

# The Augustine Eagle

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**AUGUST 2019**





# *Augustine House Resident Council Meeting*

**MINUTES of Resident Council Meeting held TUESDAY July 16, 2019.**

Attendance: Joseph, Don, Catherine, Phyllis, Carla, Peggy, Matt, Glenn, Charlotte.

Call to Order at 9:50 a.m. by President Joseph

Adoption of Agenda: M/S Catherine/Carla. Approved.

**Adoption of Minutes of Last Meeting:** M/S Charlotte/Don. Approved.

**1. Fire & Safety:** Matt requested a beginning start due to meeting with a workman re: his screen door. All alarms are functioning. Every two months there will be a comprehensive check of our systems. Fire & Earthquake system check every year. M/S Peggy/Catherine. Approved.

**2. Treasurer:** Catherine reported receiving two cheques for total \$267.00 for recycling, and expense of \$250.00 for donation to Delta Food Bank. Current balance \$2198.53. M/S Catherine/Matt. Approved.

**3. Food & Dining:** Carla reported they are continually on watch for peppers in soup, and inform the Servers to have them removed. M/S Charlotte/Don. Approved.

**4. Haven House:** Glen reported they still have no water dispenser. Glenn & Don will continue to seek assurance from Management for its purchase. M/S Charlotte/Don. Approved.

**6.Recycling:** Charlotte reported recycling project going well, container has been developed for compost which replaces newspapers, etc. Posters in laundry rooms showing proper disposal of compost and prepared containers. M/S Catherine/Glenn. Approved.

**7. New Business:** Treasurer Catherine M/S by Glenn donate \$250.00 to Delta Assist. Approved.

Adjourned by Don at 10:45 a.m.

**Next meeting: Tuesday, August 20<sup>th</sup>, 2019**



SATURDAY AUGUST 3<sup>RD</sup> CATHOLIC COMMUNION 3<sup>RD</sup> FLOOR CHAPEL 3:30

SUNDAY AUGUST 4<sup>TH</sup> HYMN SING AND SERVICE EAST LOUNGE 2:15

SATURDAY AUGUST 10<sup>TH</sup> CATHOLIC COMMUNION 3<sup>RD</sup> FLOOR CHAPEL 3:30

SUNDAY AUGUST 11<sup>TH</sup> LADNER GOSPEL ASSEMBLY EAST LOUNGE 2:15

SATURDAY AUGUST 17<sup>TH</sup> CATHOLIC COMMUNION 3<sup>RD</sup> FLOOR CHAPEL 3:30

SUNDAY AUGUST 24<sup>TH</sup> CATHOLIC COMMUNION 3<sup>RD</sup> FLOOR CHAPEL 3:30

SATURDAY AUGUST 25<sup>TH</sup> BAPTIST CHURCH SERVICE EAST LOUNGE 2:15

SUNDAY AUGUST 31<sup>ST</sup> CATHOLIC COMMUNION 3<sup>RD</sup> FLOOR CHAPEL 3:30

August 2019						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



# RESIDENT FORUM MINUTES

Held Thursday, July 25th, 2018 @ 3pm

**Present:** Jackie, Anne, Joanne, Joy, Tim, Murray and 37 residents attended in the Media Room

**Tim:**

- Thank you to Charlotte for posters on composting, yogurt containers are available to residents who would like them.
- Reminder, absolutely NO plastic in compost - please do not drop off compost during busy meal prep times and afterwards as kitchen is very busy.

**Murray:**

- Fire Safety – we do alarm testing once a month.
- Fire drills are completed on a regular basis and again when we have 'Shakeout BC', Earthquake Preparedness in October.
- Residents should have enough water/food in suite to last 3 days.
- If you hear alarm, stay in suite as staff will come to get you.

**Joy:**

- Reminder to stay hydrated in the summer heat, today Rob will be speaking about staying safe in the heat.

**Jackie:**

- Question from resident re: Gardens, not looking their best. Jackie will check with Murray on this point.
- Question re: Water Dispenser in Haven House. We have found an acrylic water dispenser and are in the process of purchasing it.

