

Centennial Place Newsletter

705-932-4464

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



A Note from Life Enrichment

Fall is here and we are ready for some sweater weather and festive fall programming! This month we are excited to team up with the local Girl Guides for our Girl Guide Connection program that begins Tuesday October 8th at 6:30pm. Join us as we get to know the group during this meet and greet get together in the Fireside Lounge. Periodically, Girl Guides will come to do special projects with residents who wish to participate. We are making outdoor scarecrows on October 11th. It gets a little messy but always lots of fun. Look for our scarecrow creations in the Heritage and Trail Courtyards! On Thanksgiving, Monday October 14th is our Thanksgiving Social at 2:30pm in the Fireside Lounge. We are excited to introduce the new Ladies Luncheon program on Sunday October 20th at noon in the Fireside Lounge. Space will be limited. Please speak with a member of the LE team to sign up! We end the month with a spooky Halloween Movie Night at 6:15pm October 28th in the Fireside Lounge, join us if you dare! We celebrate Halloween on October 30th with entertainment at 6:30pm. The students from Millbrook South Cavan PS will trick or treat at Centennial Place on October 31st at 9am. This tradition is always lots of fun! We are looking forward to seeing all the costumes and smiling faces! For a complete list of all activities happening this month please reference the program calendars! For any questions or to sign up for a bus outing please contact Nicole or Michelle in the Life Enrichment Office or by calling extension 311/318. Happy Thanksgiving to all!



October Bus Outings

Friday Oct. 4th

**Shopping at Lansdowne Place
Mall**

Peterborough

Saturday Oct. 19th

Pumpkin Festival

Keene

October Entertainment

Friday Oct. 18th

Keith Kirkpatrick

Friday Oct. 25th

Everything Country

Wednesday Oct. 30th

Art Lajambe



WELCOME



**Doris
Reynolds**



**Elfriede
Williams**



**Nelly
Bulle**

Environmental Services Supervisor

Fall has arrived and we are experiencing some cooler days and nights. Temperatures in hallways and common areas are adjusted regularly. If you find your room to be too cool, please ask staff if they could turn your air conditioning unit off for you. We try to find the right temperature setting that meets the needs of most of our residents - let us know if you find an area too warm or cool.

This month we will shut down our courtyard and pond fountains until next spring.

We will also shut down the irrigation system to our grounds.

Kevin Kellow

Environmental Services Supervisor

October Birthdays

Florence Smith- 01

Helen Girard- 07

Don Palmer- 07

Rick Caldwell- 11

Daryl Hudgin- 16

John Rubie- 18

Teresa Burrows- 27

Maureen Patrick- 31



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

Infection Prevention & Control Lead

How do you know if it is too late to get a flu shot?

Fall is usually considered the beginning of flu season—that is, when the cases of flu start increasing across the country. It's a time when you're likely to hear healthcare providers and public health experts urging you to get a flu vaccine by the end of October. If you don't get vaccinated by then, you may wonder: Is it too late to get a flu shot?

It takes about two weeks for your immune system to create enough antibodies to help protect you from the flu. If you're considering getting a flu shot later in the flu season but are worried that it's too late to get a flu shot—if there's any flu activity occurring, then it's not too late at all.

If influenza (flu) viruses are circulating in your community, it's not too late to get vaccinated against the flu.

-National Foundation for Infectious Diseases

I am happy to provide influenza vaccines to all the residents and their caregivers to help prevent outbreaks from happening here at Centennial Place. Part of the prevention plan as always is reminding staff and families about cough etiquette (cover your cough) with your elbow avoid using hands. Hand hygiene, sanitizing hands before entering resident spaces, before holding hands, after touching any surface and after leaving a resident area. Staying home when you're feeling unwell. Centennial Place continues to be a mask friendly environment, if you cannot delay your visit, please wear a mask to help protect the residents living here.

Corinne Buntsma
RPN LTC-CIP



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.

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

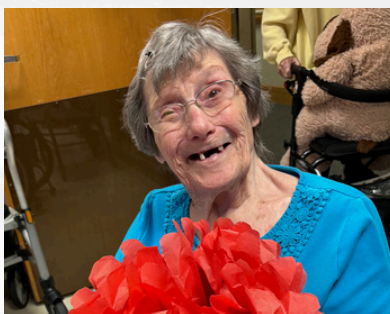
Lunch - \$10.25 per person

Dinner - \$11.75 per person

Thank you,

Vicki Coppins, CNM

Director of Dietary Services



Quick Apple Dip

SERVES 8 PREP TIME 5MINS



Ingredients

- One 8 ounce block cream cheese softened
- 1/3 cup sugar
- One 16 ounce container caramel dip or thick caramel sauce
- 1/2 cup toffee bits

Directions

- Place the cream cheese in a medium bowl and beat with a mixer until smooth and creamy.
- Add the sugar and beat until thoroughly combined.
- Spread the cream cheese mixture into an even layer in a 3 cup serving dish.
- Pour the caramel dip or sauce over the cream cheese mixture. Spread into an even layer. Top with toffee bits and serve with sliced apples.

