



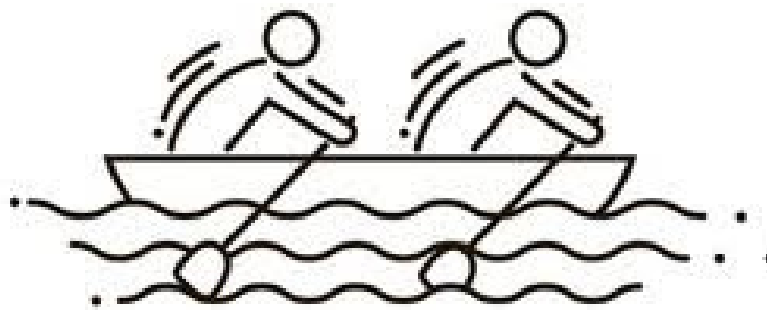
ADMIRALS COAST
RETIREMENT CENTRE



Admirals Post September 2026



Resident & Staff Highlights



Courage, Unity, and Remembrance

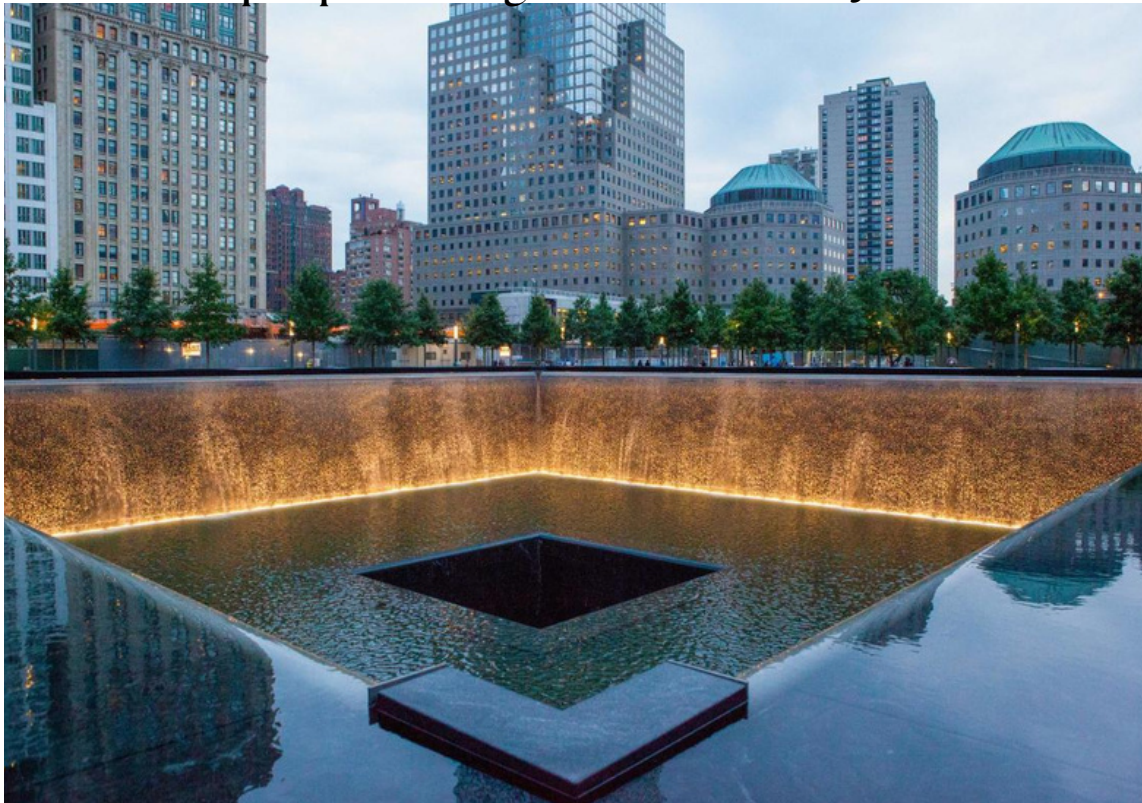
In the shadow of immense tragedy, September 11th also revealed extraordinary human compassion and strength:

Ordinary Heroes: Strangers helped one another down dozens of flights of dark, smoke-filled stairwells. Everyday citizens organized a massive water boatlift to evacuate over 500,000 people off Manhattan island—the largest sea evacuation in recorded history.

