

# Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>


## A Note from Life Enrichment

Welcome to December. In what feels like the blink of an eye, this year is almost over! We have had a great year and we have YOU to thank for it! As we close out 2024, we have many festive programs planned. This month is filled with entertainment! We start off with the Bonacords Male Choir on Dec. 5th at 2:30pm. Darlene and The Shamrockers join us on Saturday Dec. 14th at 2:00pm. Millbrook South Cavan Public School will be singing for us over 4 days at 9am starting on Monday Dec. 16th and concluding on Dec. 19th, we can't wait! Keith Kirkpatrick is here Friday Dec. 20th at 10:30am in the Fireside Lounge. Finally we complete entertainment for the month with our Birthday Party Show with Leigh Kemp on Dec. 27th at 2:30pm in the Fireside Lounge. Other calendar highlights include, Christmas cookie decorating with the 1st Bethany Girl Guides on Dec 10th at 6:15pm, a hockey social with the U13 Millbrook Stars on Dec. 11th at 6:30pm and the highlight of the December calendar is our Resident & Family Christmas Dinner on Dec. 12th at 5pm. For more information please see page 3. A big thanks, in advance to the dietary team for putting together what is sure to be a wonderful night with delicious food! All of these programs lead to our Christmas Day gift delivery by Santa's hand picked elf crew! We end the month and the year with our New Year's Eve Social on Dec. 31st at 2:15pm. We can't wait to celebrate all month long! Please reference the programs calendar for more events and activities offered. If you have any questions or would like to sign up for a bus outing please see Nicole or Michelle in the Life Enrichment office! Happy Holidays!



### December Bus Outings

Wednesday December 11th  
11:30am

**Swiss Chalet Lunch**

Monday December 16th  
6:00pm

**Christmas Light Tour**

Sunday December 29th  
1:30pm

**PTBO Petes Hockey Game**

# Environmental Services Supervisor

December has arrived and it looks to be a busy month with all types of entertainment, parties and events.

November has brought us some colder temperatures. Certainly we shall see more in the coming weeks. We are ready for it when it does arrive. Our staff and contractors check the condition of the sidewalks for snow and ice. Please stay on cleared walkways that are shoveled and salted if you are going outside. Finally on behalf of all the employees in the Environmental Services Department, we would like to wish all our residents a happy and enjoyable holiday and New Year.

## Kevin Kellow

Environmental Services Supervisor



**CALLING ALL RESIDENTS!**  
RESIDENT COUNCIL MEETING  
NEXT MEETING: MONDAY DECEMBER 16TH 2024  
1:30PM IN THE TRAIL DINING ROOM



### Family Council Christmas Raffle!

Get your tickets today for your chance to win a variety of beautifully curated baskets!

#### Tickets

1-\$5

3-\$10



Please see the LE office for ticket sales until December 12th 2024!

All proceeds fund efforts to build a shade shelter at Centennial Place.

Thank you for your support!

## December Birthdays

- Audrey Coe- 02
- George Ewald- 03
- Karen Gale- 06
- Tom Watson- 08
- Sheina Cowan- 10
- John deLaPlante- 10
- Calvin Switzer- 17
- Harry Greer- 31

*\*If your loved one has not signed our media consent forms, you will not find them in photos or lists in our newsletter.\**

# ≡ Welcome ≡



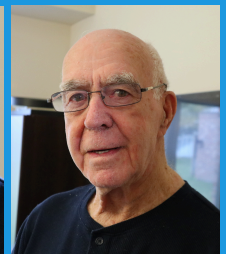
Margaret  
Publicover



Jim  
Genge



Ron  
Coleman



Jerry  
Larose

## Director of Care

As 2024 comes to a close, we have many things to reflect on and be proud of. In June of 2024 we officially celebrated our designation as a Best Practice Spotlight Organization (BPSO) through the Registered Nurses Association of Ontario (RNAO) – complete with a watermelon cake and a magnificent balloon arch! Through our work with the RNAO as a BPSO we have fully implemented 3 Best Practice Guidelines (Preventing and Addressing Abuse and Neglect of Older Adults, Preventing Falls and Reducing Injury from Falls, and Delirium, Dementia, and Depression in Older Adults) and continue to work on our next 3 – A Palliative Approach to Care in the Last 12 Months of Life, End-of-Life Care During the Last Days and Hours, and Person-and Family-Centred Care. We continue to improve on improving the quality of life for all of the Residents at Centennial Place and their experience here. We have recently hosted Trent University Community placement students who have been assisting with completing palliative assessments in the home, working on creating educational material – that we hope to continue to use post their placement, and provided education to staff on the assessment of neuropathic pain. In the month of November – we have implemented Purposeful Rounding – routine checks on specific residents for the purpose of identifying if they have any unmet needs (pain, possessions, personal needs (toileting), and positioning). This will be in the hopes of reducing resident falls or responsive behaviours. We continue to work with the RNAO on our BPSO journey and look forward to what is in store for 2025!