**Tim:**

- We are missing some glasses that are used for Happy Hour – beer glasses, wine glasses, if residents have inadvertently taken, please return.
- Steve has lost 33 Augustine House Mugs so far this year.
- Lots of positive feedback on the 'Baby & Toddler Group' every Thursday.
- Suzuki Music Method is coming in October, stay tuned for details.
- BC Day – Bus is going to be in the Tsawwassen Sun Festival Parade August 5<sup>th</sup>!
- Lion & Lamb farm is coming in August, farm animals from a farm in Mission.
- Everyone really enjoyed the Men's & Ladies Lunch in White Rock last month!
- Coming up this summer pic-nics to Deas Island Park and Stanley Park, if you missed the pic-nic in Stanley Park you can go to the next one!
- Wednesday, August 21<sup>st</sup> we'll welcome Pat Walton's family for a very special afternoon of music.

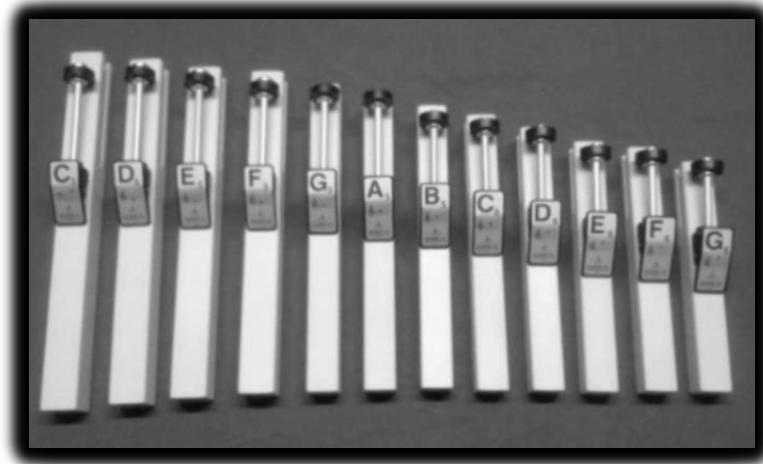


**Hand chime choir every SUNDAY EVENING**

**We are always looking for new members**

**7:15 pm.**

**Multipurpose Room.**



**AUGUSTINE HOUSE HAND CHIME CHOIR CONCERT**

SATURDAY AUGUST 31<sup>ST</sup>

2:30

DINING ROOM

## AUGUSTINE HOUSE HEALTH CORNER

Dehydration in seniors can be potentially life threatening, especially during the summer when the temperatures soar. Here are 7 hydration tips for seniors that caregivers can use to help the elderly stay hydrated all year round.

Seniors can stay hydrated by making sure they:



1. **Take frequent drink breaks** throughout the day.
2. **Drink 6-8 glasses** of water - that is the daily-recommended intake of fluids and water for those that are not on a restricted fluid diet.
3. **Drink 1-2 glasses of water** first thing upon waking up.
4. **Add extra flavour** to their water.
5. **Eat fruits** with high water content.
6. **Keep cool** - stay in air-conditioned spaces or cooling centres during heat waves or heat alerts. ***Remember it is air conditioned on the main floor.***
7. **Reduce sun exposure.**



# **TAKING A SEAT FOR A SIMPLE HELLO**

The ‘Happy to chat’ bench — one British town’s solution to help alleviate loneliness



A chat bench at Victoria Garden Park in London. A “Happy to chat” sign is meant to help break down barriers between strangers seated side by side but fumbling what to say.

Det. Sgt. Ashley Jones with the Avon and Somerset Police in England was talking to an elderly widow who had been scammed. She would get a call each morning from a man pretending to be her friend, and he eventually

convinced her to give him about \$31,000.

Jones was struck when she said she didn’t mind sending the con man money. “Otherwise, I would never speak to another person for weeks on end,” he recalled her saying.

She was one of many people, both elderly and young, Jones encountered who were profoundly lonely in his community in Western England. So he decided to do something about it.

Jones convinced the police department to let him designate a couple of “chat benches” in two local parks last month. In mid-June, he hung colourful signs that said,

“The ‘Happy to chat’ bench. Sit here if you don’t mind someone stopping to say hello.”

A few days after the signs went up in local parks in Taunton and Burnham, Jones took a stroll by each one and saw people sitting there actually talking to each other.

“Fantastically, this has begun to gain traction,” said Jones, a 22-year veteran of the department.