A Unified Nation: In the days and weeks following the attacks, communities set aside differences to donate blood, raise funds, ship supplies to search-and-rescue crews, and support grieving families.

The Promise Never to Forget: Today, where the Twin Towers once stood, the National September 11 Memorial features two massive twin reflecting pools set in the footprints of the original towers. The names of every person killed in the 2001 and 1993 attacks are bronze-etched around the edges—a quiet space for reflection, honor, and enduring remembrance.

Holding space for 9/11 means honoring the memory of those who were taken, supporting the families who live with their absence, thanking the heroes who sacrificed everything, and remembering the profound unity that carried people through the darkest days.



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 September 8th
(Name must be down by Monday September 7th)**

**Tuesday September 22nd
(Name must be down by Monday September 21st)**



Important Reminder!!

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

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.

VERY IMPORTANT



We ask if you are leaving the premises that you sign the “check in & out book”, located in the Main Entrance.
Once you return you can sign back in.
Thank you for your cooperation!



Senior citizens are very vulnerable to dehydration with the nicer weather upon us. Please remember ... Drink lots of liquids (water). We have a Hydration Station set up at the South Entrance. Also don't forget, hat and most importantly sunscreen. If you need a hat or sunscreen please ask one the staff members and we should be able to help you out



Whats new!



- Sept. 30th Tea Party time Again
- Sept. 10th Music with Anita & Jackie 2:00 pm ~3:00 pm
- Sept. 12th Music with Karen & Michael Hollett

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

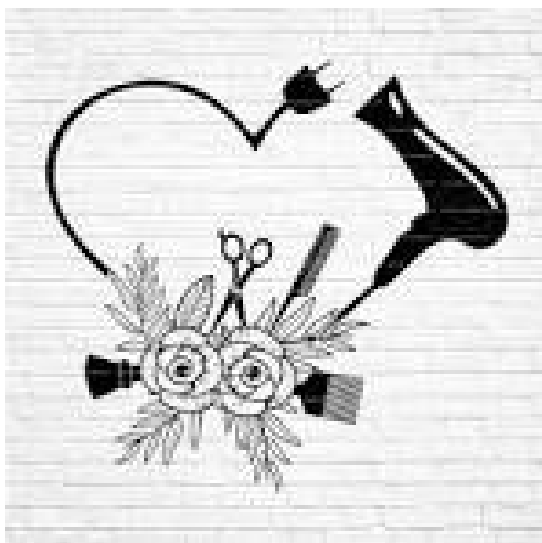
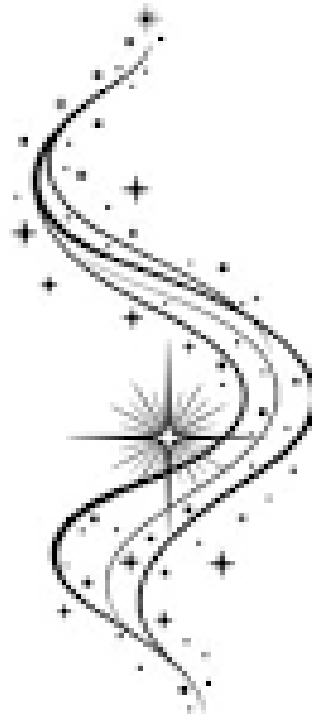
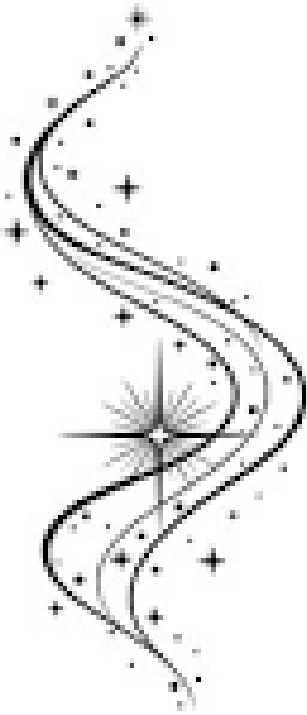
CURLING IRON TOUCH-UP \$5.00

**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



*A little shout out to Linda for joining our
team at*

Admirals Coast Retirement Center!

