

The Augustine Eagle

AUGUST 2020





Augustine House Resident Council Meeting

MINUTES of Resident Council Meeting held Tuesday July 28th.

Attendance: Frank, Catherine, Gene, Hazel, Anne, Lannet, Peggy, Recorder.

Call to Order: by President Frank at 10:00 am

Adoption of Agenda: Approved.

Adoption of Minutes of Last Meeting: Approved.

Reports: Treasurer's Report: Present balance is \$5,654.00.

Food & Dining: No report.

Fire & Safety: No report.

Welcome Committee: Lanette and Carla welcome new residents. Discussion surrounding presenting a small gift of personal items, shampoo etc.

Hospitality: New residents this month, Kathy and Marlene. Ann will meet with new residents.

Recycling & Composting: Gene /Anne: Catherine picks up cups. Only income is from cans and liquor bottles which Tim has taken to 'Return It' in the amount of \$209.00

Previous Business: Non-slip rugs outside of shower, agreed these items to be provided by resident. Subject of Bocci: Gene checked with Tim and also spoke with Charlotte in response to her comments regarding horseshoe.

New Business: Question for management about removal of root on north-east side of walk which may be tripping hazard?

Adjournment: Anne

Next meeting: Tuesday, August 25th.

When you are bored just think about a few things that don't make sense ... like ;

1. If poison expires, is it more poisonous or is it no longer poisonous?
 2. Which letter is silent in the word "Scent," the S or the C?
 3. Do twins ever realize that one of them is unplanned?
 4. Every time you clean something, you just make something else dirty.
 5. The word "swims" upside-down is still "swims".
 6. 100 years ago everyone owned a horse and only the rich had cars Today everyone has cars and only the rich own horses.
 7. If you replace "W" with "T" in "What, Where and When", you get the answer to each of them.
 8. At a movie theatre, which arm rest is yours?
 9. If people evolve from monkeys, why are monkeys still around?
 10. Why is there a 'D' in fridge, but not in refrigerator?
 11. Who knew what time it was when the first clock was made?
 12. Why isn't a Fireman called a Water-man?
 13. How come Lipstick doesn't do what it says?
 14. If money doesn't grow on trees, how come Banks have Branches?
 15. If a Vegetarian eats vegetables, what does a Humanitarian eat?
 16. Why are goods sent by ship called CARGO and those sent by truck SHIPMENT?
 17. Why do we put cups in the dishwasher and the dishes in the cupboard?
 18. Why is it called 'Rush Hour' when traffic moves at its slowest then?
 19. How come Noses run and Feet smell?
 20. What are you vacating when you go on a vacation?
 21. Why do they call it a TV 'set' when there is only one
- We just had fun while being confused or was it the other way around?

Be kind, Stay safe, Keep smiling!

HOW TO WEAR A NON-MEDICAL FABRIC MASK SAFELY

[who.int/epi-win](https://www.who.int/epi-win)

Do's →



Clean your hands before touching the mask



Inspect the mask for damage or if dirty



Adjust the mask to your face without leaving gaps on the sides



Cover your mouth, nose, and chin



Avoid touching the mask



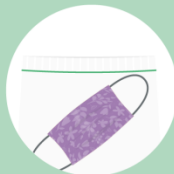
Clean your hands before removing the mask



Remove the mask by the straps behind the ears or head



Pull the mask away from your face



Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it



Remove the mask by the straps when taking it out of the bag

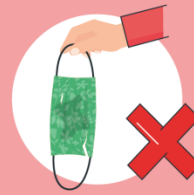


Wash the mask in soap or detergent, preferably with hot water, at least once a day



Clean your hands after removing the mask

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.



World Health Organization



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

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

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.

