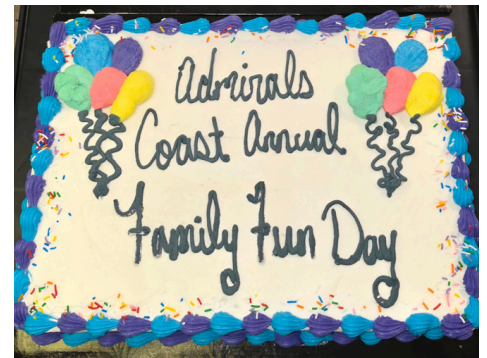




Admirals Post October 2026



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 October 6th
(Name must be down by Monday October 7th)**

**Tuesday October 20th
(Name must be down by Monday October 19th)**



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. 3

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!



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****



Whats new!



- October 14th Music with Avalonia
- October 19th @ 9:30 will be the start of the Mother Goose Time
- October 24th @ 1:30 Pumpkin Carving with the cooks, Kelly & her Family
- October 26th @ 2:00 pm The Sunshine Singers
- October 30th @ 10:45 am Halloween Parade
- October 30th @ 2:00 pm
Halloween Party with Joe and The Boys

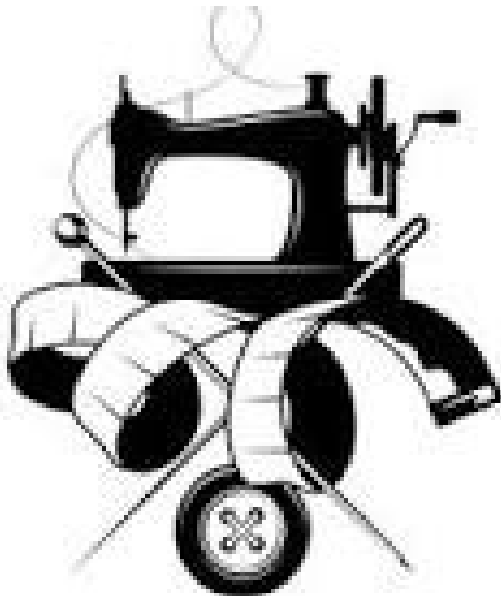


Looking to get some sewing done,

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





**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

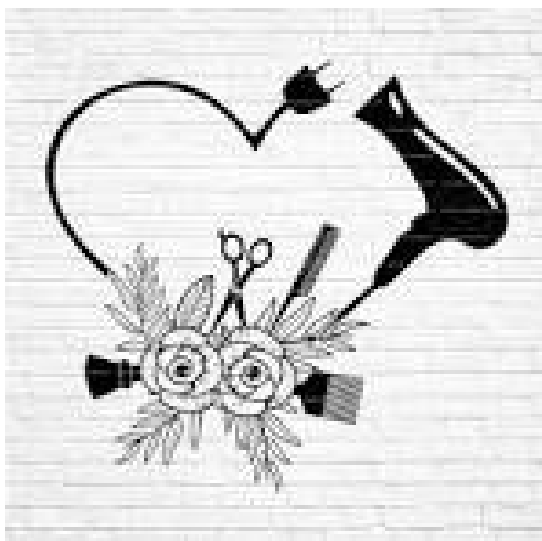
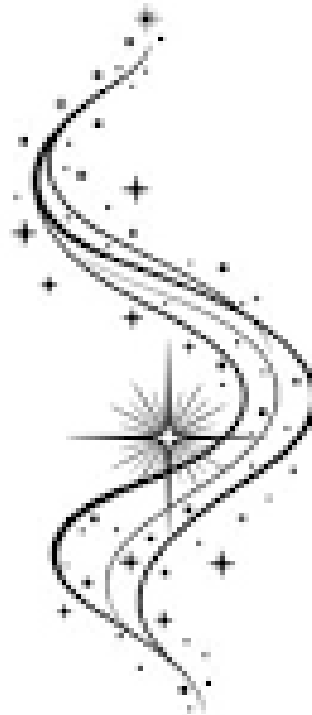
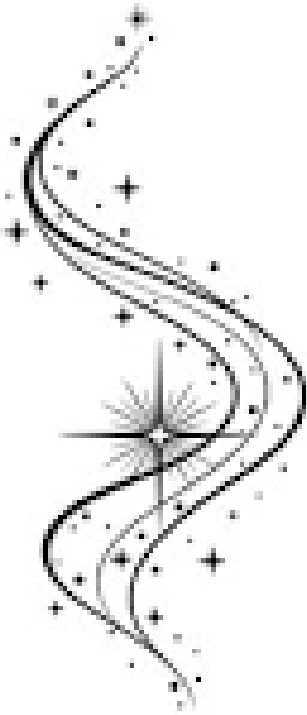
CURLING IRON TOUCH-UP \$5.00