Since the first one, he has facilitated 10 more chat benches, often in places where senior citizens are known to congregate.

He said the “Happy to chat” sign helps break down the invisible wall between strangers who

might be sitting side by side but are uncertain about starting a conversation.

The idea is catching on quickly. Less than a week after the benches went up and the police department posted photos on Facebook, Jones started fielding calls from other police departments in England and Wales hoping to do the same.

There are now more than 40 conversation benches scattered throughout the United Kingdom, Jones said, and people in other countries, including Australia and the United States, have shown an interest in doing similar projects. He recently got a call from a real estate agent in Prineville, Ore., who said he is having several chat benches custom-built, with the goal of putting them in local parks, Jones said.

"We have seen many new chat benches springing up across the U.K. and beyond," he said.

Jones, 49, said the project is not just an attempt at being community minded — it's also a crime-cutting measure. One of the reasons people fall victim to scammers is that they are lonely and isolated, just like the woman who sent a con man \$31,000.

Talking to her "was a revelatory experience for me," he said.

While looking for a way to address the persistent loneliness he was seeing, Jones learned that more than nine million people in the United Kingdom — about 20 per cent of the population — were always or often lonely, and 17 per cent of elderly people were in contact with family or friends less than once a week.

Of course, the problem is not unique to the United Kingdom, said Avon and Somerset Police and Crime Commissioner Sue Mountstevens.

"We all play a part in keeping our communities safe," she said. "Simply stopping to say 'hello' to someone at a chat bench could make a huge difference to their everyday lives, and hopefully encourage them to speak out if they are a victim of abuse."

While in London on Sunday to unveil his department's latest chat bench in Victoria Garden Park next to the Palace of Westminster, Jones sat down on the bench to enjoy the ambience by the Thames River.

"An elderly gentleman came and sat down next to me — he looked at the sign, and we started chatting," he said. "He was 82, visiting London from Seattle, out for a stroll. We had a great

chat for 30 minutes and learned a lot about each other and where we both originated in life."

That's exactly what he was hoping would come of the chat benches, said Jones, who is developing a "travelling chat bench" project with volunteers who would help set up the signs in even more locations.

"All who participate gain a positive outcome from getting involved," he said. "The chat bench removes that invisible social barrier that prevents people from saying 'hello.'"



## WHO'S NEW IN THE HOUSE

### Jacqueline

Jacqueline was born on the French Island of Saint Pierre and Miquelon, 16 kms south of Newfoundland. She left at 16 to finish high school and went to college in Nova Scotia where she graduated with a B.A.

In 1963, Jacqueline became a Canadian landed immigrant. She taught French at a high school in Nova Scotia for 3 years.

She met her husband Felix as he was travelling to St. Pierre on a summer program through the University of Toronto to improve his French. Felix had emigrated from Scotland.

They married in St. Pierre before moving to Toronto. Jacqueline and Felix had two daughters and two sons while living between Canada and Scotland. Jacqueline managed to get her Master's degree in Education in Edinburgh.

They were able to teach in other countries, including Saudi Arabia. They enjoyed travelling  
Jacqueline also has six grandchildren.

Welcome to Augustine House Jacqueline.

# BC DAY

*The first Monday of August is known as British Columbia Day, BC Day or B.C. Day, in the province of British Columbia. It is a statutory holiday and gives Canadians in the province the chance to celebrate their achievements or relax with friends and family members.*



**The Steller's Jay is the provincial bird of British Columbia.**

## Background

Indigenous peoples have inhabited British Columbia, as described in their oral traditions. There are claims by the English to have explored the region in the 16th century, but it was the Majorcan-born Spanish navigator Juan José Pérez Hernández who did the first documented travel 1774. In 1778 English explorer James Cook reached Nootka Sound and set foot on British Columbian soil. There were several gold finds in British Columbia in the 1850s. The British colonial office responded to this situation by establishing British Columbia's mainland as a crown colony in 1858, naming it the Colony of British Columbia. In 1871 British Columbia became the sixth province of the Dominion of Canada.

The British Columbia Day Act was first introduced to the Legislative Assembly in 1974. The aim of the Bill was to create a statutory holiday on the first Monday in August to recognize the pioneers in the province and the act gained royal assent in 1996.