Friday HAPPY HOUR



PATIO 3:30 - 4:30

FRIDAY AUGUST 7TH

THE SAX OF US

FRIDAY AUGUST 14TH

BRIAN GRIFFITH

FRIDAY AUGUST 21ST

MICHELLE CARLISLE

FRIDAY AUGUST 28TH

SINCERELY YOURS



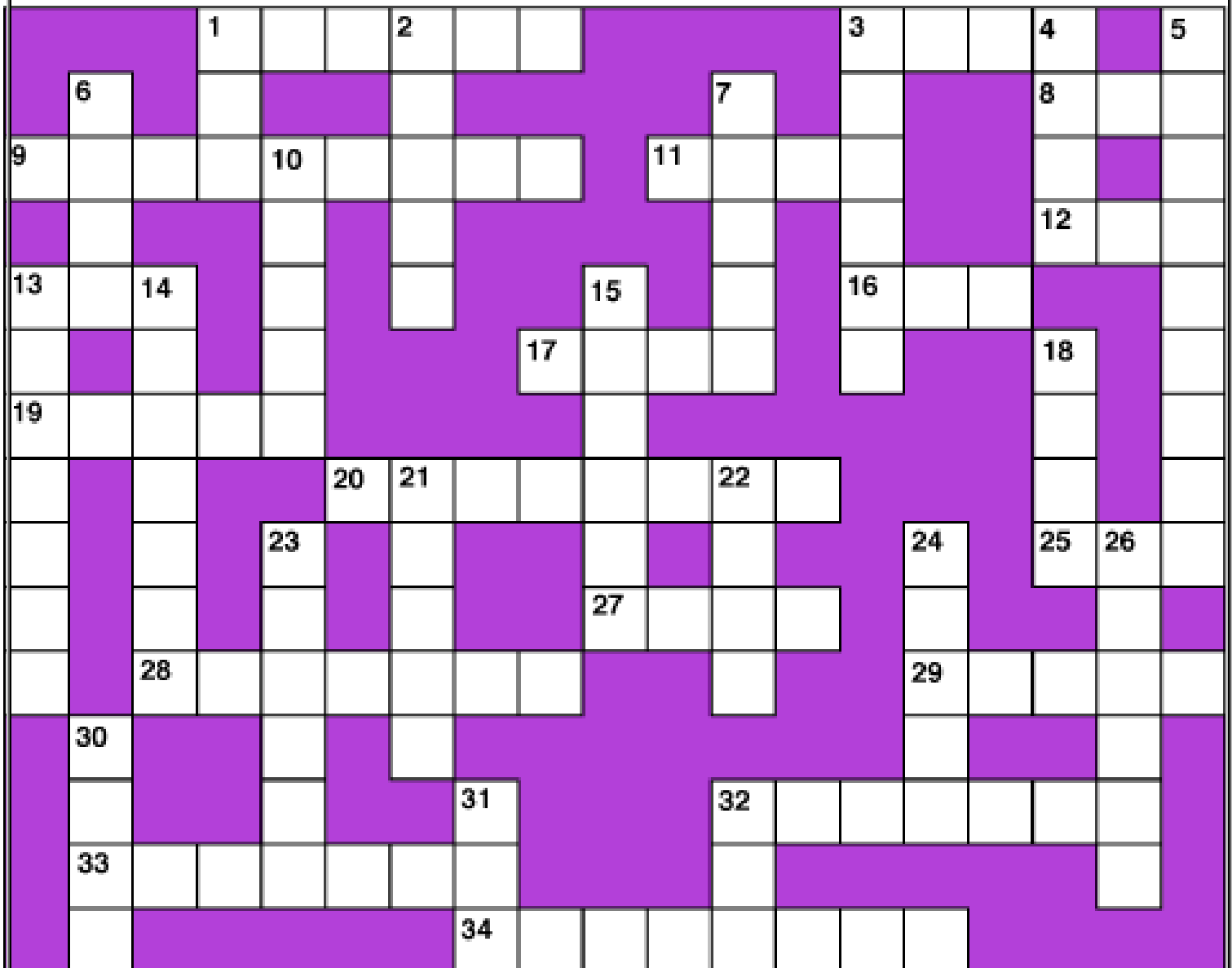
FOOD AND DINING FORUM

WEDNESDAY AUGUST 5TH

DINING ROOM

11:00 AM

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



JOIN US FOR WEEKLY SUNDAY MASS FROM
HOLY ROSARY CATHEDRAL IN VANCOUVER

MEDIA ROOM

TUESDAYS AND THURSDAYS

9:30 AM

**PLEASE NOTE THAT WE ONLY HAVE 12 SEATS PER SHOWING
FOR THE MASS DUE TO SOCIAL DISTANCING**



MOVIE NIGHT RETURNS TO AUGUSTINE HOUSE BEGINNING

FRIDAY AUGUST 7TH @ 7:00

PLEASE REFER TO THE CALENDAR FOR MORE DETAILS.

**PLEASE NOTE THAT WE ONLY HAVE 12 SEATS PER SHOWING FOR
THE MOVIE DUE TO SOCIAL DISTANCING**

The first Monday of August is known as BC Day in the province of British Columbia. We all sure love the long weekend that this statutory holiday gives us, so let's take this opportunity to learn some fun facts about the wonderful province that we live in!