**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. ⁶
We are all happy you are here with us!*



Our canteen “Margaret’s 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:
from 3-4pm on Wednesdays***

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

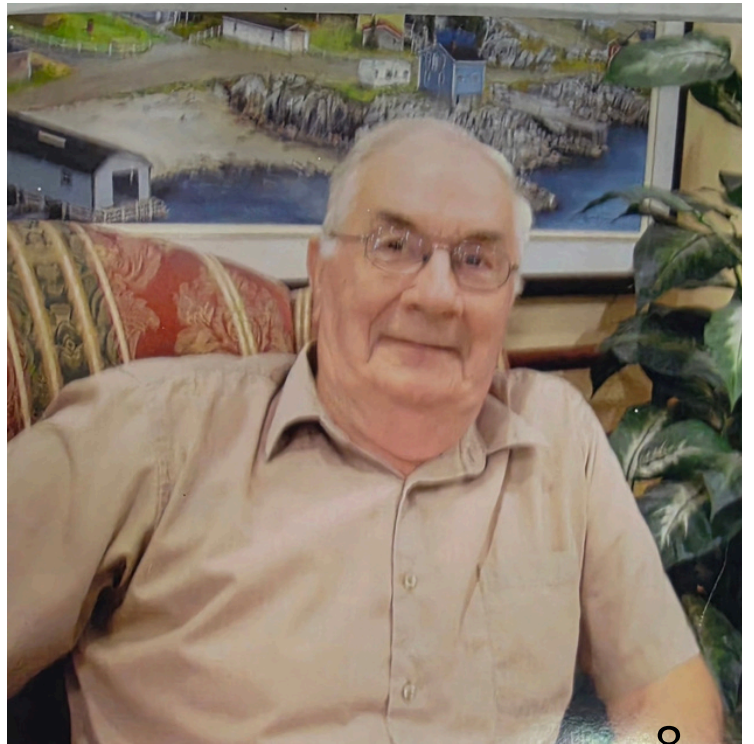


IN LOVING MEMORY



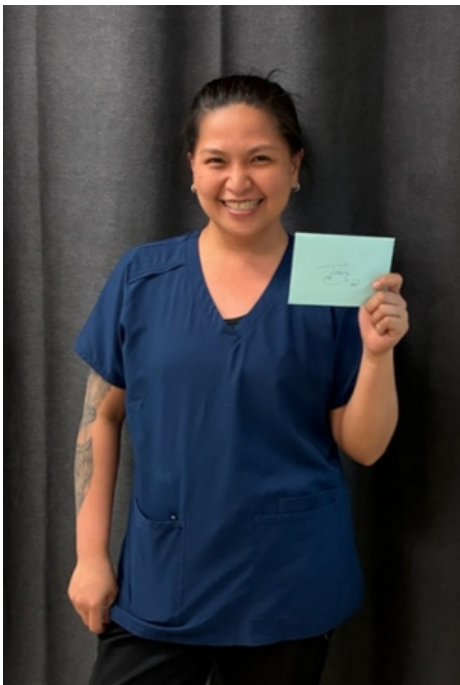
A heartfelt thank you to the family of Bill and Bernice Brown for donating a beautiful bench in memory of their parents. Placed in Bill's favorite spot where he spent many days chatting with friends and staff, it gives us all a cozy place to sit, reminisce, and carry on his legacy of warm conversations and laughter.