## Symbols

There are a number of symbols of British Columbia. These include the Steller's Jay (a bird), the Pacific Dogwood (a flower), jade (a mineral), the Western Red Cedar (a tree) and the provincial tartan, which contains colors to represent many aspects of the province. Two important symbols of British Columbia are the flag and the coat of arms. The top part of the flag consists of a union flag with a crown in the center. These represent the colonial links with the country and monarch of the United Kingdom. The lower part of the flag consists of a setting sun on a background of blue and white waves. These represent the geographical location of the province on the west coast of Canada between the Rocky Mountains and the Pacific Ocean. These elements also appear in the coat of arms.

## B.C. QUIZ

### CAN YOU NAME THESE BC TOWNS?

- |                              |                                      |
|------------------------------|--------------------------------------|
| 1. FORMER QUEEN = VICTORIA   | 25. BEES BUM =                       |
| 2. FISH APPENDAGE =          | 26. BILL'S POND =                    |
| 3. TO WOO A JOINT =          | 27. ICE CREAM BAR =                  |
| 4. 2,000 LB MONARCH =        | 28. CHOCOLATE DESSERT =              |
| 5. PURSUE =                  | 29. SET FIRE TO WATER =              |
| 6. SEA DROPS =               | 30. OVERCOOK A HONEY MAKER =         |
| 7. BETWEEN FAITH & CHARITY = | 31. SHELTER FOR A PANEL TRUCK =      |
| 8. HORSE DRAWN BUGGY =       | 32. GRITTY SALIVA =                  |
| 9. CENTURY HOUSE =           | 33. RECENT PREACHER HERE FROM EAST = |
| 10. BIG UTENSILS =           | 34. FELINE'S COVE =                  |
| 11. AWARD =                  | 35. AWARE COVE =                     |
| 12. MASSACHUSETTS TAVERN =   | 36. ATTACK A LARGE ANIMAL =          |
| 13. OPEN PASTURE =           | 37. PREMIERS FOOT =                  |
| 14. PATH =                   | 38. FAMOUS MOM IN ROCKING CHAIR =    |
| 15. BLOCKADE =               | 39. DICKENS CHARACTER =              |
| 16. COLOURED STONE =         | 40. ADMIRAL OF THE FLEET =           |
| 17. NOISY DOG TOWN =         | 41. CAT'S RUG =                      |
| 18. COSTELLO'S CHEVY AND =   | 42. BALCONY =                        |
| 19. TRANSPARENT FLUID =      | 43. SOUP STREAM =                    |
| 20. COOL HIT =               | 44. RUGGED HARBOUR =                 |
| 21. MONEY RIVER=             | 45. RINGER'S COVE =                  |
| 22. MINERAL CREEK =          |                                      |
| 23. TOUGH LIMB =             |                                      |
| 24. DEVIL'S ENTRANCE =       |                                      |



# Civic Holiday

Civic Holiday is the most widely used name for a public holiday celebrated in most of Canada on the first Monday in August, though it is only officially known by that term by the governments of Nunavut, the Northwest Territories, and Prince Edward Island. The Civic holiday is recognized as a statutory holiday in those three provinces and territories.

The holiday is known by a variety of names in other provinces and municipalities, including British Columbia Day in British Columbia, New Brunswick Day in New Brunswick, and Saskatchewan Day in Saskatchewan. The holiday is celebrated as Natal Day in Nova Scotia and Terry Fox Day in Manitoba. The day is not a statutory holiday in Nova Scotia and Manitoba.

## **Alberta**

In 1974 the Government of Alberta, acting through Minister of Culture Dr. Horst A. Schmidt, declared the first Monday in August an annual holiday to recognize and celebrate the varied cultural heritage of Albertans, known as Heritage Day. This gave rise in 1976 to the Edmonton Heritage Festival, a three-day celebration of food, dance, and handicrafts of cultures from around the world. Heritage Day has been an "optional" civic holiday, having been downgraded from a statutory holiday following the introduction of Family Day in 1990.

## **British Columbia**

In 1974, the Legislature of British Columbia introduced legislation nominated by Surrey MLA Ernie Hall to establish the holiday. It was the last province to establish an August Monday holiday.

