

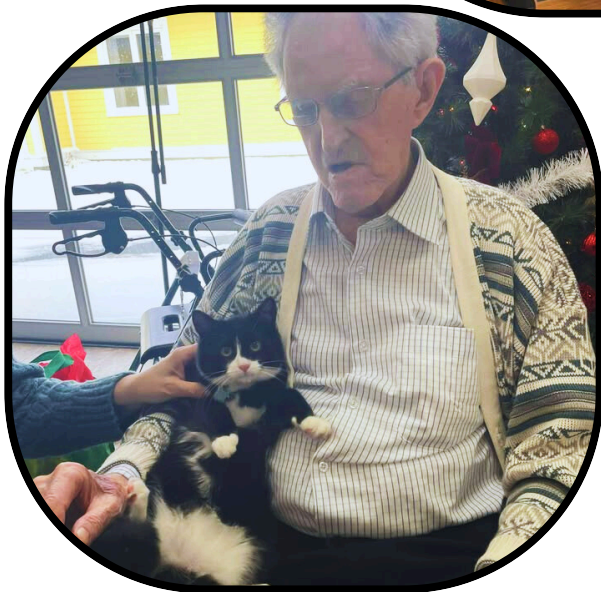


ADMIRALS COAST
RETIREMENT CENTRE

Admirals Post February 2026

You are all that I
have longed for,
You have made my
dreams come true.
There is no greater
gift to have,
Than being loved
by you.

Resident & Staff Highlights



The Lords Prayer in Jesus' original language "Aramaic"

English: "Our Father, who art in heaven..."

Original Aramaic: "O Source of all life, present in every realm of existence."

English: "Hallowed be Thy name..."

Original Aramaic: "May Your essence, the vibration of your Name, remain sacred in us."

English: "Thy kingdom come..."

Original Aramaic: "Let Your field of harmony and unity blossom here."

English: "Thy will be done on earth as it is in heaven..."

Original Aramaic: "May Your creative flow move through earth as it does in the unseen."

English: "Give us this day our daily bread..."

Original Aramaic: "Give us the nourishment we truly need today; body, heart & spirit."

English: "Forgive us our trespasses, as we forgive those who trespass against us..."

Original Aramaic: "Release the knots of our mistakes as we also release those we hold bound."

English: "Lead us not into temptation..."

Original Aramaic: "Do not let us be carried into trials that cloud our clarity."

English: "But deliver us from evil..."

Original Aramaic: "Free us from what harms, distorts, or pulls us off the path."

English: "Amen."

Original Aramaic: "It is aligned. It is true. May it be firmly established."

Jesus grew up speaking Aramaic, which was the language Mary and Joseph spoke, and it was the common language in the area during the time of Jesus.

Later in life Jesus became fluent in Greek and Hebrew.

The modern Our Father was translated from Hebrew versus directly from Aramaic xo

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 :

Tuesday February 10th

(Name must be down by February 9th)

Tuesday, February 24th

(Name must be down by February 23rd)

***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 !***





February 1st - Music and Prayer With St Stephen
the Martyr

February 13th - Winterfest BINGO with the town
of CBS

February 17th - Snack & BINGO with the Legion
CBS

February 18th - CBS Beavers Cookies & Craft

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

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

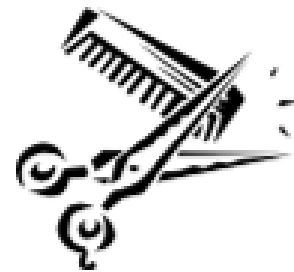
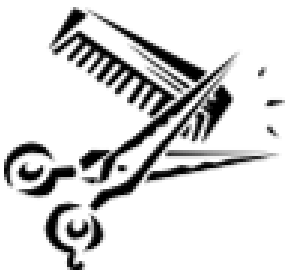
Curling Iron Touch-Up \$5.00

***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.

If you or your roommate are showing symptoms we are asking you to stay in your room to help prevent the spread

Thank you for your continued support and understanding.

