

Centennial Place Newsletter

705-932-4464

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



A Note from Life Enrichment

Hello April! April is the month of rain showers and Easter Egg Hunts; we are crossing our fingers that those two events don't happen on the same day! Mark your calendars for Sunday April 13th from 2pm-4pm for the Centennial Place Annual Community Easter Egg Hunt! Please see the poster on page 4 for all the details! We would love to see you there! We travel from the comfort of the Fireside Lounge to a Canadian gem, Prince Edward Island, for our Around the World Social on April 17th at 2:30pm. We can't wait to learn more about this beautiful maritime province. In preparation for Earth Day on April 22nd we will be making seed bombs on April 19th at 2:15pm in Trail House. Come check out what is involved in this earth-friendly craft. Zumba with Jasmine this month takes place Friday April 19th and Friday April 26th at 2:15pm in the Fireside Lounge. If you are looking for a laugh, come on by Harvest House for a comedy hour featuring Minnie Pearl, on April 30th at 10:30am. It is sure to be a hit! This month we are looking forward to all of the programs that will be offered! For a more detailed list of programs offered this month, please reference the programs calendar. For any questions related to programs please reach out to Nicole or Michelle in the Life Enrichment Office or by calling ext. 311/318. We wish everyone a wonderful month and a very Happy Easter! 🥚🥚🥚🥚🥚



April Bus Outings

Saturday April 5th

Mary Poppins: The Musical

Victoria Theatre, Cobourg

April Entertainment

Thursday March 3rd

Don Van Halteren

Wednesday April 9th

Randy Read

Wednesday April 20th

WhooHoo Music

Thursday April 25th

Entertainment with Daniel

Wednesday April 30th

Birthday Party with Bill



Dietary Department

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

We are preparing the Spring & Summer Menu. Not only will we be implementing a new menu cycle, but we are upgrading our nutritional software for resident dietary information, therapeutic menus and production planning. The platform is called MealSuite. Very soon you will see electronic menu boards around the home areas. ALL Staff will be provided with training on how to use this new technology. It's an exciting time for us!

Our next Food Committee meeting will be April 21st, at 1:30 in the Trail Dining Room. I hope to see you there! Everyone is welcome!

Thank you & Happy Spring!

Vicki Coppins, CNM
Director of Dietary Services



Director of Resident & Family Services

Hello residents and families. Welcome to April! We have welcomed many new residents over the last few weeks, and with more move ins means more items to be labeled. Please ensure that all clothing and personal items are left at the front desk so that they can be labeled properly in our laundry department. This is practice is greatly appreciated! We also want to remind families that we are unable to accept donations furniture or clothing, due to our limited storage space. When moving items out we kindly ask that all items are removed within 48hrs. Moving carts are available upon request. Thank you all for your understanding. If you have any questions please reach out to Brittany Thorn at ext. 312.

Brittany Thorn
Director of Resident & Family Services

Welcome



Carl Hudson



Montana Fazi



Wilson Ferreira



John Marshall



Dan Tulloch



Melva Collins



Sue-Ellen Pink



Barbara Sloan



Leslie Pennal

April Birthdays

Barbara Sloan- 07
Margaret Burkholder- 09
Phil Schaefer- 18
Joyce Allison-20
Margaret Christie- 27
Susan Rospeck-30

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

Environmental Services

Hello everyone,

As there are some new residents, families, and staff at Centennial Place we are providing a reminder on what your response should be during a fire alarm.

When the system is activated, the fire alarm will emit a loud “chirping” noise. The fire alarm will also automatically close the double doors and shut down all air handling systems in, each home area. The purpose of this is to create a zone of safety from smoke and fire in the event of a real incident. Once the drill or alarm is over, staff will open the doors, and air handling systems will automatically restart.

If you are in your room and the fire alarm sounds, remain calm and do not leave unless you are in immediate danger. There will be staff responding to the area of the fire alarm. Do not leave your room or take the stairs on your own unless directed by staff or Emergency personnel.

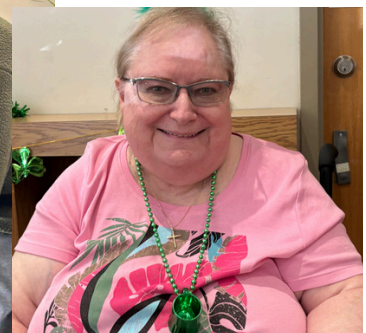
If you are in the area of an actual fire, activate the building alarm by using a fire pull station. Then leave the area immediately, close the door behind you, and head towards the nearest Care Station or fire exit, if you are able. There is a stairwell or exit at the east and west ends of the building that can be used to exit. Staff will be responding to assist residents. The elevators should not be used as they will be locked out on first floor. Unless you are in immediate danger, please await direction of staff or emergency personnel before evacuating.

