



# Centennial Times

July 2010

**April Coulter**  
Director of Care

**Nancy Daley**  
Associate  
Director of Care

**Janet Buchanan**  
Director of  
Resident & Family  
Services

**Vicki Coppins**  
Director of  
Dietary Services

**Karen Wolff**  
Office Manager

**Nancy Sherrer**  
Unit Clerk

**Heather McGinn**  
Recreation  
Therapist

**Julie Kennedy**  
Environmental  
Services  
Supervisor

**Maegan Deyell**  
Volunteer  
Coordinator

**Jeff Donovan**  
Administrator

2 Centennial Lane  
Millbrook, ON.  
L0A1G0

## Centennial's Got Talent!!

Residents, staff, families and friends gathered in the Fireside Lounge on Friday, May 28<sup>th</sup> to witness Centennial Place's first Talent Show. The talent was incredible. From group performances, to karaoke, to piano playing and even stacking of plastic drinking cups were a few talents that everyone enjoyed. There was laughter, cheering, dancing and even little teary eyes when Director of Care April Coulter performed her rendition of "The Rose" accompanied by Personal Support Worker Darcy Mundle on piano. We were honored to have five guest judges including; Resident Helen Rideout, Family Council Member Nancy Lewis, AON's Head Office representative Patrice Surette, Cathy Bond from Millbrook Times and Cavan Monaghan Councillor Jim Chaplin, who each gave one or two thumbs up for each performance and later gave out certificates for numerous categories. A fun time was had by all.



Nancy Daley play's  
accordion, Ralph  
Preston sings a song,  
Jeff Donovan dresses  
up for the Talent Show  
on May 28th

**"A New Tradition in Long Term Care"**

## From the Recreation Department

Welcome to the month of July. Summer is officially here and we have some wonderful fun summer activities that we hope all will enjoy. Look for more detailed programs on the calendar.

This summer it was decided by Resident Council to fund some seasonal projects. The purchase of some new outdoor chairs that are located at the front doors, flowers for the courtyards and front entrance and also to pay for some lucky residents to attend a Liftlock Lunch Cruise and take in a Blue Jays game in August. For more information about these trips, please contact the Recreation Department at ext 230.

Until next month.....  
Heather McGinn  
Recreation Therapist

### Our Newest Residents

<b>Name</b>	<b>House</b>
John Valk	Trail
Denis Hall	Heritage
Mabel Dunn	Millpond
Dorothy Olan	Harvest
Blanche Perry	Harvest

### Upcoming Dates to Remember

<b>Date</b>	<b>Event</b>
Aug 26	Corn Roast
September	Casino Night



"Boots McGinn & the Scoots" performed a flawless line dance and karaoke rendition of "Boot Scoot Boogie" at the Talent Show

**Corn Roast**  
**Thursday**  
**August 26th**  
**5:00pm**  
**Front Parking Lot**  
**(Weather Permitting)**

---

## Heat Stress

This occurs when the body is unable to deal with heat demands placed upon it. Normally the body cools itself as external temperatures rise by increasing the circulation. This brings more blood to the skin and lungs for evaporation of heat. To decrease body temperature even further, perspiration occurs and the moisture is evaporated to cool the skin. If the humidity of the air is high or there is no air movement, this evaporation is also decreased. People become "acclimatized" to the heat. After 10 days of increasing exposure, an increased tolerance is gained. These remain only if the heat stays high – if the temperature cools off, tolerance is decreased. Hazards are created when the body fails to cool itself sufficiently. These hazards are heat cramps, heat exhaustion and heat stroke.

**Heat cramps** are painful spasms of the muscles. Those who sweat a lot get these cramps more often.

**Heat exhaustion** is slightly more serious and may result in headaches, nausea and diarrhea. The skin may become pale, cold and clammy.

**Heat stroke** is a life-threatening emergency. The victim may become irritable, confused and lose consciousness. The skin is dry and the body's temperature is high. In this circumstance, the victim should receive medical attention as soon as possible.

## Wellness Services

Effective July 1, 2010 the Harmonized Sales Tax (HST) at 8% will be added to my hairdressing prices. Currently all hairdressing services have only been charged the 5% GST. The actual cost of the hair care services remain the same. If you require more information please contact me in the Salon at ext. 307. Thank you for your continued patronage.

Sheila Hannah– Hairdresser



Getting close to nature Beulah above and Grace below posing with the wildlife at the Heritage Center.



