not know

Bing Crosby's classic song "White Christmas" is not only the best-selling Christmas song, but the best-selling single of all time.

The day of Jesus's birth is actually not mentioned in the Bible. It was initially believed to have taken place on January 6, but for reasons unknown, the celebration was moved to December 25 in the mid-4th century.

Rudolph the Red-Nosed Reindeer made his debut in 1939 in a giveaway coloring book created by a copywriter for the Montgomery Ward department store.

In North America, the tradition of leaving cookies and milk for Santa Claus on Christmas Eve took root during the Great Depression, when parents encouraged children to keep their charitable spirit alive in the face of financial hardship.

Although gingerbread houses date back to the 1600s, the tradition became widespread in Germany after the story of Hansel and Gretel was published in 1812.

In 1931, Coca Cola commissioned the artist Haddon Sundblom to paint Santa Claus for the company's Christmas ads. Inspired by the 1823 poem "A Visit from St. Nicholas," the artist created the warm, jolly character we all know today, complete with rosy cheeks, a white beard, and twinkling eyes.

On December 16, 1965, the classic Christmas song Jingle Bells was broadcast during NASA's Gemini 6A space flight. It was the first song to be played in space.

The history of Santa Claus dates all the way back to the third century, to a Turkish monk named St. Nicholas who was famous for helping the poor and sick. Dutch immigrants eventually brought the story of the man they called "Sinter Klaas" to New York, where his legend continued.

The 2018 computer-animated film, The Grinch, is the highest grossing Christmas film of all time bringing in \$512,858,819 worldwide. The runner-up? *Home Alone*, the Christmas classic from 1990.

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 December 5th (Appointment Deadline: Mon Dec 4th)

Tuesday December 19th (Appointment Deadline: Mon Dec 18th)



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



Leo Fennelly moved into Admirals Coast with his wife August of this year. Leo loves to go for walks and come out for music. Leo has since moved to another facility to better fit his current needs

We wish his family the best during this transition in his life.

Lorraine Russell moved into Admirals Coast July of 2021. “Aunt Loll” as most people referred to her as is a lovely lady. Loll had many stories from her old job and her adventures. Loll loves bingo, music, singing and going for walks.

Loll has moved to another facility to better fit her current needs.

We wish her and her family the best during this new transition.



Evelyn Legge passed peacefully away at her home here at Admirals Coast on December 1st. Evelyn has been here since October of 2015. She was a big fan of sci-fi and action movies and had a wonderful sense of humor. Evelyn loved a good smoke and a cup of coffee! She will be missed by all.

We wish her family the best during this difficult time.



Bob Jenkins



Sharon MacMillan



Please help us in
welcoming our
newest residents
to the Admirals
Coast family!

If you see them
do not hesitate to
give them a warm
welcome and
introduce
yourself!

Jacqueline Piercey



Roy Tucker



Clem & Jackie Drake





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 December- Residents



Bob Jenkins– Dec 3rd

Alma King- Dec 11th

Bella Biddiscombe– Dec 16th

Dora Blagdon Dec 20th

Marion Drodge– Dec 21st

Charlie Morey- Dec.22nd

Ruth Thompson- Dec 24th



Birthdays in December- Staff



Sue- Dec.1st

Juanita– Dec 4th

Kim S– Dec 21st

Mackenzie O– Dec 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

Upcoming events!

Our recently held craft fair was a huge success! We raised \$949 for our recreation program!

On Thursday, December 14th, Emma Dooley Art will be coming to do a guided Christmas painting with us. Residents can invite one person, a friend or family member, if they like, to paint with us. Staff members who want to paint are more than welcome as well.



Employee Appreciation

Employee Recognition Time

As always, it is pleasure to acknowledge the people below as their efforts truly do not go unnoticed. Please take a few moments to congratulate our shining stars below! I ask any resident, family or staff member who was touched by an experience with a particular staff member to please bring to my attention.

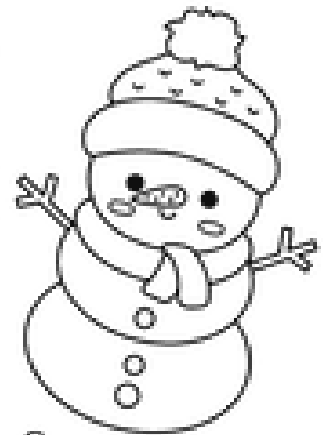
Dianne Besso is a long-time employee, dating back to 2010, that is special in and of itself. But Dianne's greatest gift can be felt when she is "caring" for you. Dianne is patient, tender, respectful and she can make you feel like very special. I completely trust her judgement when delivering care, a bath, grooming, or medication management. If Dianne is helping you, you are in the best of hands. Dianne has a hearty laugh and likes to make you laugh as well. Dianne has had her share of personal loss, and it is difficult at times to fight feelings of grief, however, Dianne chooses to live in the light. She chooses to show up each shift with all the gifts mentioned above. Dianne is a blessing to our operation and to anyone whom she touches throughout the day. Thank you Dianne.

Joanne Dooley Butler began her employ in September of this year and Shaelyn and I are so impressed with the enthusiasm and countless ideas she has brought to our recreation program. Joanne is friendly, energetic and helpful. THIS WOMAN WANTS TO HAVE FUN! She is breath of fresh air and well connected within our community. Joanne is enjoying the connections she is making with residents and staff and looking forward to December month with all the extra festivities. Joanne is dependable and very creative. Please take a few moments to extend congratulations for making such a great impression so quickly. It is not easy to walk into a work team of over 50 people and 100 residents, but Joanne did and has quickly gained the favor of all of us. Thank you Joanne.

