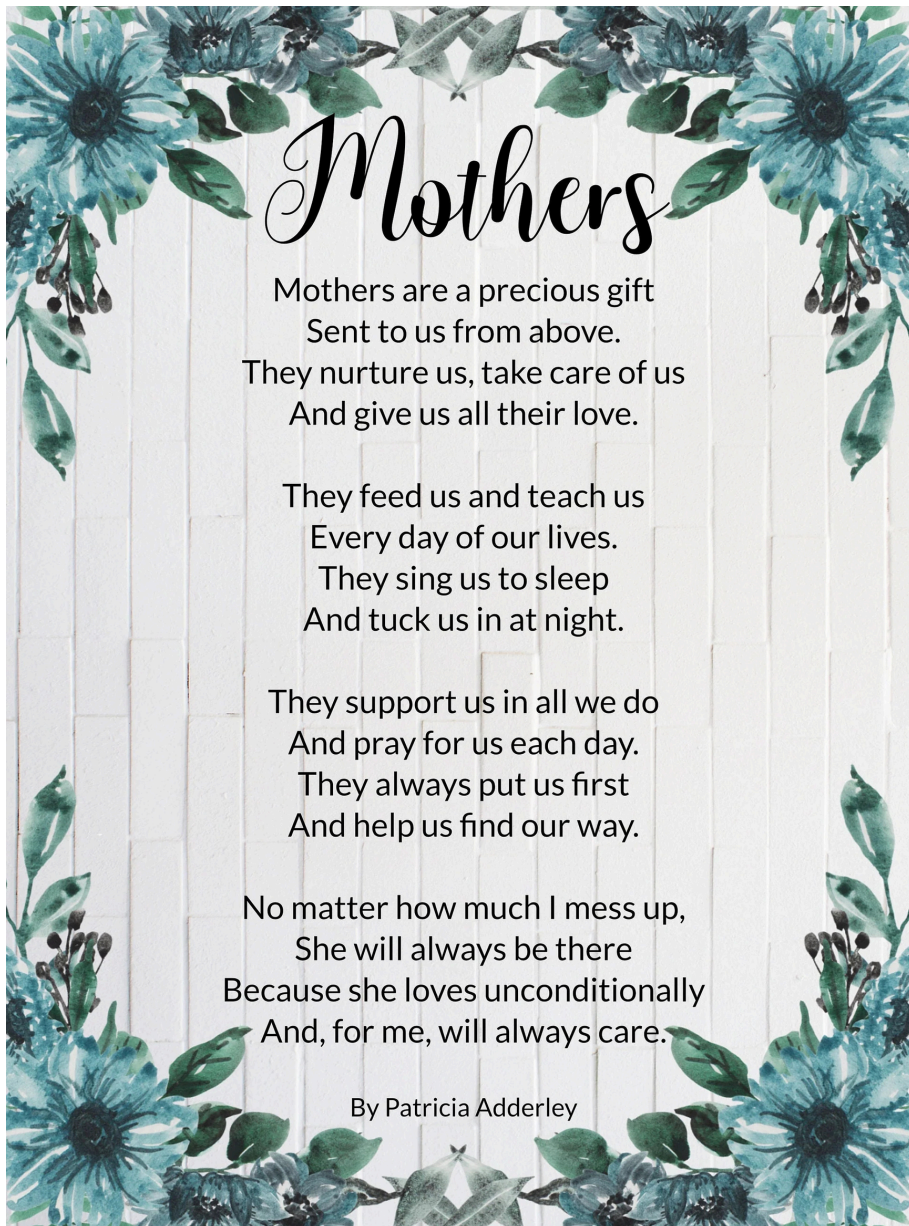




Admirals Post

May 2026



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 :

Tuesday May 5th

(Name must be down by Monday May 4th)



Tuesday, May 19th

(Name must be down by Monday May 18th)



Important Reminder!!

**Self Medication orders must be placed no later than 12:00 pm
on Fridays**

*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!*

Hours of Operation:

Monday and Friday from 3-4pm

*Outside of these hours please ask Kelly in
the rec room for assistance*



Whats new!