*Thank you for jumping in when Mollie needs
you to help provide our residents with the
services they have grown to love.
We are all happy you are here with us!*

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:
FOR JULY & AUGUST
WEDNESDAY ONLY
from 3-4pm

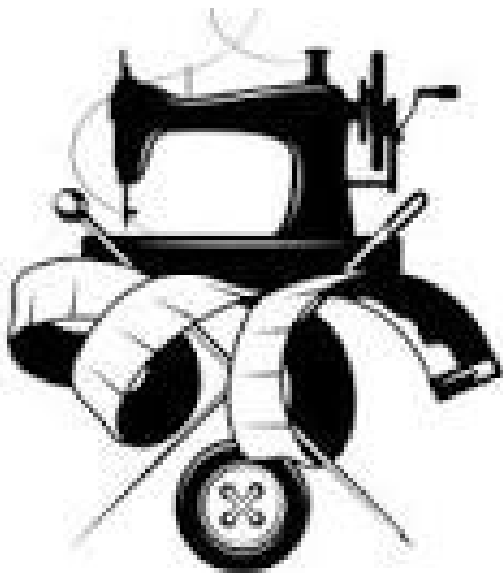
Outside of these hours please ask Kelly in the rec room for assistance



**Looking to get some sewing done,
Look no further!**

Seamstress Alice is able to help you out!

She will pick it up on FRIDAY
around 3:00pm and return it to
you the following FRIDAY



IN LOVING MEMORY



Ella Warford
will always be remembered for her kind
and gentle ways. Ella was polite, friendly
& had a smile that would brighten
anyone's day. We will miss Ella at
Admirals Coast Retirement Center.
Rest In Peace Ella.

Welcome

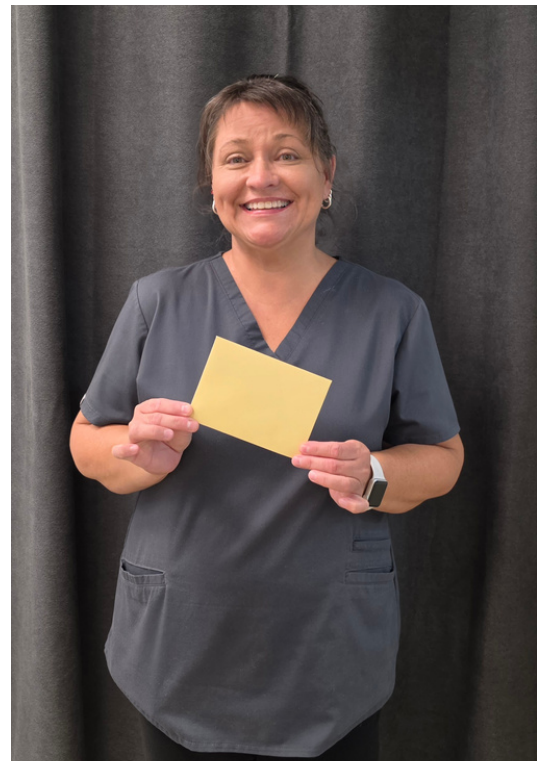


**Everyone here at Admirals Coast
Retirement Center would like to send a
warm Welcome to our
newest residents,
Julianne Lewis
We love that you are here with us and we
are excited to get know each of you a
little more each day.**