### Victoria Woudsma

Director of Care



***The Dietary Department Invites You To:***

## **The Resident & Family Christmas Dinner**

Join us on

**Thursday December 12th**

for a festive dinner at  
Centennial Place!



Please sign up with Ella at the front desk to reserve your spot.

Meal charge is \$18.00/ person and there is a 2 guest/ resident maximum.

**The cut-off date is Monday December 9th.**

\* cash or cheque accepted.\*



# TOY DRIVE

This year we will be collecting new, unwrapped toys for children in our area, to help them have a fantastic Christmas!

These toys will be turned over to the Salvation Army, after the Christmas Miracle Broadcast, Saturday December 14th

AON's Charitable Donations Committee will also be matching your toy donations, with a monetary contribution

If you have any questions please contact Vicki Coppins

Thank you for giving if you can!



# Social Service Worker

## The Holiday Blues

It is that time of year again when people begin to gather for the holidays – parties, vacations, shopping excursions and good food all contribute to feelings of excitement and cheer in the month of December.

So why is it that many people this time of year end up feeling especially blue?

For many people the holidays are a difficult time with many reasons contributing to lower mood. These reasons include:

- Feelings of loneliness for those that cannot be with their family
- Setting high expectations for planned events that do not seem to measure up
- Financial stress
- Spending additional time with challenging or toxic family members
- Comparing personal experiences of Christmas with unrealistic versions represented on social media and television.
- Experiencing the first holiday season without a loved one
- Stress related to an increase in tasks, meals to plan, parties to attend, presents to shop for, etc.

If you find yourself feeling a blue at this time of year there are some strategies that can be used to relieve some of the uncomfortable feelings of being in a low mood:

- Be honest with how you are feeling. Bottling up uncomfortable feelings often worsen an already low mood and prevent people from accessing the support they need.
- Engage with self-care. Self-care is a buzzy word right now, and it may seem like it is an over-used concept. However setting small goals for oneself to engage with a pleasurable activity that helps to lower stress is an effective tool for improving mood. Some ideas include: setting aside time to read a book, going for a walk, calling a friend.
- Counter negative thoughts with positive ones. We all do it – think negatively without stopping ourselves to consider other thoughts. Too often people believe their negative thoughts without challenging them, accepting the negativity when perhaps the situation can be interpreted differently. If you would like to learn more about how to practice strategy, check out Mind Over Mood by Dennis Greenberger and Chrisine A. Padesky.

If you are finding that your winter blues are turning into more than just blues and extend beyond the holiday season seek out professional help from a family doctor or mental health professional

**Alex Rawek**

Social Service Worker



Residents and Staff would like to extend their condolences to the families and friends of:  
**Sandra Fisher**



# Leadership Directory



**Courtney Jilesen**- Administrator  
Ext 305



**Victoria Woudsma**- Director of Care  
Ext 301



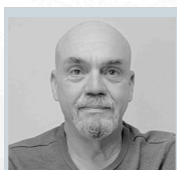
**Leslie Goble**- Associate Director of Care  
Ext 302



**Brittany Thorn**-Director of Resident &  
Family Services  
Ext 312



**Vicki Coppins**-Directory of Dietary  
Services  
Ext 304



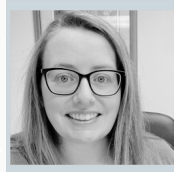
**Kevin Kellow**- Environmental Services  
Supervisor  
Ext 316



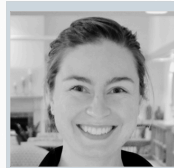
**Mallory Adams**- Office Manager  
Ext 313



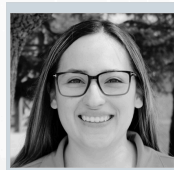
**Allison Houser**-RAI Coordinator  
Ext 310



**Lisa van Bruinessen**- Behavioural  
Supports Coordinator  
Ext 303



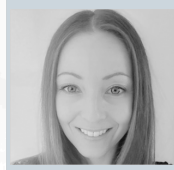
**Nicole Vrooman**- Life Enrichment  
Coordinator  
Ext 311



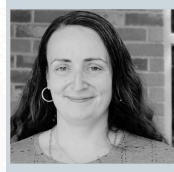
**Michelle Erazo**- Life Enrichment  
Coordinator  
Ext 318



**Corinne Buntsma**- IPAC Lead  
Ext 323



**Jami McLeod**- PSW Supervisor  
Ext 306



**Alexandra Rawek**- Social Service  
Worker  
Ext 307



**Julie Parcels**  
Quality Risk Nurse  
Ext. 302

## Online Resources

### Alzheimer Society

[www.alzheimer.ca](http://www.alzheimer.ca)

### Canadian Diabetes Association

[www.diabetes.ca](http://www.diabetes.ca)

### Heart and Stroke Foundation

[www.heartandstroke.ca](http://www.heartandstroke.ca)

### The Arthritis Society

[www.arthritis.ca](http://www.arthritis.ca)



To view Centennial Place Happenings you can  
access AON TV by visiting the link below:  
<https://www.centennialplace.com/aon-tv/>