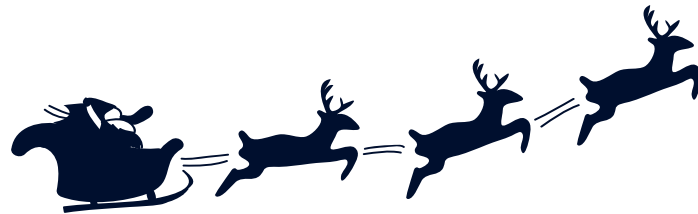




ADMIRALS COAST  
RETIREMENT CENTRE

# Admirals Post December 2025



# Resident & Staff Highlights



## **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 day before Dr. Verge comes in by 12pm, please tell the staff member the reason you need to be seen for the Dr to plan accordingly.



To be seen, you must have an appointment.

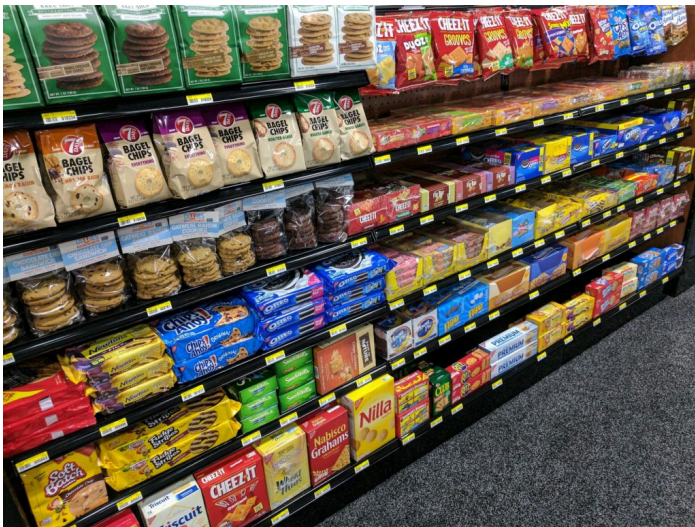
**Dr.Verge will be here on :**

**Thursday December 4<sup>th</sup>**

**(Name must be down by December 3rd )**

**Tuesday, December 16<sup>th</sup>**

**(Name must be down by December 15<sup>th</sup> )**



***Our canteen “Margaret’ Place” is located  
in the recreation room***

***For our newer residents, we carry  
chocolate bars, chips, candy, soft drinks,  
tissues as well as some personal hygiene  
products and crossword/wordsearch  
books, birthday cards and more!***

***We will post our hours of operation on the  
daily activity board, outside of those hours  
you can find Katie or Shaelyn in the  
recreation room !***



Dec.2<sup>nd</sup> - Avalon Voices Choir

Dec.5<sup>th</sup> - Christmas Story With Russel

Dec.6<sup>th</sup> - Winter Craft

Dec.8<sup>th</sup> - Exercise will be moved back to Mondays

Dec.9<sup>th</sup> - Salvation Army Sunshine band

Dec.10<sup>th</sup> - Christmas Party

Dec.10<sup>th</sup> - Youth Choir

Dec.12<sup>th</sup> - Sunshine Singers

Dec.15<sup>th</sup> - Christmas Lights Bus Ride

Dec.18<sup>th</sup> - Christmas BINGO with Joanne

Dec.20<sup>th</sup> - Coastal Sounds

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**Employee Appreciation Nomination Form:**

**Employee Being Nominated:**\_\_\_\_\_

**Date:**\_\_\_\_\_

- **Extraordinary Act of Kindness/Compassion ( )**
- **Taking Initiative with Co-workers Teamwork ( )**
- **Taking Initiative with Operations ( )**

**Details:**\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**\*Please Submit to Shaelyn or Laura\***



Mollies Salon will be closed December 5th

**Christmas Hours:**

Opened December 22<sup>nd</sup> & 23<sup>rd</sup>

Closed December 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup>

**New Years Hours:**

Opened December 29<sup>th</sup>, 30<sup>th</sup> & 31<sup>st</sup>

Closed January 1<sup>st</sup> & 2<sup>nd</sup>

There will be no hair cuts after Dec 19th

*Pricelist for*  
***“Hairloom’s Salon”***

*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*

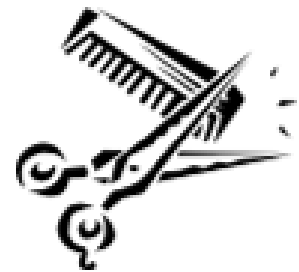
*Curling Iron Touch-Up \$5.00*

*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 NO CUT \$55.00*



# Safety on Outbreaks

Staff members diligently monitor residents daily for flu-like symptoms in an effort to help reduce the spread of any virus.