Our staff participates in regular monthly Fire Drills so that they can practice the fire safety procedures. Our staff response time in previous drills has been excellent and Fire department observed and timed drills were completed quickly and efficiently.



Kevin Kellow

Environmental Services Supervisor



FYI

Please remember that if you bring in food or treats for your loved one, it should only be shared with your family member. We have many special diet types and food allergies here at Centennial Place so we would like to remind you that sharing of these items could pose a risk to others. Even though we know our residents and families have a tremendous amount of generosity please do not share your food and treats with other residents. You may leave food items clearly labeled for your loved one in the Family Friendly Fridge in the home area dining rooms. Remember that this is a communal area.

Thank you!



YOU'RE INVITED

EASTER EGG HUNT

SUNDAY APRIL 13TH
2PM TO 4PM

CENTENNIAL PLACE

Find the **GOLDEN TICKET** and
win a **BIKE!**

0-3 years @ 2:15pm (inside)

4-7 years @ 2:30pm (outside)

8-12 years @ 2:45pm (outside)

*please note times are an estimate and are subject to
change due to the volume of attendees*

For more information contact
THE LIFE ENRICHMENT TEAM!



Palliative Vs End of Life Care

Did you know Palliative Care and End of Life (EOL) are not always the same thing?

Why?

People who have not reached EOL yet have a life limiting diagnosis can still benefit from Palliative care. This means that MOST PEOPLE who move into Long Term Care (LTC) will benefit from a palliative approach to care when they arrive.

Palliative care is a general approach to care for people with a life limiting illness that uses a holistic approach from a multidisciplinary team to optimize the life of the person living with the diagnosis. This means addressing physical, spiritual, cultural and emotional needs. Palliative care can also be provided alongside other medical treatments that are curative in nature.

What does a Palliative Approach to Care Look Like?

Getting to know an individual's life history, relationships, likes, dislikes, culture, religion or whatever else is an important piece of an individual's identity. This information is then used to develop a care plan that optimizes on what brings the individual comfort, joy and meaning. This could mean making a scrapbook with old family photos to help someone remember the life that they built; assisting someone with writing to friends and family to reconnect with and improve on their social supports; matching an individual with an activity that they really enjoy; discussing what the individual's illness means to them and how they are coping; discussing future wishes for EOL.

EOL care is a very specific type of palliative care that focuses on comfort, dignity and honouring the wishes of the person who is dying in the final days to weeks of a person's life.

What does EOL Care Look Like?

Ensuring the individual is free of pain, calm, in a pleasant environment, with family/friends present – all per the wishes of that individual.

Good Palliative Care leads to Good EOL Care

The sooner a palliative approach to care is initiated, the better prepared the individual, their family and their care team is to provide appropriate EOL care when the time arrives. This is because a palliative approach to care removes the stigma of dying and paves the way for open discussions on what is important to an individual in the final months to years of their life. Therefore when EOL arrives everyone in the circle of care is on the same page and the appropriate care is provided seamlessly.

Alex Rawek

Social Service Worker



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

Donald 'Don' Palmer

Georgina 'Georgie' Smith

Eileen MacMillan

Mary Wilson

Dorothy Ling



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



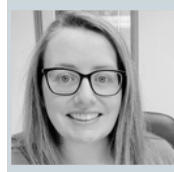
Kevin Kellow- Environmental Services
Supervisor
Ext 316



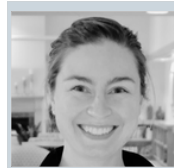
Mallory Adams- Office Manager
Ext 313



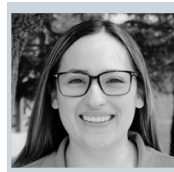
Allison Houser-RAI Coordinator
Ext 310



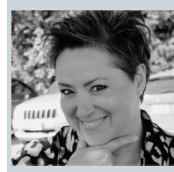
Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



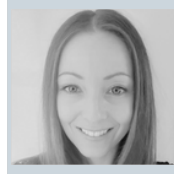
Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



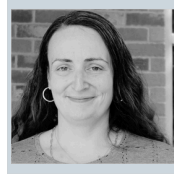
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



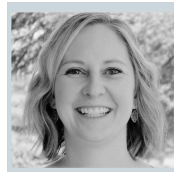
Corinne Buntsma- IPAC Lead
Ext 323



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

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access AON TV by visiting the link below:
<https://www.centennialplace.com/aon-tv/>