Jim Making moved in to Admirals Coast in 2015. He worked with the CN Rail it was such a big part of his life that he enjoyed sharing stories with other residents and staff about that time. We will miss him at the breakfast table with his homemade jam & toast. Now is your time to be with your loved ones Jim. RIP



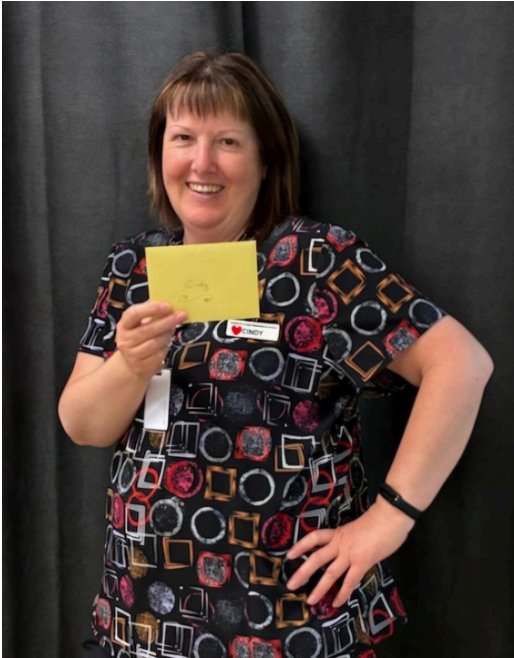
Co-Worker Appreciation

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.



Co-Worker Appreciation

Continued...



Resident Nominations



***A Resident acknowledge Terri's
attention to detail when
providing care and her extra
resourcefulness. Terri, You are
sunshine in every way!
Congratulations!***

WE WON'T SAY GOOD BYE, WE WILL SAY SO LONG!!

Sandra's journey with us began in 2008, marking a long-term commitment that truly defines her steadfast and devoted nature. Her reliability and dedication were matched by her compassionate approach to her work, as she effortlessly brightened the days of residents with her humor, songs, or a simple, warm smile. Sandra often mentioned that she spent more time with her coworkers than with her family, and she had an uncanny ability to understand and connect with each of our personalities. As she embarks on her retirement, we will deeply miss her presence and contributions. We extend our heartfelt congratulations and best wishes to Sandra as she enters this new chapter of her life! XO





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

In Canada, we celebrate Halloween on October 31st! It's a fun tradition where kids and adults dress up in costumes to go trick-or-treating or attend Halloween parties. Do you have a similar event or celebration in your country?

INDIA~~ In some parts of India we celebrate the same festival as Nepal, Dashain. Our celebrations are not as big as the other countries.

NEPAL~~ In Nepal we have Dashain which this year will be celebrated on October 19th. The date changes from year to year. It's the biggest and most important festival in Nepal. Dashain is a time for family, blessings and celebrating the triumph of good over evil. We dress up in our traditional clothing for the festivities.

PHILIPPINES~~ They don't celebrate Halloween but they do celebrate on November 1st All Saints day, which is a religious holiday where they remember the loved ones that have passed. On November 2nd they continue their celebration with festivities taking place around their loved ones graves where they celebrate All Souls Day. Families spend the day and night at gravesides holding reunions, eating and sharing memories.

SRI LANKA~~ They don't celebrate anything like Halloween in their country.

UKRAINE~~ They dress up but do not go trick-or-treating. It's mostly a celebration for adults. Children do wear costumes to school.

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

BLACK
 BROOMSTICK
 CANDY
 CEMETERY
 COSTUME
 EERIE
 GHOST
 HALLOWEEN
 HAUNTED
 MOON
 MUMMY
 OCTOBER
 ORANGE
 PUMPKIN
 SKELETON
 SPIDER
 SPOOKY
 VAMPIRE
 WITCH
 ZOMBIE

HALLOWEEN

Word Search



Just Joking

A ghost walks into a bar.
Bartender asks,
"What'll you have?"
Ghost says,
"I'm here for the
BOOs!"



**Where do ghosts
like to vacation?**
The boo-hamas.

**Why did the vampire
need mouthwash?**

Because he had
bat breath.



**What happened when
the ghost had too
much to drink?**

He was three shee14
to the wind.