We work closely with Infection Prevention and Control staff with NL and Lab Health Services. Their guidance and suggestions have helped tremendously with controlling the spread of various viruses. It's all about being proactive and recognizing the symptoms early.  
Thank you for your continued support and understanding.

## *Employee Appreciation*

Today we want to shine a well-deserved spotlight on Mary and Cindy, two incredible team members whose dedication truly makes a difference every single day.

Mary and Cindy are the definition of teamwork. They're always willing to step in and support not just their own department, but any department in the home that needs a helping hand. You will never find them letting a co-worker struggle, they're the first to jump in, offer support, and find solutions.

We are so grateful for the positivity and leadership they bring to our workplace.

Thank you, Mary and Cindy, for everything you do.



Today we want to recognize Colleen and Sylvia for the incredible work they do each and every day. Their outstanding organizational skills and remarkable attention to detail make a huge impact on our home—often in ways that go unseen.

Colleen and Sylvia consistently go above and beyond, their efforts make the day easier for everyone around them, creating a space where staff and residents can thrive. Thank you for your dedication, your care, and the difference you make every single day.



# Employee Appreciation



***We want to take a moment to recognize Greg, who may be brand new in the kitchen, but has already made a huge impact in such a short time. His dedication, positive attitude, and willingness to jump right in have not gone unnoticed.***

***We're truly grateful for the pride, care, and commitment he brings to his work every day. It's rare to see someone embrace their role with such enthusiasm right from the start, and Greg has set the bar high.***

***Thank you, Greg, for everything you've contributed so far***

***We'd like to give a heartfelt shout-out to Leona, our wonderful new cook who has already made such a warm and delicious impact on our residents. From the moment she arrived, she brought not just her skills, but her true love of cooking — and it shows in every meal she prepares.***

***Starting fresh in a new place is never easy, yet Leona has taken it all in stride. Her positive spirit, dedication, and creativity shine through daily, especially in the amazing desserts she surprises us with — treats our residents absolutely adore!***

***Thank you, Leona! We're so grateful to have you on our team!***



***We want to give a huge shout-out to Terri, who continues to be a true ray of sunshine for our night shift. Even in the quietest hours, her positivity shines bright and lifts everyone around her.***

***When Terri is on, we never have to worry — she brings consistency, care, and a calm confidence that means everything to our team. Most importantly, she always puts our residents first, showing compassion and dedication in every interaction.***

***Thank you, Terri, for your warm spirit, your reliability, and the heart you bring to every shift.***



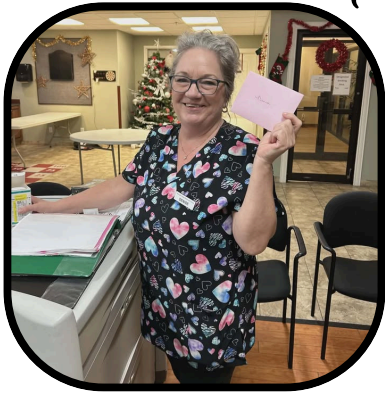
***We'd like to recognize Taylor, whose name was proudly brought forward by fellow staff members for the incredible support she shows every day. Her dedication goes far beyond her daily tasks. She's always looking for something more she can do, whether it's supporting a coworker or going the extra mile for our residents. One staff member shared how vibrant and full of energy she is when interacting with residents — and it's true. Taylor's smile, her warmth, and her genuine care brighten every room she walks into.***

***Thank you, Taylor, for your kindness, your initiative, and the positive spirit***





# Employee Appreciation



**Today we want to recognize Denise for her attention to detail and commitment to de-cluttering and organizing ideas for the safety of our residents.**

**We are grateful for her ability take initiative and bring forward new ideas focused on resident safety.  
Thank you, Denise, for your dedication**

