



ADMIRALS COAST  
RETIREMENT CENTRE

# Admirals Post

## June 2026

### *A Father's Hands*

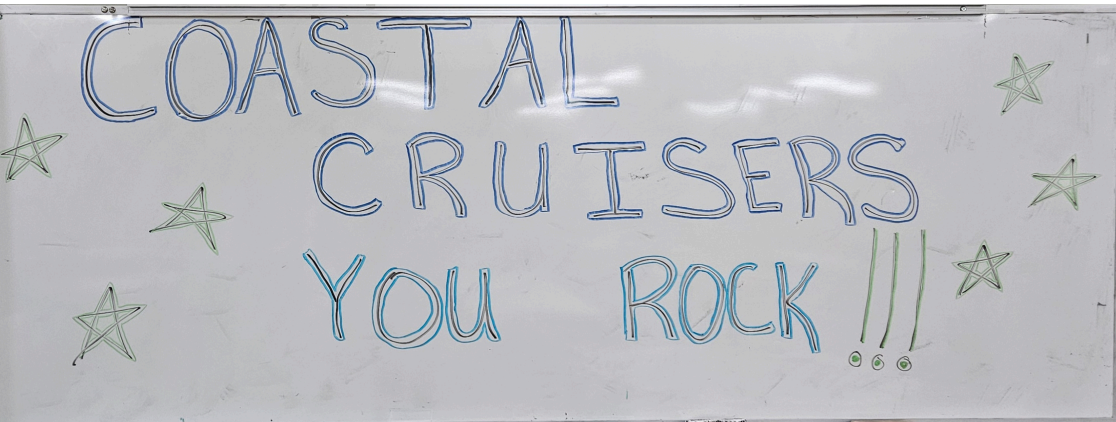
Father's hands, worn and strong,  
Building a world where I belong.  
Each line a story, each scar a lesson,  
Crafting a life with every session.

You built my dreams with every nail,  
Your steady hands, they never fail.  
Through storms and sun, through joy and pain,  
You stood unwavering, a constant main.

Your hands, the first to hold me tight,  
Guiding me through the darkest night.  
In your grasp, I learn and grow,  
In the warmth of love, a constant glow.

Here's to the hands that have held my own,  
Here's to the love that has always shown.  
Father, my gratitude knows no bounds,  
In your love, my life is found.

# 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 June 2nd**  
**(Name must be down by Monday June 1st )**



**Tuesday, June 16th**  
**(Name must be down by Monday June 15th)**

**Tuesday, June 30th**  
**(Name must be down by Monday June 29th)**

**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!* 

- June 3rd New Sunshine Singers
- June 12<sup>th</sup> Father's Day Ice Cream Party
- June 14<sup>th</sup> Avalon Voices
- June 17<sup>th</sup> Father's Day Car show

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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 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.

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We all love that the weather is getting much nicer so we can all enjoy it. Just a friendly reminder that when you go out to enjoy the sun to let someone know that you are doing so.

# Remembering the special moments



*Robert Dawe is man with a mind that could see how things work. Working with his hands is what he does best. From putting spokes back in a tire to rigging up gadgets to make things easier he would stay busy. Mr. Dawe could also play a fierce set of spoons which he entertained us with on a couple of occasions. He has moved to a facility more suitable for his needs, we wish him well.*

*If there was music Anita Fennelly, The Dancing Queen loved to be on the floor. She also loved to participate in the games and was always a good sport. Our little cat napper has moved to a facility that better fits her needs, we wish her well.*





**Clarence Snook will be remembered for many things, one of them being one of the first residents here at ACRC. The staff will also remember him for his love of kippers... the smell would linger for days. Clarence has moved to a facility that will better accomadate his needs, we wish him well.**

**IN LOVING  
MEMORY**

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We will miss our dear friend and resident Charlie Morey. He always had a smile and loved to greet people as he walked the halls of ACRC." Hello" he would say and without hesitation the response would be "Hello Charlie" We hope there is a beautiful rock in heaven that you can climb up on and give the biggest smile you can.

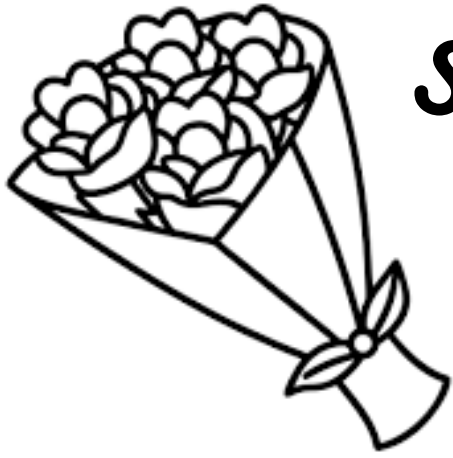
RIP Charlie.



# Welcome

Everyone here at Admirals Coast Retirement Center would like to send a warm Welcome to our newest residents, Boyce & Lillian Tucker and Marion Kenny. We love that you are here with us and we are excited to get know each of you a little more each day.





## *Sending a Bouquet of Thanks*

I would like to take time to send out a bouquet of sincere thanks to all of the staff and crew of ACRC for their care, dedication and time to myself and the rest of the residents here.