## **Ontario**

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The holiday was renamed Simcoe Day in Toronto effective 1969 in honour of the first Lieutenant-Governor of Upper Canada and the promulgator of the Act Against Slavery, but a motion at the Ontario Municipal Association to extend the name change across Ontario failed. According to a 2005 proclamation, this name continues to apply in the present amalgamated city of Toronto. Civic Holiday is now known by one of a number of local appellations such as:

- Colonel By Day in Ottawa,
- George Hamilton Day in Hamilton,
- Joseph Brant Day in Burlington,
- Founders' Day in Brantford,
- McLaughlin Day in Oshawa,
- Alexander Mackenzie Day in Sarnia,
- James Cockburn Day in Cobourg,
- Peter Robinson Day in Peterborough,
- John Galt Day in Guelph, as well as numerous other names in smaller municipalities.
- When not given a local name, it is often referred to as 'Civic Holiday'. Although a work holiday is given to employees of the federal and many municipal governments, the Government of Ontario has not defined this day as a statutory holiday and it is not mentioned in either Ontario's Employment Standards Act or Retail Business Holidays Act. Schools are generally already closed, regardless of the holiday's status, because of summer vacation. The Caribbean Cultural Festival, formerly known as Caribana, is held this holiday weekend in Toronto, coinciding with Emancipation Day.

## **Quebec, Newfoundland & Labrador, Yukon**

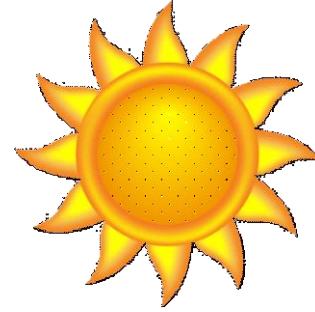
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The first Monday in August is not generally observed as a holiday in Quebec, parts of Newfoundland and Labrador, or Yukon, but replacement summer holidays may be observed as follows:

- Quebec observes Saint-Jean-Baptiste Day on 24 June.
- In Yukon, Discovery Day is observed on the third Monday of August instead, and commemorates the 1896 discovery of gold in the territory and the start of the Klondike Gold Rush.
- In Newfoundland and Labrador, the Shops Closing Act provides for a civic holiday on the date of the Royal St. John's Regatta (usually the first Wednesday of August) in St. John's, the date of the Harbour Grace Regatta (usually the fourth Saturday in July) in Harbour Grace, and a date fixed by the applicable municipal council in all other municipalities. Several of these communities use the first Monday in August as a civic holiday, while others have not selected any date.

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**TSAWWASSEN  
SUN FESTIVAL**



