

# Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com> Where community develops.



## A Note from Life Enrichment

August is here and the warm weather has us feeling tropical! You will notice a few programs this month that are infused with a Hawaiian twist! Activities such as Hawaiian bowling on August 7th at 2:15pm in the Fireside Lounge, a Beach Party on August 8th, Lei Making on August 12th, a Hawaiian Social on Harvest August 16th at 2:15pm and we end the month with our All Around the World Social to, you guessed it Hawaii! So, pack your flip flops this month for lots of fun in the sun! Other program highlights this month include a Campfire Night on August 14th at 6:15pm outside, a Watermelon Social with EarlyON at 11:00am on August 15th, and our End of Summer Blowout Party on August 28th at 2:00pm, outside. Zumba Jasmine will have us dancing in our seats on Friday August 2nd and Friday August 16th at 2:15pm in the Fireside Lounge. Jasmine always brings the dancing beats and great energy. You can't leave Jasmine's class without a smile! As always, we look forward to all the programs that our creative LEA team has in store this month! For a detailed list of all the August programs, please refer to the programs calendar. For any questions related to Life Enrichment please feel free to reach out to Nicole or Michelle in the LE office. Have a great August!



### August Bus Outing

Please sign up by calling ext. 311!



August 9th 2024

**Lift Lock Boat Cruise**

Peterborough

### August Entertainment

August 1st 2024

2:30pm - Art Lajambe

August 22nd 2024

4:00pm - Don Van Halteren

August 30th 2024

2:30pm - Leigh Kemp



# Welcome Back Julie!



Hello Everyone,

I officially joined the Centennial Place family on July 8th as the new Quality and Risk Nurse at Centennial Place. I started my nursing career at Centennial Place as a new graduate in 2007 and worked here for 8 years as a Nursing Supervisor before moving on to Princess Gardens where I spent 3 years as the Director of Care. After spending the last 5 years working for another long-term care organization, re-joining Centennial Place sort of feels like coming home. I am thrilled to be back and expect to be in this role supporting the home until next spring. The quality risk nurse is a new position for the home so I imagine my role will develop and evolve over time, but my hope is to support with risk identification and management and quality assurance. My focus will be on streamlining processes, implementing project improvements, ensuring compliance with regulatory guidelines, and supporting the operationalization of policies within the home. I certainly welcome any input or suggestions from the Centennial Place community with respect to quality and risk.

Outside of work, I enjoy spending time with my family and friends, being active, hiking with my golden retriever Wally, and being out on the water on my paddle board.

I'm looking forward to connecting with residents, staff, and families in the coming months and hope that everyone is enjoying a wonderful summer so far!

**Julie Parcels, RN, BScN**

Quality Risk Nurse

# August Birthdays



**Hilda Mitteregger - 12**

**Sandra Fisher - 20**

**Jill Wiens - 21**

**Shelley McMahon - 23**

**Jane Noel - 23**

**Peter Mucha - 25**

**Doreen Greenough - 27**

**Jean Hutcheon - 29**

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



# Goodbye Rachel!

Hello wonderful residents and families of Centennial Place,

It is with a heavy heart that I say farewell to this wonderful home.

Life has me travelling back down the 401 to the GTA, and although this is a sad moment it will be nice to be closer to family.

Over the last 3 years it has been my honor to get to know residents and families.

I will miss you all!

On August 19th we welcome Brittany Thorn to the role of DRFS at Centennial Place!

**Rachel Disney**

Director of Resident and Family Services



## Director of Dietary Services

Welcome to our new residents and their families. We look forward to getting to know you! We have been enjoying the seasonal fruits and vegetables that our Ontario farmers have to offer. The berries are finished now but we are enjoying the peaches, pears and nectarines with corn on the cob just around the corner.

I wanted to remind everyone that our private dining rooms can be booked for guest reservations again. We are looking forward to having you visit your loved ones over a meal period. To allow us to serve you better please ensure that you give us 24-hours' notice by calling the front desk. They will be able to take your reservation. We want to ensure our staff is ready for you and seating is arranged. Also please remember that the main dining room is served first so plan on being served at approximately quarter past the hour at meals in the private dining rooms. We look forward to serving you soon!

