

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>



CENTENNIAL PLACE

A Note from Life Enrichment

Welcome to September! Centennial Place is full of farm fun this month! We are excited to celebrate Grandparents Day with Critter Visits! Bring the family as we will have a wide variety of farm animals to interact with on Sunday September 8th from 1:30pm to 2:30pm. Ice cream treats will be served after the animal visits. We are also happy to announce that Highview Farms will be returning with horse drawn wagon rides. September 13th we will be galloping along the streets of Millbrook from 1:30pm to 3:00pm. With the cooler September weather we would like to offer walking/wheeling outings to visit the shops of Downtown Millbrook. On September 6th and 13th we will be taking groups of 6 residents downtown. If this is an outing that interests you or your loved one please reach out to Michelle or Nicole to sign up. Space is limited for this outing and it will also be weather dependent. We are looking forward to being able to support local this month! Other program highlights include, Zumba with Jasmine on Friday September 6th and 20th, Art Therapy with Care on the 2nd and 4th Tuesday of the month and of course Music Therapy with Nicole on September 2nd and 9th and Music with Yara on September 16th. For a complete list of all the September activities please reference the program calendars for your home area! For any programming questions please feel free to reach out to Nicole or Michelle in the Life Enrichment Office!



September Entertainment

Wed. September 11th
6:30pm

Jimmy's Old Time Radio Show
Fireside Lounge

Mon. September 23rd
6:30pm

Oktoberfest with Don Van Halteren
Fireside Lounge

Mon. September 30th
2:30pm

Birthday Party with Leigh Kemp
Harvest House

Director of Resident & Family Services

On August 19th 2024 we welcomed Brittany to our team as our new Director of Resident and Family Services. Welcome to the team Brittany!

Hello everyone,

My name is Brittany and I am the new Director of Resident & Family Services. I am coming from Case Manor in Bobcaygeon, where I have spent the last 9 years as the Director of Resident Programs & Admissions. I ran the Programs Department and took care of the Admissions for the home. A few things about me; I have 3 children and have lived in the Kawartha Lakes since I was a child. One of our favourite spots to visit is the Toronto Zoo, and we are always up for family adventure! I look forward to getting to know you and your loved ones. My door is always open, please stop in and say Hi when your in for your next visit.

Brittany Thorn

Director of Resident & Family Services

Director of Dietary Services

On behalf of the dietary team, we would like to welcome all the residents and their families who joined our home this month.

We will be starting to work on the Fall and Winter menu cycle that will begin in October. We want to ensure we are providing the best food quality and service that we can so we take requests and incorporate resident recipes where we can!

The residents have been enjoying the fresh local corn on the cob while it's in season as well as the fresh fruits and vegetables that Ontario has to offer.

Our next Food Committee Meeting is September 16th at 1:30pm in the Trail Dining Room. Everyone is welcome so please feel free to join us.

Please let me know if you have any questions or concerns.

Thank you,

Vicki Coppins, CNM

Director of Dietary Services



September Birthdays

Paul Lafond- 01

Barbara Jones- 02

David Casey- 02

Carole Boyd- 04

Reen Wheeler- 11

Donna Scott- 20

Miriam Given- 24

Trudy Musgrave- 24

Elda Edgerton- 26

Nellie Fredericks- 29

Georgie Smith- 30



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

WELCOME



Maureen Patrick

Grandparents Day

with



September 8th 2024
1:30pm-2:30pm



Environmental Services Supervisor

Hi Everyone,

The days are getting a bit shorter now. As summer winds down, let's hope we get some more nice days to enjoy the courtyards and patios.

September 9th - 13th we will be recognizing our Housekeepers and Laundry staff for Environmental Services Week. They are a great team and a pleasure to work with. Thanks for everything you do!

Kevin Kellow

Environmental Services Supervisor



ATTENTION FAMILIES!

Did you know that each Home Area has a Family Friendly Dining Room? If you are looking to share a meal with your resident please speak to Ella at the front desk and she will be able to assist you! Please provide 24hrs notice prior to mealtime.

Lunch is 10.25 / Dinner 11.75



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

FALL INTO HEALTHY HABBITTS

WASH UP



After coughing or sneezing, before eating, whenever hands are thought to need it.