1. British Columbia is the third largest and most westerly province in Canada and it is four times the size of Great Britain. The length of BC's coastline is over 27,000 kilometres.
2. Half of all British Columbians live in the metropolitan area of Vancouver.
3. BC has three UNESCO World Heritage Sites, six National Parks and over 400 provincial parks, recreation and conservation areas.
4. Two-thirds of British Columbia's land base (we're speaking of an area larger than France!) is forest land, and more than half of that area has had little or no human contact.
5. Among all provinces and territories of Canada, British Columbia has the mildest climate. It has the longest frost-free periods of Canada and flowers often start blooming as early as February.
6. British Columbia is one of the top 3 producing regions of cranberries and blueberries in the world.
7. Did you ever wonder what the BC flag stands for? We have the answer: On the top part there is a Royal Union Flag, reflecting British Columbia's British heritage. It is marked by the King Edward crown in the centre, which represents the Royal Family. The lower half shows a setting sun, representing the western location of the province. The blue and white lines behind the sun symbolize BC's location between the Pacific Ocean and the Rocky Mountains.
8. BC is home to the world's largest hockey stick! It was originally created for the Expo 1986 and then acquired by the city of Duncan, BC, where it is on display today. The stick is 62.48 metres long, weighs 28.12 tonnes (62,000 lb) and is therefore 40 times the size of a regular hockey stick. Make sure to take a look on your next trip to Vancouver Island!

9. Speaking of world records, BC resident Sarwan Singh who lives in the City of Surrey in the south of BC holds the world record for “Longest Beard” on a living male. It measures over 2.33 metres.
10. Actress Pamela Anderson was born on July 1st, 1967, in Ladysmith, BC, on Vancouver Island. She was the first child born in Canada on the 100th celebration of Canada Day (4:08 am), and was therefore named Canada’s “Centennial Baby”.
11. BC’s capital city Victoria, located on Vancouver Island, has an annual flower count at the end of the winter. Each year the community gets together to count more than one billion blooms. And while we are speaking of Victoria – the city was named after the British Queen Victoria.
12. The wettest city of Canada is Prince Rupert on the west coast of British Columbia. With an average of 239.7 days of rain per year and a total amount of 2593.6 mm of rain per year, it was given this title by The Weather Network.
13. Vancouver Island is also home to the highest waterfall in Canada. The Della Falls in Strathcona Provincial Park are 440 metres high, which is more than eight times the height of Niagara Falls.
4. “The Hanging Garden Tree” on Meares Island close to Tofino is one of the oldest known western red cedars and is estimated to be between 1,500 and 2,000 years old.
15. British Columbian residents are healthy! In 2014, BC’s population had the lowest percentage of smokers at 14.3% compared to all other provinces.
16. Between 1917 and 1921, alcohol was prohibited in British Columbia.
17. Nanaimo, a coastal city on Vancouver Island, is the Bathtub Racing capital of the world. The first race took place in 1967 to showcase Nanaimo to the world and contestants are required to use a bathtub boat.
18. Whistler is home to the longest unsupported cable car in the world. It connects the two peaks of the Whistler Blackcomb ski resort, one of the best resorts in North America for skiing and snowboarding.

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 = | |

WHO'S NEW IN THE HOUSE



KATHY

Kathy was born in Belfast, Northern Ireland. She lived there until her early 20's and married Patrick.

Patrick wanted to leave Belfast so he relocated to Regina, Sask. and became a police officer, Kathy followed 6 months later, she was 22.

When they were in Regina, Kathy worked in an office for a couple of years, she also worked part time in a drug store while she raised her 2 children.

Patrick had an opportunity to work for Air Canada, they left Regina and headed to Vancouver, settling in Marpole and eventually Ladner, Patrick worked there for 30 years, they had two more children during their time in Vancouver.

During Patrick's time at Air Canada, they managed to travel a lot, they loved to take the kids back to Belfast, and when the kids were older Kathy and Patrick got to travel a lot together.

Kathy likes to dance and read

She has 4 Children and 2 grandchildren.

Welcome to Augustine House Kathy.



MARLENE

Marlene was born in Vancouver, because her father was an engineer, they had to move every four years, she has lived in Vancouver, West Vancouver, Horseshoe Bay (During the war), Williams Lake and Penticton.

Marlene attendee Carlisle College in Vancouver to take business courses, she went on to work in various doctors' offices.

Marlene met her future husband on a train between Vancouver and Penticton, they were married 3 years later.

Marlene has 2 daughters, 4 grandchildren and 2 great grandchildren.

Marlene is well travelled and names London as her favorite place to visit.

DID YOU KNOW THAT CANADA HAS TWO OFFICIAL FLOWERS FOR THE MONTH OF AUGUST.