### 2024 Guest Meal Prices

Lunch - \$10.25 per person

Dinner - \$11.75 per person

Thank you,

### **Vicki Coppins, CNM**

Director of Dietary Services



## Peach Smoothie

YIELD: 10 125ML PORTIONS



### Ingredients:

213ml Plain Yogurt

18.75ML Natural Bran Cereal

313ml 1% Milk

313ml Diced Peaches

313ml Chopped Bananas

### Directions:

**Blend all ingredients together in a blender until smooth. Cover and refrigerate until ready to serve.**

Source: [superhealthykids.com](http://superhealthykids.com)

revised by Complete Purchasing Services



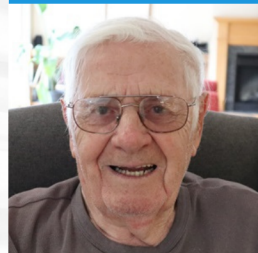
# ≡ Welcome ≡



John Cummings



Susan Rospeck



Brian Greenough



Ken Moreton

# Save the Date



**Join us for Centennial Place's Annual Corn Roast Dinner!**

**An evening of outdoor entertainment by Don Van Halteren, fresh local corn and good company!**

**Entertainment starts at 4:00pm**

**Chicken on a bun and roast corn dinner will be served at 5:00pm**

**Residents- FREE**

**Family & Friends- \$11.75**

**Families, please RSVP by Monday August 19th to the Life Enrichment Department. Seating may be limited.**

**In the event of rain the dinner will be moved indoors.**



# Social Service Worker

## Mindfulness

Practicing mindfulness can help improve stress related issues. Mindfulness is the practice of tuning into the present moment and observing without judgment thoughts and feelings.

How to Get Started:

Start to notice every day physical experiences that typically occur during the day – observe how the wind sounds rustling through the leaves, how the sun feels on your face or how water feels on your skin when you shower. When we feel stressed we often ignore these small, yet pleasurable sensations we experience regularly. Redirecting ourselves away from our stressful thoughts by focusing in on sights, sounds, and sensations in the present moment, is the first step to being mindful.

Ideas for Mindfulness Practice:

### 1. Observe

- Your feelings, without judging them or trying to change them
- Your senses – what do you see, hear, smell, feel
- Sip a drink and pay attention to how it feels in your mouth and throat

### 2. Describe

- Details of your experience using as many adjectives as you can think of
- Write down thoughts and focus on using neutral words and avoid emotion-based words

### 3. Participate

- When doing something you really enjoy, eliminate distractions and keep your mind focused on what you are doing to fully experience the activity.

### 4. Don't Judge

- Direct your attention on what is being observed, instead of why
- Acknowledge positive or negative thoughts without placing judgment on them
- When stressful thoughts and images are evoked, notice them without reacting

Source:  
*90 Second Caregiver*

## Alex Rawek

Social Service Worker



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

Joslyn Evelyn  
Mary Mathews  
Carole Robbins

# Leadership Directory



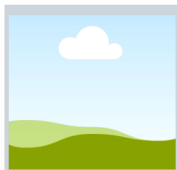
**Courtney Jilesen**- Administrator  
Ext 305



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



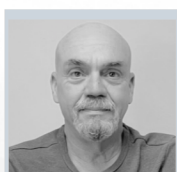
**Leslie Goble**- Associate Director of Care  
Ext 302



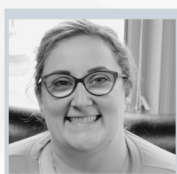
**Brittany Thorn**-Director of Resident &  
Family Services (Start date: Aug 19th)  
Ext 312



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



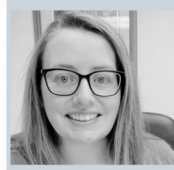
**Kevin Kellow**- Environmental Services  
Supervisor  
Ext 316



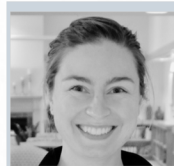
**Mallory Adams**- Office Manager  
Ext 313



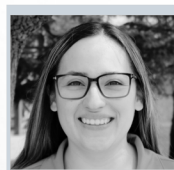
**Jordyn Woodhouse**-Interim RAI  
Coordinator  
Ext 310



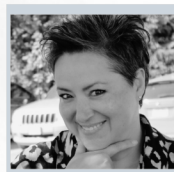
**Lisa van Bruinessen**- Behavioural  
Supports Coordinator  
Ext 303



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



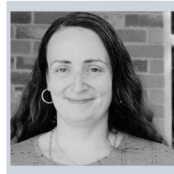
**Michelle Erazo**- Life Enrichment  
Coordinator  
Ext 318



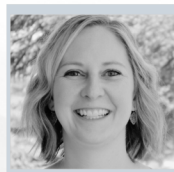
**Corinne Buntsma**- IPAC Lead  
Ext 323



**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/>