VACCINATE



Public Health Canada recommends keeping up to date with seasonal vaccinations.

COVER IT



Cover your nose and mouth if coughing or sneezing. If using a tissue, throw it away immediately after use and wash hands.

DISINFECT



Wipe down high touch surfaces frequently to reduce the risk of colds, flu and covid-19.

COVID & Influenza Vaccines Coming Soon

Social Service Worker

Managing Anger

Everyone experiences anger. Feeling angry is neither right or wrong, good or bad – it is simply a common emotion for humans to experience. That said, anger can be a very difficult emotion to navigate through and the feeling of anger can cause people to behave in ways that they may end up regretting down the road.

People who are angry may have a range of responses to their anger. They may:

- Yell and swear
- Become violent
- Suppress the anger and have anger manifest as something physical like indigestion or a headache.
- Self-medicate to manage the uncomfortable feeling, such as misuse alcohol and other substances.
- Ignore the anger and develop a mental health complication as a result, such as depression.

These are often unhelpful ways of dealing with anger as they tend to cause bigger problems later on. Anger alone is not good or bad, however how people navigate anger is important and impacts wellbeing. Ideas for countering anger:

- Respectfully leave a conversation if you feel your anger bubbling up and your sense of control waning. Say something like “this conversation is important to me, but I am starting to become frustrated and need some time to calm down”. Take this time to reflect on your feelings and strategize on how to get your voice heard in a constructive way.
- Engage in deep breathing: in through the nose for 4 counts and out through the mouth for 4 counts.
- Phone a friend: identify friends that are good listeners and often help you feel supported. Give them a call to talk through your situation.
- Take a beat: while experiencing anger people can become impulsive and may do or say something they regret. Practice taking a minute to consider your actions and the possible outcomes. Engage in small strategies to distract and then calm yourself. This may look like naming 5 things that you can see in the moment (“a chair, a bed, a calendar, a dresser, a window) and then focusing on breath and getting into a relaxed breathing pattern.
- Seek professional help: Mental Health professionals are trained in evidence-based strategies that help counter unhelpful anger responses. One such strategy is Cognitive Behaviour Therapy (CBT).
- If you wish to practice CBT on your own you may check out a number of books available on this topic. One of the best known books on CBT is called Mind Over Mood (Greenberger, Padeski, 2015) and can be found at most bookstores or online.

Alex Rawek

Social Service Worker



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

Annie Watchorn

Barb Gerrie

HORSE-DRAWN Wagon Rides



WITH EARL FROM HIGHVIEW FARMS!

FRIDAY SEPTEMBER 13TH 2024
1:30PM TO 3:00PM

Families Welcome!

FAMILY COUNCIL METTING

Monday September 16th 2024
11:15am
Chapel

Residents Welcome!

RESIDENT COUNCIL & FOOD COMMITTEE MEETING

Monday September 16th 2024
1:30PM
Trail Dining Room

Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



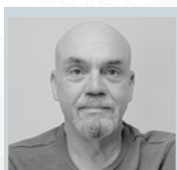
Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident &
Family Services
Ext 312



Vicki Coppins-Directory of Dietary
Services
Ext 304



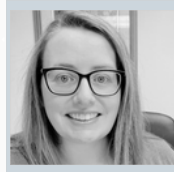
Kevin Kellow- Environmental Services
Supervisor
Ext 316



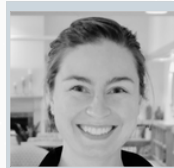
Mallory Adams- Office Manager
Ext 313



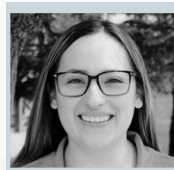
Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



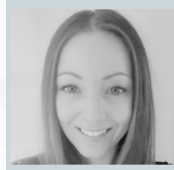
Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



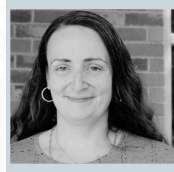
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



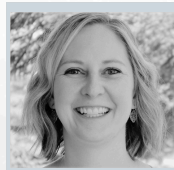
Corinne Buntsma- IPAC Lead
Ext 323



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

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