<https://www.dinneratthezoo.com/caramel-apple-dip/>

Social Service Worker

The role of Social Service Worker (SSW) in Long Term Care (LTC)

With many new faces at Centennial Place over the past year I thought I would take an opportunity to explain the role of an SSW in Long Term Care.

The SSW role can be difficult to understand because it is a values driven profession, not task driven.

These values include:

- Respect for the inherent dignity and worth of all persons
- Pursuit of social justice
- Service to Humanity
- Integrity in professional practice
- Competence in professional practice
- Confidentiality in professional practice
- Person centred and family centered care
- Promoting palliative approach to care
- Promoting a positive and inclusive atmosphere within LTC home and community

SSWs are here to support residents and families through every stage of the journey in LTC

- Moving in: support adjusting to the LTC home; building rapport; establishing therapeutic relationships with resident and family/family of choice.
- Daily Life: psychosocial and emotional support; provide support during advance care planning and difficult decision making; conflict resolution and mediation; advising a multidisciplinary team on best practice regarding resident-centered care; advocacy; support for resident, families and staff with ethical decision-making.
- Transitions: support resident when moving internally to a new room, or externally to another care home or alternative living arrangements.
- End of Life: support the psychosocial and emotional aspects of end of life; provides supports to grieving families/families-of-choice and co-residents.

Information compiled from SW/SSW in LTC Community of Practice 2023

Alex Rawek

Social Service Worker

The next Family Council Meeting is:

Monday November 4th 2024

11:15am

2nd Floor Chapel

Families welcome to join us!



EarlyON

Child and Family Centre

The children and families from EarlyON will be coming for a visit dressed in their Halloween best on

Tuesday October 29th 2024 at 10:30am

Come out to see all the little ones in their costumes!





Centennial Place will be hosting a **Christmas Vendor Market**

November 27th from 10am to 2pm in the Fireside Lounge. If you or someone you know would like to sell some items please contact Michelle or Nicole in the Life Enrichment Office!

Tables

Small (3.5 feet x 3.5 feet) : \$10

Large 6 feet x 2.5 feet) : \$20



**Looking for a better clean?
Think electric!**

A more reliable clean: Electric toothbrushes can produce thousands of strokes per minute to remove plaque from your teeth. Your manual toothbrush, meanwhile, works only as fast as your own hand.”

Specialized Features: Many electric toothbrushes have built-in features like timers and pressure sensors to help you brush properly and for the recommended amount of time. Some offer multiple brushing modes, which can be helpful for people with sensitive teeth or gums.

Ease of Use: Because electric toothbrushes do most of the work of brushing for you, they're sometimes easier to use for people who have limited dexterity or hand mobility. Less manual effort is required.

Overall, using an electric toothbrush can be a good way to improve your oral hygiene and help keep your teeth and gums healthy.

Coupons available at the front sign in desk while supplies last!

If you or your loved one are looking to book a dental hygiene appointment with our dental hygienist please contact Brittany Thorn.



Residents and Staff would like to extend their condolences to the families and friends of:
Dorothy 'Dot' McGill
Alice Ross
Dora 'June' McConnell

Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



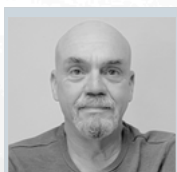
Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident &
Family Services
Ext 312



Vicki Coppins-Directory of Dietary
Services
Ext 304



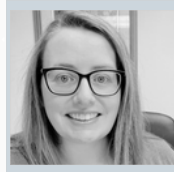
Kevin Kellow- Environmental Services
Supervisor
Ext 316



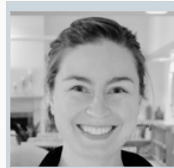
Mallory Adams- Office Manager
Ext 313



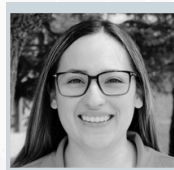
Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



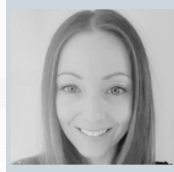
Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



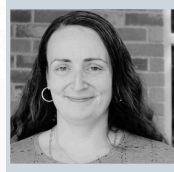
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



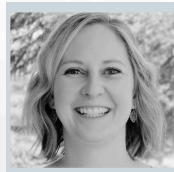
Corinne Buntsma- IPAC Lead
Ext 323



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

Canadian Diabetes Association

www.diabetes.ca

Heart and Stroke Foundation

www.heartandstroke.ca

The Arthritis Society

www.arthritis.ca



Happy
THANKSGIVING

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