APRIL'S ESTHETIC SERVICES

SERVICE	TIME	PRICE
Manicure	30 minutes	\$25.00
Pedicure	40 minutes	\$30.00
Scalp & neck massage	15 minutes	\$20.00
Shoulder massage	15 minutes	\$20.00
Hand & arm massage	15 minutes	\$20.00
Foot & leg massage	15 minutes	\$20.00
Eyebrow waxing		\$10.00
Eyebrow tinting		\$10.00
Eyebrow waxing & tinting		\$15.00
Facial waxing's (each)		\$10.00

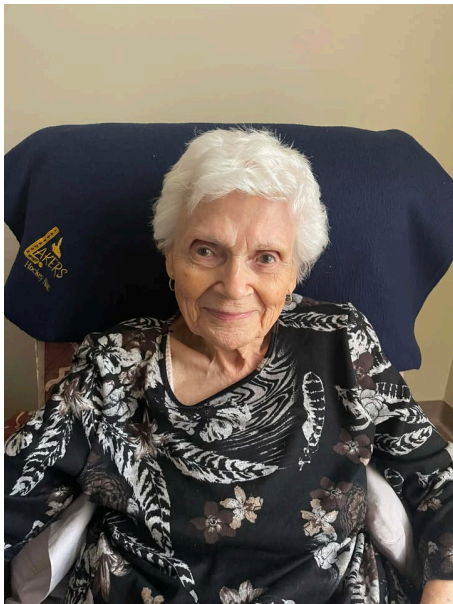
Remembering the special moments



Cynthia Dawe moved into Admirals Coast May of 2024. Cynthia loves to go for walks outside, play the games in the recreation room and especially loves an afternoon of music. Cynthia has moved to another facility to better fit her current needs. We wish her and her family the best during this transition.



*Sending a big welcome to our new residents
If you see them around the home
please introduce yourself and help
them feel welcome!*



Helen Stone



Barbara & Barrett Greening



Mary Bickford

Employee Appreciation



Natasha truly embodies what it means to be a team player. From the moment she joined us, she has brought warmth, kindness, and positivity to both our residents and her coworkers. Even though she's new, it feels like she's been part of the team for years. Natasha is always willing to jump in and help wherever she's needed, never hesitating to lend a hand or offer support. Her friendly attitude and dedication do not go unnoticed, and we are so grateful to have her as part of our ACRC family!

We are delighted to share that Cindy has been nominated for appreciation by two of our residents. They highlighted how Cindy always treats every resident equally, takes the time for a friendly chat, and truly knows what everyone likes.

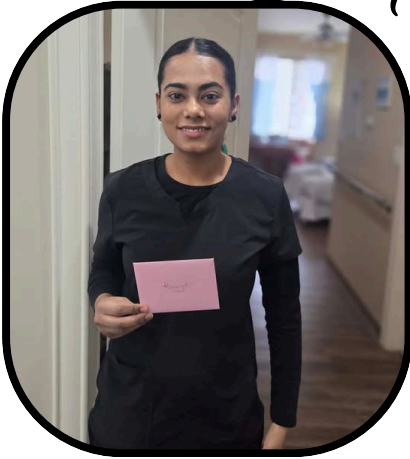
Cindy's kindness, consistency, and genuine care do not go unnoticed. She always makes time for others and goes above and beyond, no matter the department. Her willingness to help across all areas and her positive attitude make a real difference to both residents and colleagues alike.
Thank you, Cindy



We would like to recognise Katelyn for going above and beyond in her role. Katelyn took it upon herself to complete extra cleaning throughout the home, helping to ensure a safe and healthy environment for everyone. Her initiative, strong work ethic, and genuine care for the wellbeing of others did not go unnoticed. Actions like this make a real difference and reflect true dedication and teamwork.

Thank you, Katelyn

Employee Appreciation



Shout-out to Kiren

Thank you for the fantastic idea to support a resident in settling in better. Such a thoughtful approach, and a great example of putting people first. Really appreciated!

A big appreciation shout-out to MJ for coming back to work as if she never left! Your seamless return, openness to new changes, and consistently positive attitude have been so refreshing and motivating. It's clear how much experience, energy, and dedication you bring to the team, and it hasn't gone unnoticed. Thank you for embracing change with such grace and enthusiasm — we're so glad to have you back!