**JOIN US FOR THE ANNUAL SUN FESTIVAL  
PARADE IN SUNNY TSAWWASSEN**

**MONDAY AUGUST 5<sup>TH</sup>**

**BUS LEAVES HERE AT 10:00 AM  
PARADE STARTS AT 11:00 AM**

**SIGN UP SHEET AT THE BULLETIN BOARD**

**WE SHOULD BE BACK AROUND NOON, IF FIRST SITTING  
FOR LUNCH, ARRANGE LUNCH FOR 1:00**



**JUST A REMINDER**

*Please do not pick Flowers in the garden  
that belong to other residents*

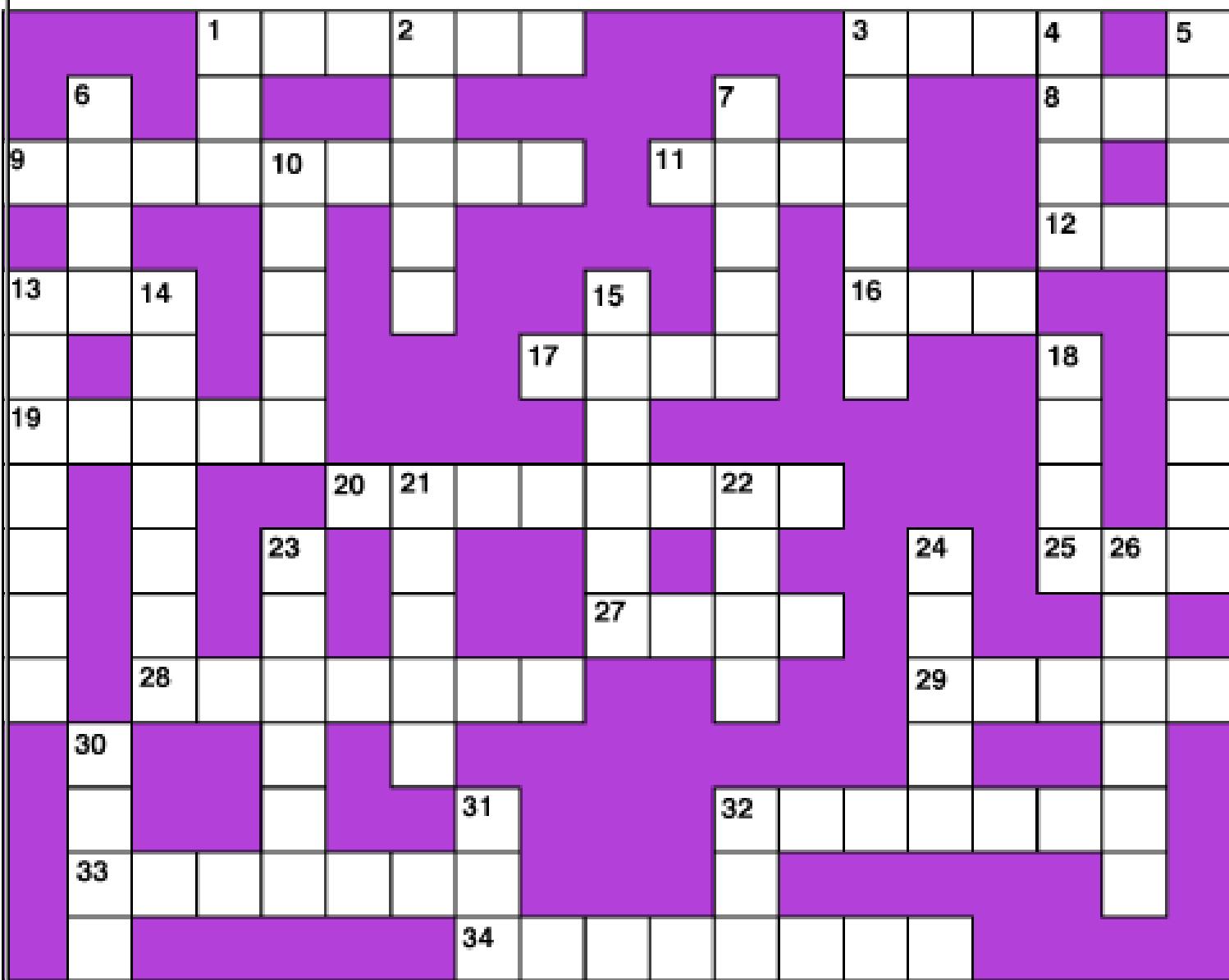
Do you have any Bar glasses or Coffee/Tea cups/ Float Glasses that belong to Augustine House; you can return them to the kitchen or any member of the Recreation or Kitchen Dept.

# HAVEN HOUSE HAPPENINGS

As July ends and we look forward to August, we would like to share some photos from our annual family BBQ. Thank you to our own Murray who donned a chef's hat and grilled up a scrumptious feast for all. In addition, thank you to all the family members for joining us, & a special thank you to our own nurse Deb who helps every year to make this BBQ a success!



# SUMMER CROSSWORD



## ACROSS

1. Light rain
3. String \_\_\_\_\_
8. Single
9. Jumping & hopping game
11. Summer month
12. Have lunch
13. Very warm
16. City home for wild animals
17. Summer month
19. Sandy spot
- 20 Water sport
25. Used to pave roads
27. Relax

28. Step back
  29. Very humid weather
  32. Warm weather foot wear
  33. \_\_\_\_\_ storm
  34. Thrilling
- DOWN**
1. Short form of sister
  2. Time piece
  3. Cool wind
  4. Musical symbol
  5. Summer month
  6. Go it alone
  7. Weather word
  10. Capture
  13. Leisure activities
  14. Follows a car
  15. June 21
  18. Always do your \_\_\_\_\_
  21. Pools are full of this
  22. Birds home
  23. Suntan \_\_\_\_\_
  24. Hot & \_\_\_\_\_
  26. Summer month
  30. Better \_\_\_\_\_ than never
  31. \_\_\_\_\_ you sleeping?
  32. Take a seat

## MEET THE STAFF

#53

**NAME: HAILEY**

**POSITION: CARE ATTENDANT**

**WHAT IS YOUR BASIC PHILOSOPHY IN LIFE:** My Grandpa always said "Family, health and happiness first "- I try to live by those words.