The August birth flowers are the **GLADIOLUS** and the **POPPY**

THE GLADIOLUS

The **gladiolus**, or 'sword lily,' represents remembrance, calm, integrity, and infatuation.

Gladiolus indicates that the heart is being "pierced with love."

THE POPPY

The other August flower is the poppy:

- A red **poppy** signifies pleasure;
- A white **poppy** is given for consolation; and,
- A yellow **poppy** wishes wealth and success.

HAVEN HOUSE HAPPENINGS

Hello from Haven House. What lovely warm weather we have been enjoying!

We really have been so lucky when it comes to the sunshine! It's nice to be able to sit outside and do different things on our patio, as well as getting out to walk around the house. We did some rock painting in July, to fill up some empty spots in our garden. We are pretty pleased how things turned out. Check out the picture below.

We are planning to have a BBQ lunch in Haven House during the month of August, complete with hot dogs and pepsi cola, followed by ice cream! Were hoping for a sunny day. Enjoy August everyone. Take care, and stay healthy.



Rock Painting Project



Musical Marge



Ice Cream for Pat

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.**



August 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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					

www.a-printable-calendar.com

Don't Let
Your **Hips**
Take the **Hit**

Osteoporosis usually has no warning signs and causes our bones to weaken and become thin over time.

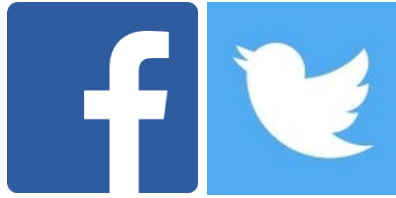
Falls are a serious concern for seniors and resulting hip fracture injuries can lead to permanent disability.

Contact the pharmacist to learn more about preventing, delaying, and treating osteoporosis.


604-254-4633

Remedy'sRx.
Pharmacy


DID YOU KNOW.....



We have a website - check it out at

 We have a Facebook Page - just go to www.facebook.com and search Augustine House Society and "Like" us or Google Facebook Augustine House Society

 We even have a Twitter page! Our name is @augustinehouse

 We also have areas in the building that have wireless access, so if grandkids are visiting and they want to play on their electronic devices, they can connect to the internet for free! Get the passwords from Reception.

Medications Can Cause Falls



Older adults who take many medications have a higher risk of falling.

Several drugs can cause dizziness, drowsiness, or loss of balance.

Each year, 1 in 3 seniors may experience a fall.

**Speak with our pharmacist
about a medication review to
decrease your risk of falling.**

604-254-4633

Remedy'sRx
Specialty Pharmacy

Family Visits

Fraser Health has updated their requirements to **1 visitor per resident per visit** with no more than 1 visit per day. We realize that this is a change and are in discussions with Fraser Health regarding this change. We are in the process of hiring staff to ensure safe infection control processes continue to be in place.

To ensure the safety of our community, we continue to encourage family and friends to stay in touch **virtually and remotely**. Please contact the recreation department for assistance with this.

The majority of onsite visits will continue to occur outside in designated visiting areas at the **main entrance** and at the **east entrance**. Outside continues to be the safest place to visit.

Visitors must:

- 1) **make an appointment**
- 2) **prescreen prior to arriving at Augustine House.**
- 3) **bring and wear a face mask at all times**
- 4) **follow the posted rules regarding physical distancing and duration of visit.**
- 5) **At this time, no items, including food and drink, may be exchanged between the resident and their visitor.**

Visits will not be allowed if there is an active COVID-19 outbreak at the home, and you will not be able to visit if you or your family member is ill or have any COVID-19-like symptoms. Visits may be cancelled due to poor weather.

Our priority continues to be protecting vulnerable residents, so we are taking a cautious and phased approach. To this end, Augustine House continues to, screen residents and staff twice daily for symptoms to ensure the overall health and well-being of residents. Augustine House will carefully and thoughtfully plan our approach to changes as they come from the Health Authority and the Ministry of Health. Thank you for working with us to this goal.

Yours Sincerely,

Jackie Reiners,

Executive Director

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.



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.

MEET THE STAFF

#63

NAME: RAVNEET

POSITION: HEALTH CARE ASSISTANT

WHAT IS YOUR BASIC PHILOSOPHY IN LIFE: LIVE LIFE TO YOUR FULLEST.

WHAT ARE YOUR FAVORITE BOOKS/MOVIES: THE FAULT IN OUR STARS.

WHAT DID YOU WANT TO BE GROWING UP: NURSE / CARDIOLOGIST TECHNICIAN.

WHAT KIND OF MUSIC DO YOU LIKE: HIP HOP.

WHAT DO YOU DO FOR FUN: GO ON HIKES WATCH NETFLIX, MEET FRIENDS.

