

# Centennial Place Newsletter

705-932-4464

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



## A Note from Life Enrichment

Welcome May and the warm days ahead! This month we have a lot to celebrate from Cinco de Mayo, Mother's Day and of course our May birthdays. Entertainment this month includes The Swing Set Band on May 7th (rebook from April), Buckhorn Singers on May 16th and Keith Kirkpatrick adds the music for our May birthday party on May 30th. All the moms get a musical treat from harpist Angelica Ottewill for our Mother's Day High Tea on Sunday May 12th at 2:30pm. Families welcome to join us for this event. If planning on attending, please RSVP by May 3rd to the LE department. Starting May 6th you may see some new faces in the LE department as we welcome Deep and Chelsa, Therapeutic Recreation Students from Fleming College. Deep and Chelsa will be with us for the summer as they gain experience and hours towards their placement. Tuesday May 8th we welcome the team from The Alzheimer Society for our Walk to End Alzheimer's walking minute collection kick off. We will be walking around the Home and outside! The Walk to End Alzheimer's takes place this year on May 25th at Justin Chiu Stadium, Trent University. Tuesday May 14th is National Bicycle Built for Two Day and we plan on taking full advantage with our two seat bike. Resident rides will be starting at 2pm at the front entrance, weather permitting. This month we also eagerly await the hatching of the painted lady butterflies that we will be releasing on May 21st in honour of all the residents who have passed away this year. Gaitree Gillen leads the ceremony which will begin at 11am outside. Please feel free to reach out to Nicole or Michelle in the Life Enrichment Office for any questions about the programming or activities this month!



## May Bus Outings

Do you think that you or your resident would enjoy any of these bus outings? Please sign up by calling ext. 230!

May 1st  
**Strike Point Bowling & Pizza Lunch**  
Lindsay

May 17th  
**9:30am Scenic Drive**  
**10:30am Scenic Drive**

May 23rd  
**Johnston's Greenhouse**  
Peterborough

May 25th  
**Walk to End Alzheimer's**  
Trent University





# Environmental Services

## Supervisor

You may have noticed two safety items in your room when you moved in.

First, there is a red electrical outlet in all resident rooms. This outlet is connected to our emergency generator. In the event of a power outage this outlet will be active for you to use. As well all major building systems such as heating, nurse call, phone service, and hallway lighting are on the emergency generator. We test the generator each month on the 1st. Wednesday of each month to ensure it will operate properly. This test lasts for approximately 1 hour.

Second, on your door is a grey "tag". The purpose of this tag is to assist staff during an emergency situation. The tag has a magnet in the fabric. When it is lifted and placed on the door frame, a "VACANT" sign is revealed. For example, this would be used in a fire drill situation when staff are checking rooms. If a room was empty, they would use the tag to indicate the room was vacant and did not need to be checked again.

These items are part of the Emergency manual developed for AON's Long Term Care properties. All staff receive training on this plan and we practice some of these procedures during our monthly fire drills. Although we hope never to have an emergency, the procedures and equipment are in place so we are prepared and can address the situation quickly and minimize its impact to residents and the building.

### Kevin Kellow

Environmental Services  
Supervisor



## Director of Dietary Services

I want to extend a warm welcome to the new residents that have joined us this month. I hope you are settling in and enjoying the delicious homemade meals and snacks.

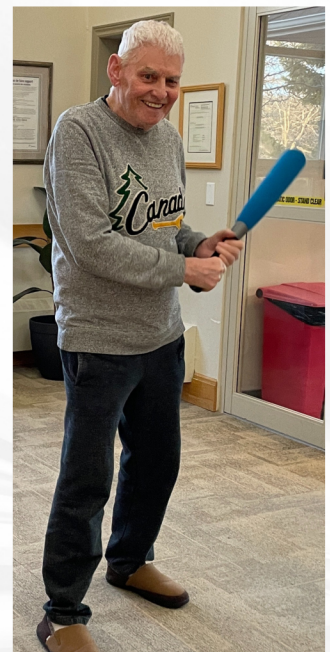
Happy Mothers' Day to all the mothers who live at Centennial Place! This month we celebrate you and we will be having a special dinner on Sunday, May 12th in honour of you!

I want to extend an invitation to join me at our next food meeting being held on May 27 at 1:30pm in the Fire Side Lounge. We will be discussing our spring and summer menu. I know we are all looking forward to fresh Ontario fruits and vegetables! I hope to see you there.

Thank you

**Vicki Coppins, CNM**

Director of Dietary Services





# Office Manager

Do you/your loved one qualify for Rate Reduction? – Please be aware that Rate Reduction application will need to be submitted prior to **June 30, 2024**. To have this completed for you, forward your 2023 NOA (Notice of Assessment) as soon as possible to Centennial Place. This will ensure that the application will be submitted in a timely manner. If you have any questions or concerns, please reach out.

## Mallory Adams

Office Manager

*Mother's Day High Tea*  
Sunday May 12th  
2:30pm  
Fireside Lounge

Families are welcome to join us as we celebrate all the special women at Centennial Place!