**WHAT ARE YOUR FAVORITE BOOKS/MOVIES:** There are too many books and movies to just pick one.

**WHAT DID YOU WANT TO BE GROWING UP:** I wanted to be a chef- tried it out and moved into healthcare.



**WHAT KIND OF MUSIC DO YOU LIKE:** I enjoy most genres of music- except techno, though right now nursery rhymes are my jam. 😊 .

**WHAT DO YOU DO FOR FUN:** going for family bike rides or walking down to the Ladner Market with my Dad and Son.

**WHAT IS YOUR FAVORITE COCKTAIL:** Peach Bellini

**WHAT MAKES YOU HAPPY:** Spending time with my Fiancé and 13-month-old son.

**WHAT IS YOUR IDEAL DATE NIGHT:** Going out for dinner or to a vineyard to do a wine tasting.

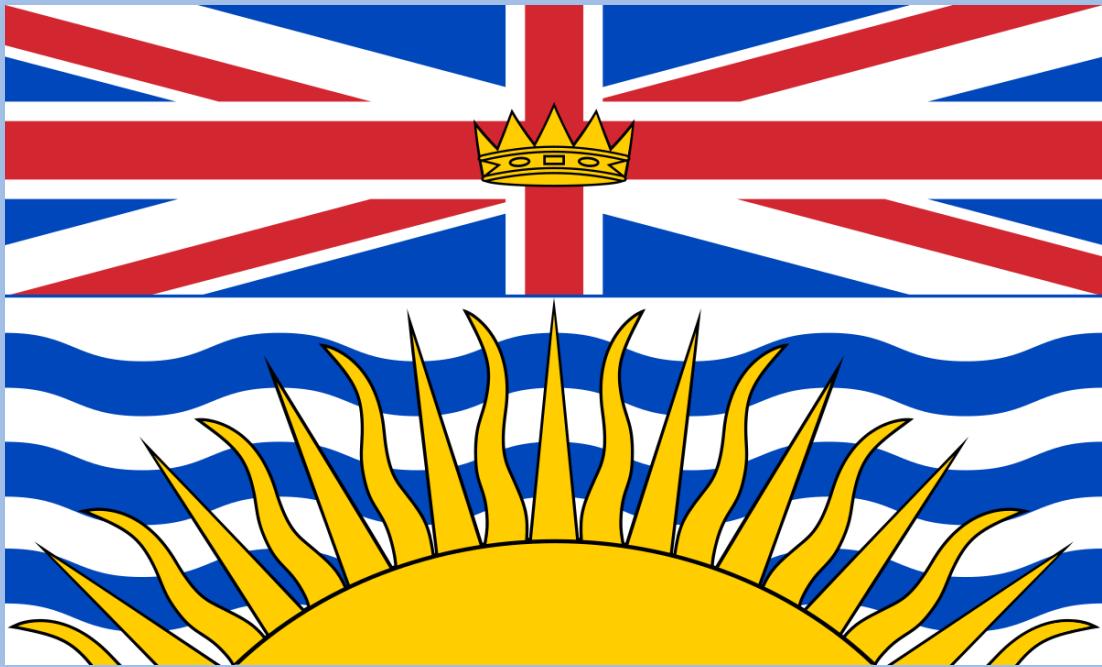
**WHAT IS YOUR PERFECT VACATION:** Going somewhere new to try something I have never done before (e.g., went up to Lytton to camp and white water raft down the Thompson River)

**WHAT IS YOUR FAVORITE FOOD:** Impossible to pick one- I love food, creating, cooking, and eating. 😊

**WHAT ADVICE WOULD YOU GIVE A 12 YEAR OLD:** *look after yourself and just be you.*

**WHAT WERE YOUR HIGH SCHOOL GRADES LIKE.** A's, B's, and C's- I was good at sports, math and science- German and Politics class not so good.

**PARTING WORDS TO THE MASSES ARE....:** "We may encounter many defeats, but we must not be defeated." - Maya Angelou



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