- May 4th music with The Hollett's
- May 5th Island Jam Music
- May 7th Alex & Julia will be here for our Mother's Day Tea Party & Music with Overpass
- May 12th Spring Craft
- May 22nd Alzhemiers Walk
- May 25th Chair Dancing with Ms. Kelly
- May 28th Resident's Council Meeting

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 Laura, Alicia or Kelly

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

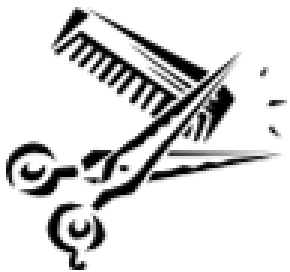
Curling Iron Touch-Up \$5.00

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



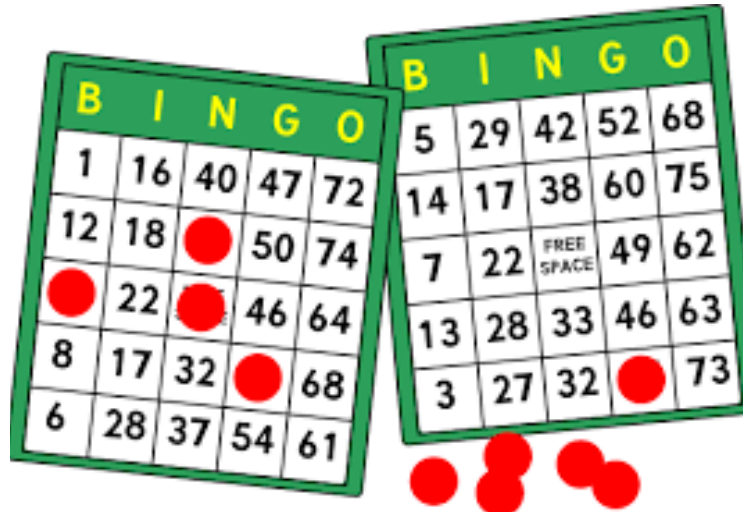
Safety on Outbreaks

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.



Just a friendly reminder that when residents are playing BINGO they can use just 2 cards to be fair to all who are playing.

Residents DO NOT have to pay to play BINGO , nor will we be making people pay then some people would not be able to join.

We keep it at 2 cards for the \$2 winners to be fair all across the board.

Thank-You for your understanding!

Remembering the special moments



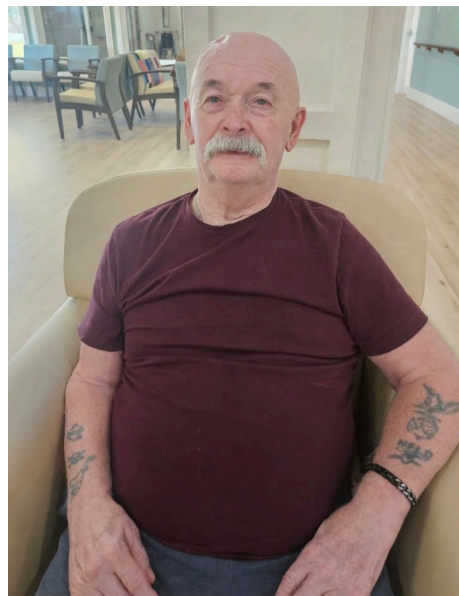
William Brown passed away on March 29th surrounded by his loved ones. Our condolences go out to his family and friends during this difficult time. Bill moved into Admirals Coast with his wife in October 2017. Bill loved an afternoon of music, his Tim's Coffee and especially visits from family and friends.

Rest in peace Poppy you will be missed



Sending a big welcome to our new residents

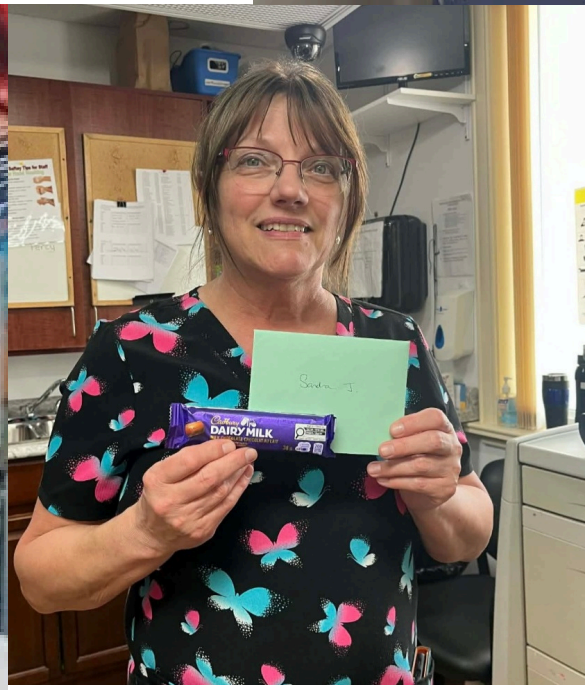
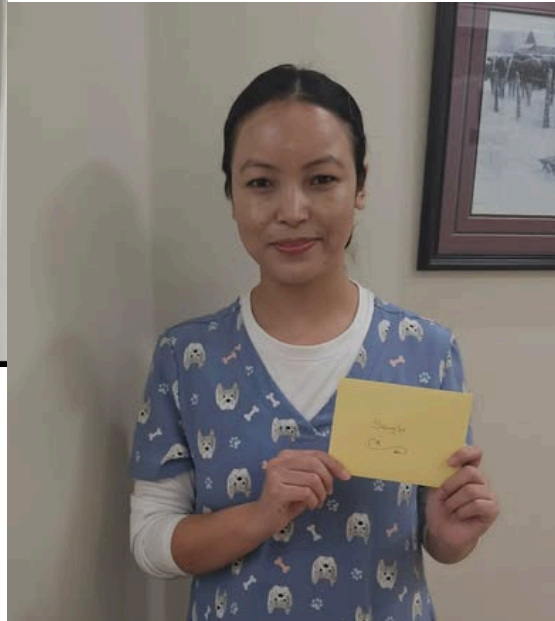
If you see them around the home please introduce yourself and help them feel welcome!