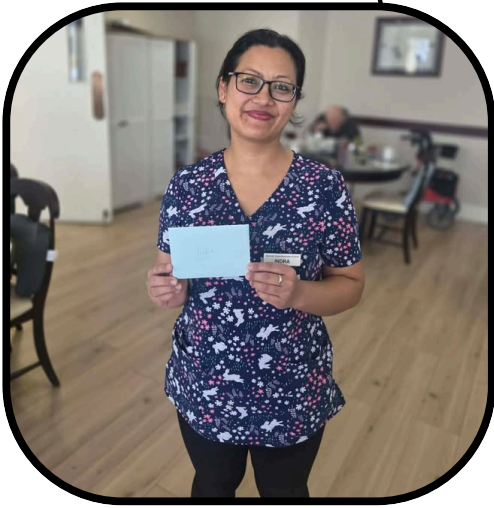
Huge appreciation to Alicia for taking her new position by the horns and absolutely owning it! Your leadership has kept the dining room organized, flowing smoothly, and running efficiently — all while maintaining a fun, positive atmosphere. Your energy, confidence, and ability to balance structure with enjoyment make a real difference for both the team and the residents. Thank you for stepping up and making such a strong impact so quickly

We'd like to take a moment to recognize Sylvia, her thoughtful approach to supporting staff across different departments has helped ensure that work is carried out efficiently, safely, and correctly. Sylvia's ability to identify practical solutions and tailor them to real workplace needs has made a meaningful impact on how teams collaborate and perform their tasks. Her dedication to continuous improvement and staff support truly reflects our commitment to excellence.

Thank you, Sylvia, for your initiative, insight, and the positive difference you make every day.



Employee Appreciation



We'd like to take a moment to recognize Indra for her incredible work ethic and positive attitude. No matter which department she's working in, Indra consistently gives 100% and approaches every task with enthusiasm and care.

She is always reliable, punctual, and positive, and her willingness to lend a helping hand never goes unnoticed. Whether supporting fellow staff or assisting residents, Indra's kindness, teamwork, and dedication truly make a difference every day.

We'd like to recognize Shannon for the professionalism, diplomacy, and strong leadership she consistently demonstrates in the workplace. Whether implementing new approaches or refining existing processes, Shannon leads with clarity, respect, and confidence.

Her ability to guide teams through change while valuing input and maintaining a positive, collaborative environment makes a real difference.



We'd like to recognize Greg for his dedication and care in always putting our residents first. He consistently goes above and beyond to ensure they receive healthy, nutritious, and delicious meals, prepared with attention and heart.

Greg's commitment to quality, wellbeing, and resident satisfaction makes a meaningful difference every day. His efforts help create comfort, enjoyment, and a sense of care at every meal.

Thank you, Greg, for the pride you take in your work and for the positive impact you have on our residents' daily lives.



We'd like to give a huge shout-out to Ella, who was nominated by a coworker for truly going above and beyond in everything she does. Ella consistently excels in every department she works in, showing incredible dedication and adaptability. She remembers all of her training without needing reminders, which speaks volumes about her professionalism and commitment to excellence.

Most importantly, Ella's caring and compassionate nature shines through in the way she treats our residents. She goes out of her way to make them feel seen, supported, and genuinely cared for every single day.





Birthdays in February - Residents

Thomas Loder -Feb 1st

Nora Squires– Feb 2nd

Rosalind Tippet– Feb 5th

Ethel Noseworthy – Feb 13th

Jean Mercer- Feb 16th

Vivian Rees– Feb 19th

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Birthdays in February - Staff

Bhuwan KC– Feb 14th

Admirals Coast is entering our 20th year!
Feb 2nd 2007 is Admirals Coast's Birthday!
In 2027 we will be open for 20 years of
service!

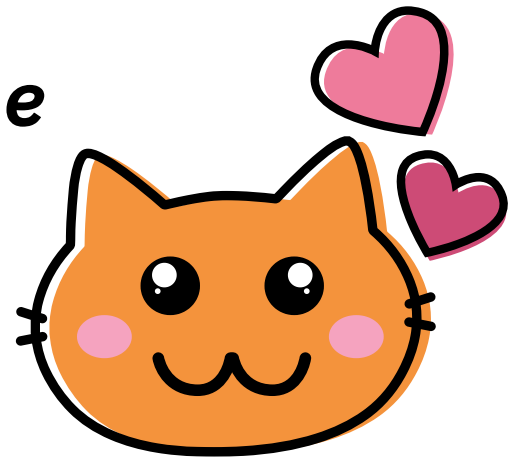
***Happy Birthday to you, Happy Birthday to you,
God's blessings upon you, Happy Birthday to you!***

Just Joking



***What did the gardener say
to their date?
"I dig you."***

***What did one cat say to the
other cat on Valentine's
Day?
"You're purr-fect."***



***How did the telephone
propose to his girlfriend?
He gave her a ring!***