**Alicia, thank you for just being you! Your presence in the dining room is so uplifting — you bring kindness, positivity, and a welcoming energy every single day. You're always so helpful to the staff around you, and you never fail to share a good laugh when we need it most.**

**Thank you for stepping into a larger role in the dining room and absolutely killing it! Your hard work, dedication, and genuine spirit make a huge difference, and we're so grateful to have you on our team we appreciate you more than you know!**



**Sandra, thank you for the countless small, kind gestures you share with our residents every day. You have a special way of making people feel cared for, seen, and truly valued — and that is a gift. Your willingness to take that extra step to brighten someone's day does not go unnoticed. Whether it's a thoughtful moment, a warm smile, or simply being present, you bring comfort and connection wherever you go. Thank you for wearing your heart on your sleeve and for sharing so much compassion with our community.**

**Sandra — thank you for all that you do!**

**Anna, we want to take a moment to recognize your incredible kindness and support. When a coworker was going through one of the hardest moments of their life, you didn't hesitate to step in and cover their shifts so they could be with their family and grieve. Your willingness to help without question shows the true depth of your empathy and character.**

**We are grateful for you, Anna — your heart makes a difference every day.**

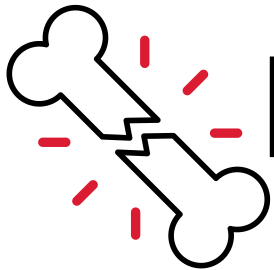


**Peggy, thank you for always going above and beyond to make our residents feel comfortable and supported with the care they need. Your compassion, patience, and calming presence make such a meaningful difference in their daily lives.**

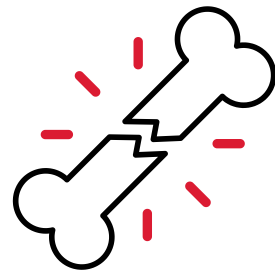
**We also want to appreciate the energy you bring to your fellow night shifters — thank you for being such a wonderful coworker. You know how to keep things light, have fun, and still maintain the highest level of care. Thank you for everything you do!**







# Fall Prevention



## ALL ROOMS

- Use grab bars
- Use a raised toilet seat if you need it
- Wipe up water immediately if spilled
- Remove tripping hazards like rugs and mats
- Ensure you have good lighting.
- Make sure floors are clear of clutter.
- Keep call bell in reach.
- Make sure loose cords are out of the way

## Tips for you

**KEEP MOVING:** Daily exercise and physical activity will help you improve your balance and strength

**FOOTWEAR:** Wear supportive footwear. Don't walk around in socks or slippery shoes

**HELPING DEVICES:** Using your cane or walker is important for your safety.

**TAKE YOUR TIME:** Stand up slowly after lying down or sitting. If you feel dizzy or light-headed sit down until your head clears

**EAT WELL:** You need regular, healthy meals to stay strong, healthy and upright

## DID YOU KNOW?

- **1 in 3** seniors will fall every year
- Falls are the leading cause of death due to injury in Canadians over 65yrs
- **90%** of hip fractures to seniors are a result of a fall
- Falls account for over **87%** of injuries resulting in hospitalization



## **Birthdays in December- Residents**

***Bella Biddiscombe– Dec 16<sup>th</sup>***

***Marion Drodge– Dec 21<sup>st</sup>***

***Kelvin Barnes– Dec 21<sup>st</sup>***

***Charlie Morey- Dec 22<sup>nd</sup>***

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## **Birthdays in December- Staff**

***Sue Young - Dec 1<sup>st</sup>***

***Kelly Scott– Dec 3<sup>rd</sup>***

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***Happy Birthday to you, Happy Birthday to you,  
God's blessings upon you, Happy Birthday to you!***

## WORD SEARCH

# CHRISTMAS



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

ANGEL

BOW

CANDY CANE

CAROLS

CHRISTMAS

COOKIES

EGG NOG

ELVES

GINGERBREAD

HOLLY

LIGHTS

MERRY

ORNAMENT

PRESENTS

REINDEER

SANTA

SLEIGH

STAR

STOCKING

TREE



# Just Joking



***Why is it always so cold  
around Christmas time?  
Because it's Decembrrr.***

***Why did the Christmas tree  
go to the barber?  
It needed to be trimmed.***



***What does Santa do when  
the reindeer drive too fast?  
Hold on for deer life.***