Jeremiah "Jerry" Fudge

Co-Worker Appreciation

Your dedication, teamwork, and unwavering support for one another truly makes this a dream team. Together, you create more than just a workplace—you help build a warm, family-based home where everyone feels valued and cared for. Thank you for the compassion, collaboration, and heart you bring every day.



Resident Nominations



Resident nominated Barsha for being very attentive to her job, even if just helping with the simplest thing that to some residents is huge. Resident also says that Basha's positive attitude, bright personality and love for life radiates through the hallways (Nominated by Michael Hawco.)



A resident nominated these staff members for taking the time to prepare their food for them. Thank you, Alicia, Greg, MJ, Austen & Cindy.M for taking the time to do this, it's very much appreciated! (Nomination anonymous)

Another resident nominated Shannon for going above and beyond helping with a prescription request from specialist. If in need we all know who we can count on for pharmacy info. Way to go Shannon! (Nomination Anonymous)





Let's get to know our friends a little better!

***Where did you come from?
What's the name of your home area?***

- ***Anna - Ukraine, Dnipro***
- ***Barsha - Nepal, Kathmandu***
- ***Bhuwan - Nepal, Dang***
- ***Chalani - Sri Lanka, Negombo***
- ***Haven - India, Punja***
- ***Indra - Nepal, Hadigoun***
- ***Juvy - Philippines, Cebu***
- ***Kiran - India, Punja***
- ***Lihini - Sri Lanka, Colombo***
- ***Pradip – Nepal, Sindhuli***
- ***Sangita - Nepal, Dolakha***
- ***Sarita - Nepal, Dang***
- ***Sim - India, Punja***
- ***Udani - Sri Lanka, Galle***



Did You know:

In Nepal they celebrated Mother's Day on April 17th & Sri Lanka it's in October. While in the Ukraine and the Philippeans they celebrate it on the same day as us, May 10th.



May Birthdays- Residents

Marion Thomas - May 3rd

Annie Hicks - May 4th

Ethel Smith - May 11th

Margaret Rose - May 21st

William (Ross) Oldford - May 23rd

Edith Baker - May 28th

May Birthdays - Staff

Juvyline Fernandez - May 1

Ava Banks - May 7th

Jenny Reeves - May 9th

Molly Glover - May 18th

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



mother's day

WORD SCRAMBLE

UNSCRAMBLE THE LIST OF MOTHER'S DAY-RELATED WORDS BELOW.
THE FIRST PERSON TO CORRECTLY COMPLETE THE LIST WINS!

1. QUOTBUE _____
2. BELRONITAEC _____
3. GHU _____
4. FRETAUGL _____
5. MIRESOEM _____
6. DITIANODEC _____
7. TOOMHERDOH _____
8. STAAFBERK NI DEB _____
9. WOLFERS _____
10. TERPENS _____
11. LIMFAY _____
12. VLOE _____
13. DONTARITI _____
14. DUNSAY _____
15. MISWOD _____

Just Joking

“I Know CPR!”

My mother had just finished taking a CPR class at a local college when she and I were in the mall and saw a big crowd gathered around a still body. Mom took off running at a speed I didn't know she could muster, yelling, “Everyone back! I know CPR!” Just as she threw herself next to the body and was about to begin, a pair of strong hands pulled her to her feet. “Ma'am,” said a police officer beside her, “we are trying to arrest this man.”



One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her brunette hair. She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?" Her mother replied "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white." The little girl thought about this revelation for a while and then asked, "Momma, how come all of grandma's hairs are white?"