Co-Worker Appreciation

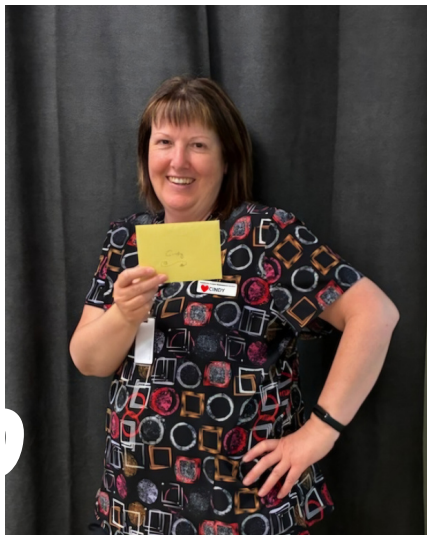
Your dedication, teamwork, and unwavering support for one another truly makes this a dream team. Together, you create more than just a workplace you help build a warm, family-based home where everyone feels valued and cared for. Thank you for the compassion, collaboration, and heart you bring every day.



Resident Nominations



Taylor, Thank you for being Patient and Kind when dealing with situations. Bob Batten wanted to throw you a Bouquet for this because he had witness this himself. Well Done Girl!



Cindy & Mary, Sometimes residents need our help in other ways besides Personal Care. Paper work can sometimes be difficult to get through but with the right guidance it can be done. Your help with this task didn't go unnoticed. George Hawco was so Thankful for your help.



Anonymous resident said that since Kelly has begun Recreation she certainly has shown her creative side as well as being very devoted to her new position. She also wanted to Thank Kelly for the Regatta Day Fun as it was certainly fantastic. The boat building must of taken many many hours. Thank you Kelly for your devotion to your new position, wishing you all the best!





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

School runs from September to June for our Primary and Elementary school kids here in Newfoundland. What does the school system look like for your country?

INDIA~~ School starts in April and runs to February. Nursery age to 12th Grade are all in the one school. They have 3 exam boards CBSE (Central Board of Secondary Education), ICSE/CISCE (Council for the Indian School Certificate Examination, PSEB (Punjab School Education Board) Summer holidays are June & July. Winter holiday is the last week of December only.

NEPAL~~ School starts mid April and runs to mid May. Pre-kindergarten is 3 years of age or above. It's up to the parents if they would like to send them that young. School vacations are: 1 week for summer, 1 month for Dashain Vacation & 15 days for rainy season.

PHILIPPINES~~ School starts in June and runs to April. The school system is similar ours.

SRI LANKA~~ School starts in January and runs to December. Under 6 years of age go to pre-school, Primary School is grades 1-5 and then they go to National School. After Grade 12 they need to do an Advanced Level Examination and depending on their mark they can then enter University. 3 school vacations, in April for only 2 weeks for Sinhala Hindu and in December for exams like the G.C.E. Ordinary Level exams.

UKRAINE~~ The academic year traditionally starts on Sept. 1st (Knowledge Day) and by law lasts until June 30th. Children start First Grade at age 6 or 7 at the parents request or upon a specialist's recommendation. After completing the 9th Grade a student can enroll in a professional college or vocational - technical institution. To enroll in a higher education institution (for Bachelor's Degree), holding a document proving full general secondary education (11th or 12th Grade certificate) is mandatory.

FIND 5 DIFFERENCES



Just Joking

**How did the dog get
all A's on its report
card?**

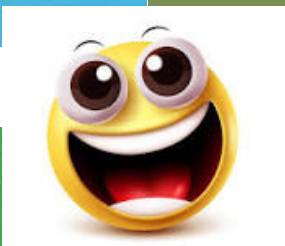
It was the
teacher's pet.

**How did the dog get
all A's on its report
card?**

It was the
teacher's pet.



RD



**Why did the jelly
bean go to
school?**

It wanted to be a
Smartie.



**Why did the jelly
bean go to
school?**

It wanted to be a
Smartie.



**Why did the teacher
go to the eye
doctor?**

She couldn't control
her pupils.



**Why did the teacher
go to the eye
doctor?**

She couldn't control
her pupils.