WHAT IS YOUR FAVORITE COCKTAIL: MOJITO'S .

WHAT MAKES YOU HAPPY: FOOD

WHAT IS YOUR IDEAL DATE NIGHT: CANDLE LIGHT DINNER BY THE BEACH.

WHAT IS YOUR PERFECT VACATION: GREECE, BY THE BEACH, JUST RELAXING, WATCHING THE WAVES.

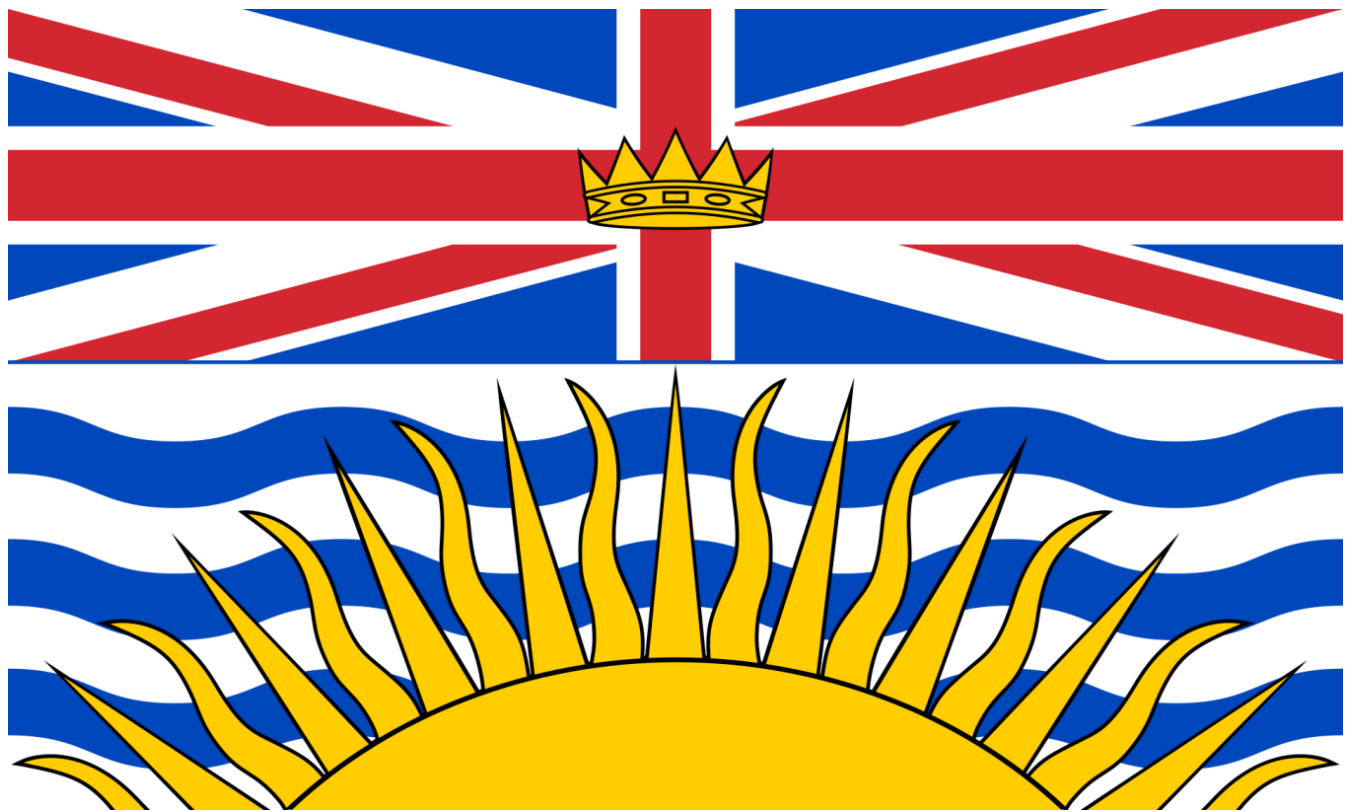
WHAT IS YOUR FAVORITE FOOD: ITALIAN.

WHAT ADVICE WOULD YOU GIVE A 12 YEAR OLD: YOU DON'T GET YOUR CHILDHOOD / TEENAGE YEARS BACK, SO LIVE IT, DON'T WORRY ABOUT MAKING MISTAKES BECAUSE THAT'S A PART OF LIFE.

WHAT WERE YOUR HIGH SCHOOL GRADES LIKE : GOOD.

PARTING WORDS TO THE MASSES ARE...: YOU ONLY LIVE ONCE SO ENJOY IT.





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