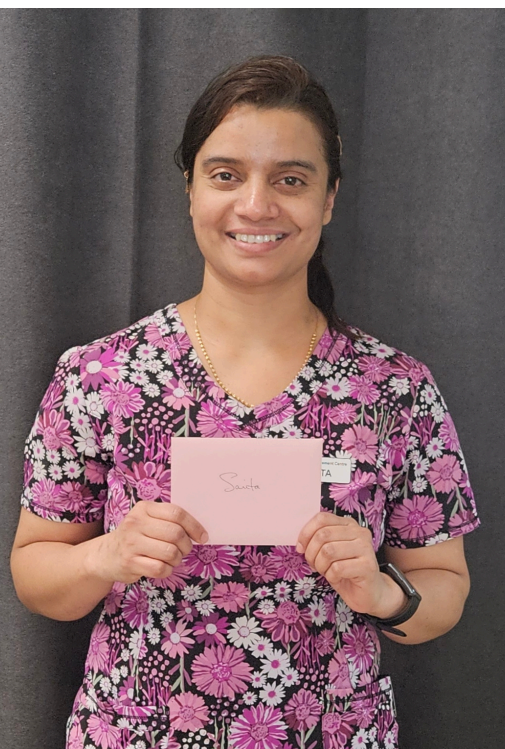
I have always been a little social bug. Since I have been here, getting the proper care and attention that I have needed for so long, that has helped me. I have been able to be socially active every day, thanks to the wonderful staff that ACRC provides.

I am finally getting this Thank You out! I don't want to leave anyone out because everyone has been so kind, caring, dedicated, compassionate and friendly. Again I appreciate the care I have been given and can't wait to see what the future holds!

Thank you!  
Michael Hawco

# 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*



***A resident sang your praises in regarding your attentiveness when serving the dining room for breakfast. Resident was so pleased on how pleasant and fast the service was even though 6 more residents sat down the same time he did. Resident said “you were busy as a bee, buzzing around and fulfilling all requests very timely.”***

***Congratulations Ella!***

***Keep on Buzzing!***

***A resident came to compliment MJ on the delicious Turkey Dinner. He said, “It’s as close to homecooked as you would ever expect to have.” Resident also said that tablemates were more than pleased with the meal as well.***

***Congratulations MJ!***

***We know what you are made of!***



***‘She is compassionate- where was she hiding! There is not enough paper or words to give the proper credit she deserves!’ is what a residents said about Kelly. Also for taking initiative with recreational operations -100%. She said that Kelly takes care of special needs of residents to make the activity more accessible & enjoyable. She goes the extra mile, making us feel special by putting extra time in after work to make sure our activities & crafts are perfect.***

***Congratulations Kelly!***





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

***In Canada there are many ways to say Hello & Goodbye. How do you say these greeting from where you come from?***

**WHERE**

**HELLO**

**GOODBYE**

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<b><i>India</i></b>	<b><i>Sat Shri Akal</i></b>	<b><i>Sat Shri Akal</i></b>
<b><i>Nepal</i></b>	<b><i>Namaste</i></b>	<b><i>Feri Vetaul</i></b>
<b><i>Philippines</i></b>	<b><i>Kumusta</i></b>	<b><i>Paalam</i></b>
<b><i>Sri Lanka</i></b>	<b><i>Ayubowan</i></b>	<b><i>Budusaranai</i></b>
<b><i>Ukraine</i></b>	<b><i>Veetayu</i></b>	<b><i>Do pobachennya</i></b>



***Did You know:***

***In May, Sri Lanka celebrated Vesak Poy- it's one of the most important Buddhist festivals. It celebrates 3 important milestones in the life of the Buddha: his birth, enlightenment and nirvana.***

***India doesn't celebrate father's day like we do. In Nepal they will be celebrating their Father's Day on Sept.11<sup>th</sup> this year. In the Philippines they celebrate it on the same day as we do. Ukraine's don't celebrate Father's Day like us either but they do have a Celebration of the men who are their defenders.***



**June Birthdays- Residents**

**Vera Barnes - June 13th**

**Barbara Abbott- June 16th**

**Barbara Greening - June 18th**

**Ethel MacNeill - June 21st**

**Michael Hawco - June 24th**

**Minnie Higgins - June 26th**

**Velma Baker - June 28th**

**Maude Starks - June 29th**

**Carol Ann Petten - June 29th**

**June Birthdays - Staff**

**Greg Spurrell - June 16th**

**Denise Evans - June 18th**

**Cindy Slade - June 30th**

**Shannon Butler - June 30th**

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

Name: \_\_\_\_\_

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

# FATHER'S



# DAY

Find and circle the words containing "father" in the word search.

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

father

fathers

fathered

fatherly

fathering

godfather

fatherlike

unfathered

forefather

fatherless

fatherland

fatherhood

stepfather

housefather

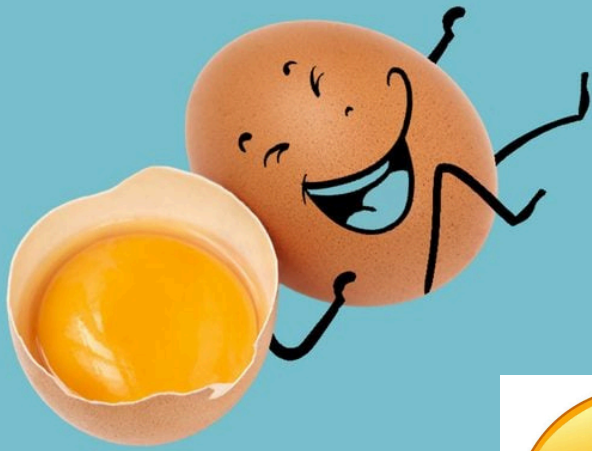
grandfather

fatherliness

# Just Joking

**What makes an egg laugh?**

Dad yolks.



Dad walks into a lumberyard to buy some two-by-fours for a deck.

Clerk: How long do you need them?

Dad: A pretty long time.



Why don't fathers ever tell secrets on a farm?

Because the potatoes have eyes, the corn has ears, and the beans stalk!



**How do pigs wake up their dad on Father's Day?**

With hogs and kisses.