Please RSVP to the Life Enrichment Department by May 3rd



# Lemon Bar Cookie Cups

24 SERVINGS

**PREP TIME 40MIN. COOK TIME 15MIN.**

### Ingredients-Cookies

- 2 ¾ cups flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- 1 cup butter, softened
- 1 ¼ cups sugar
- 1 egg
- 1 tsp. vanilla

### Ingredients-Lemon Curd Filling

- 6 tbsp. butter, softened
- 1 cup sugar
- 4 eggs, divided
- 2/3 cup lemon juice
- 1 lemon zest
- 2 tbsp. powdered sugar for garnish

### Directions:

- Preheat oven to 375 degrees F.
- Spray mini muffin tins with nonstick cooking spray.
- Mix flour, baking soda, and baking powder in a small bowl. Set aside.
- In a large bowl, cream butter and sugar until fluffy. Beat in egg and vanilla.
- Gradually mix in dry ingredients into wet until combined.
- Form one inch dough balls and place in muffin tin. Bake 8-10 minutes until golden.
- Press down the center of each cookie to form a cup; let cool.
- For the filling, cream butter and sugar. Mix in 2 whole eggs and 2 egg yolks, then lemon juice. Cook filling over medium heat. Whisking until thickened (about 5mins). Let cool slightly.
- Spoon lemon curd into cookie cups, top with lemon zest and chill until set.
- Remove from tin, sprinkle with powdered sugar and serve!





# Director of Resident & Family Services

Hello to our wonderful residents, and a special hello to our new residents and families who have joined us this month!

Please keep in mind as the weather improves to swap out any seasonal clothing to ensure our wardrobes don't get over filled!

I look forward to seeing our courtyards blossom with all the wonderful planting our residents have been working on!

## Rachel Disney

Director of Resident & Family Services



## May Birthdays

**Anna Burchat- 05**

**Barry Magill- 07**

**Anna Santomero- 07**

**Barb Gerrie- 09**

**Thomas Oke- 09**

**Ken Anderson- 10**

**Mary Mathews- 14**

**Bev Irwin- 14**

**Art Young- 15**

**Mary Fabiano- 19**

**John Friedmann- 19**

**Fred Copping- 20**

**Mary Wilson- 20**

**Sharon Robson- 27**

**SNEAK PEEK!**  
Peterborough Flyball Dogs are coming to  
Centennial Place!

Save the date for Saturday June 1st at  
10:30am!

(Rain date Sunday June 2nd)



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



# Social Service Worker

## Breathing for Relaxation

Often times when we feel stressed or anxious, our breathing becomes shallow. Why is this? Feelings of stress and panic are associated with fear, when we start to feel panicked our body has a physical response that prepares us to take action against a perceived threat. This means our heart begins beating faster to bring blood to our organs, readying the muscles for a fight or flight response. It also means that our breathing quickens, to allow for more oxygen to go to our muscles. Sometimes this results in shortness of breath.

Shortness of breath often makes feelings of stress and anxiety worse. A good way to counter the uncomfortable physical response experienced with feelings of anxiety is deep breathing. This is a quick and easy way to help us relax when we begin to feel stress.

### Deep Breathing Exercise

This breathing exercise only takes a minute or two and can be done anywhere and at any time. The exercise involves breathing slowly through the nose to a count of six and then exhaling slowly through the mouth to a count of six.

- Sit comfortably in a chair and place your hands in your lap
- Gently close your eyes
- Take a deep breath in through your nose for 1...2...3...4...5...6
- Exhale slowly through your mouth for 1...2...3...4...5...6
- Repeat several more times, breathing in through your nose for a count of 6, and out through your mouth for a count of 6.
- Avoid forcing your breath in any kind of way, if you notice your mind wandering, try to redirect your attention back to your breathing
- Once you have engaged with this deep breathing exercise for a minute or two, you can end this exercise by gently opening your eyes. Take note of how you are feeling afterward – do you feel more relaxed?

### Sources

*Powerful Tools for Caregivers*

*Medical News Today*

*Healthline*

### Alex Rawek

Social Service Worker



## Join our Family Council!!

or at the very least support...

Our Mother's Day Fundraiser!

It will be in full swing from April 30th until May 9th!

Purchase a raffle ticket 1 for \$5 or 3 for \$10 for a chance to win a beautiful flower/ plant for you or the mother figure in your life!



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

Barb Howe

Robena MacLean

Mary "Carol" Bateman

Roy Fox

James "Jim" Armstrong

Doris Nichols





# Leadership Directory



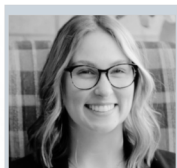
**Courtney Jilesen**- Administrator  
Ext 224



**Victoria Woudsma**- Director of Care  
Ext 223



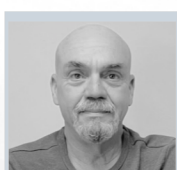
**Leslie Goble**- Associate Director of Care  
Ext 226



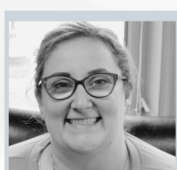
**Rachel Disney**-Director of Resident &  
Family Services  
Ext 312



**Vicki Coppins**-Directory of Dietary  
Services  
Ext 229



**Kevin Kellow**- Environmental Services  
Supervisor  
Ext 231



**Mallory Adams**- Office Manager  
Ext 225



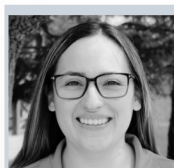
**Karley Schapp**- RAI Coordinator  
Ext 236



**Lisa van Bruinessen**- Behavioural  
Supports Coordinator  
Ext 243



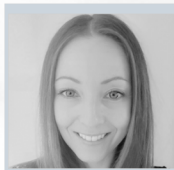
**Nicole Vrooman**- Life Enrichment  
Coordinator  
Ext 230



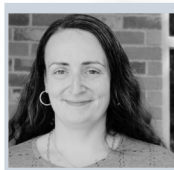
**Michelle Erazo**- Life Enrichment  
Coordinator  
Ext 230



**Corinne Buntsma**- IPAC Lead  
Ext 306



**Jami McLeod**- PSW Supervisor  
Ext 306



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

## 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)

HAPPY  
*Mother's*  
DAY

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