HOLIDAY WORDSEARCH



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



CANDY CANE
 CHRISTMAS TREE
 COZY
 ELF
 HOLLY
 HOT CHOCOLATE
 ICE SKATES

WORD LIST

IVY
 JINGLE BELLS
 MITTENS
 NAUGHTY
 NICE
 PRESENT
 REINDEER

SANTA CLAUS
 SLEIGH
 SNOWMAN
 SWEATER
 TINSEL
 WINTER



Homemade
 GIFTS MADE EASY

CHRISTMAS SCRAMBLE

Unscramble the letters to find the Christian Christmas words.



LNEO

SEIW

RAMY

YOLH

ATFHI

LTIGH

IHDLC

HYMRR

ESUJS

CERGA

IRSOAV

AEGNRM

OPESHJ

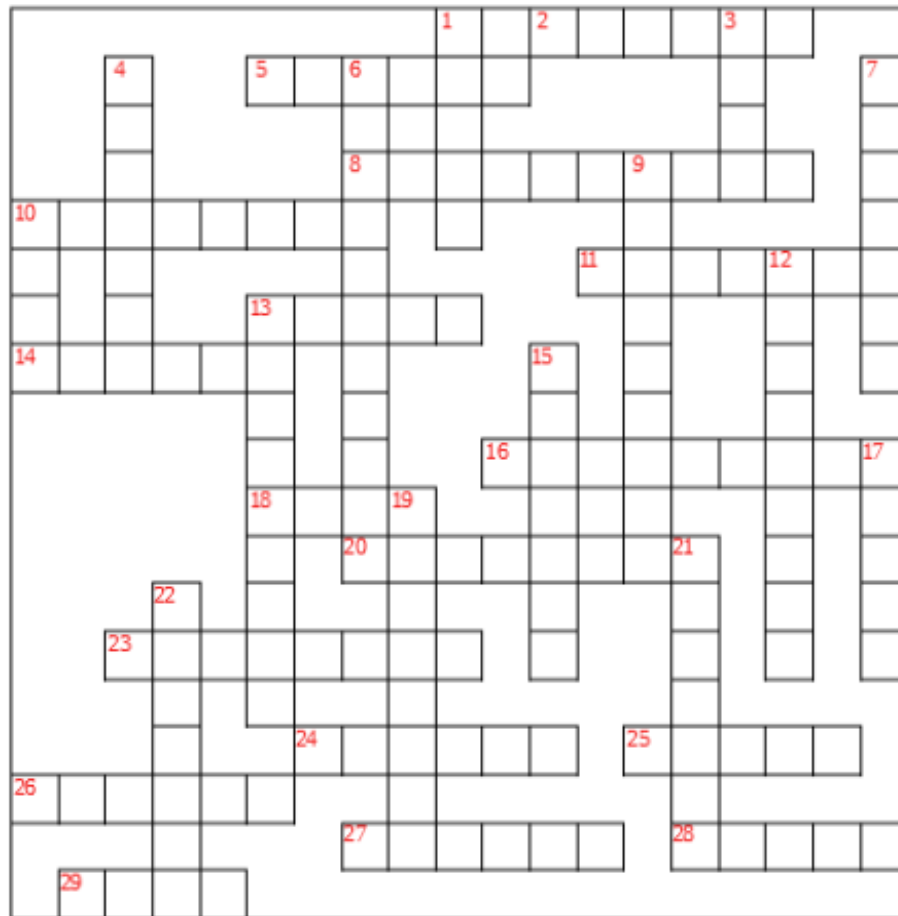
LBTEAS

MTSHCISRA

ANSWERS: NOEL, WISE, MARY, HOPE, FAITH, LIGHT, CHILD, MARRIAGE, JESUS, GRACE, SAVIOR, MANGER, JOSEPH, STABLE, CHRISTMAS

Homemade
GIFTS MADE EASY

Christmas



Across

- 2 Famous snowman
- 5 Traditional dairy drink
- 8 An opener or a famous ballet
- 10 Hung over the fireplace
- 11 Carrot-nosed figure
- 13 Christmas song
- 14 Circular decoration
- 16 Dance of the ____ Fairy
- 18 Tree topper
- 20 Christmas month
- 23 Tree decoration
- 24 Santa's ride
- 25 Santa's helpers
- 26 ____ Bells
- 27 Green Christmas thief
- 28 Plant with red berries
- 29 The First Christmas, "The First ____"

Down

- 1 ____ Pole
- 3 Green Christmas decoration
- 4 Mean or miserly person
- 6 Treat used to build miniature houses
- 7 How Santa gets in
- 9 Striped sweet
- 10 Frozen rain
- 12 Christmas "kissing" plant
- 13 Gift giving holiday
- 15 Little ____ Boy
- 17 ____ Christmas; A season's greeting
- 19 Rudolph and friends
- 21 Lead reindeer
- 22 Kris ____

Employee Appreciation

. Nomination Form

Employee Being Nominated:

Date:

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

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

**- Taking Initiative with Operations
()**

Details:

Just Joking

Joel, an eight-year-old boy, was asked to say a little prayer before his family ate their Christmas dinner.

The family members bowed their heads as little Joel began his prayer.

He thanked God for his mum and dad, his brothers and sisters, his grandparents and all his uncles and aunties.

He then began to thank God for the food.

He gave thanks for the Christmas turkey, the delicious stuffing and the scrumptious Christmas pudding.

He was thankful for the pork, the crispy roast potatoes and even the cranberry sauce.

Then little Joel paused. Silence filled the room and his family waited and waited.

After a long silence, the little boy opened his eyes and saw his family angrily staring at him.

"What?" he asked. "If I thank God for the Brussels sprouts, he'll know I'm lying!"