## July's Special Entertainment

Day	Event	Type	Time	Location
06	Ken Ramsden	Fiddle/Guitar/ Singing	2:30pm	Fireside Lounge
08	Chandos	Guitar/Banjo/ Singing	6:30pm	Fireside Lounge
11	Sing-a-long with Bonnie Wilson	Piano/Singing	2:30pm	Fireside Lounge
13	Sing-a-long with Michael Hearst	Piano	10:30am	Fireside Lounge
27	Eleanor & Ean	Guitar/Fiddle/ Singing	2:30pm	Fireside Lounge
28	Birthday Celebration with George & Betty	Accordion	2:30pm	Millpond Dining Room

## Bus Trips

Day	Location	Departure	Return	Cost
07	Lunch Cruise on the Liftlocks	11:30am	4:00pm	No cost
14	Shopping at Zellers	1:30pm	4:30pm	Shopping Money
17	Afternoon Drive	1:30pm	4:00pm	No cost
21	Lunch Cruise on the Liftlocks	11:30am	4:00pm	No cost
28	Afternoon Drive with Ice Cream	1:30pm	4:00pm	No cost

## Resident Council

This summer the Resident Council has decided to use some of the money that is in the account to provide two special bus outings:

Liftlock Cruise and Blue Jay's game. Please contact the Recreation Department for more details.



**Liftlock Cruise  
for Heritage  
House  
August 18th**



George Hurley made a new friend at the Angler & Hunters Heritage Building on June 16th

---

## Church Bulletin

Day	Denomination	Celebrant	Time
07	Non Denominational	Rev. Tom Cunningham	11:00am
08	Catholic Mass	Father Joseph Devereux	11:00am
14	Non Denominational	Rev. Pat Steel	11:00am
21	Non Denominational	Rev. Jamie Nelder	11:00am
22	Anglican Communion	Rev. Elizabeth Green	11:00am
25	Non Denominational	Rev. Lynda Hodgins	10:30am
28	Non Denominational	Rev. Pat Steel	11:00am

**All Church Services are located in the Chapel on the 2nd Floor**

Chaplin Ken Purdon will be on vacation for the month of July & August.  
Rev. Pat Steel will officiate his Sunday services.

## In Loving Memory

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

*Mrs. Doryne Airey*

*Mr. Percy Hoskin*

*Mrs. Irene Montgomery*

*Mrs. Agnes Moore*

*Mrs. Lorraine Murphy*

*Mrs. Geraldine Pryde*

"As a well spent day brings  
happy sleep, so life well used  
brings happy death"

Leonardo DaVinci

## **Pain Management Study**

This article was published June 14th, 2010 on the Ontario Long Term Care website: [www.oltca.com](http://www.oltca.com)

Centennial Place Launching Pain Management Study. Project stems from palliative care education course.

Centennial Place in Millbrook is launching a research study in pain management, utilizing an assessment tool developed by director of care April Coulter. She spearheaded the study as her project for the Comprehensive Advanced Palliative Care Education (CAPCE) course, sponsored by Hospice Peterborough and provided through the Central East Local Health Integration Network (LHIN).

"The whole idea behind (CAPCE) is to build capacity among people in long-term care and community and hospital, so they actually become the resource professionals in their facilities," says Patti Stanton, regional palliative pain and symptom management consultant with the Central East LHIN. Coulter began the process for the study in March, with consents recently secured for 40 randomly selected residents to participate. Taking a more in-depth look at how pain is managed, the study will use a tool developed by Coulter with best practice guidelines and incorporated into PointClickCare (PCC). This computerized documentation system was implemented a few months ago at Centennial Place, an AON Inc.-owned home of 128 residents.

The easily accessible tool triggers team members to use a guideline to assess pain management by looking at behaviour, mood and other factors. The information will be analyzed at six- and 12-month intervals, Coulter says, with the goal of:

1. Improving the pain management of residents and reducing pain levels.
2. Identifying different types of pain
3. Ensuring they are being treated accurately and effectively is another possible outcome of the study.

Coulter notes this is the first time a research study will take place at Centennial Place. She hopes to share the results with other homes. Stanton says she hopes the study will generate results that lead the home to build on its practices, ultimately improving outcomes for residents, as well as improving team members' morale and even containing costs.

The study is being carried out with the full support of management which, Stanton notes, is also required for participation in CAPCE. Completed over seven months, CAPCE builds on a Fundamentals of Hospice Palliative Care course, with graduates competent in hospice palliative care and supporting their peers' skills. Stanton says the ultimate goal is to "raise the bar of palliative care in the home, in the community in the hospital" and develop standardized education and standardized care.

---

## **A Message from your Administrator**

It is amazing to reflect on the fact that ½ of 2010 is now behind us. As the days fly by, we are witnessing many changes to Long Term Care in Ontario. These changes are good. Our Governments over the past several years have been striving to make improvements in the world of 'Nursing Homes'- now, of course, known as Long Term Care Homes.

**New legislation:** The Long Term Care Homes Act 2007 (LTCHA) was proclaimed in 2007. The government has been working on the creation of regulations that would support the legislation and allow the LTCHA 2007 to come to life. We now have Ontario Regulation 79, which is in effect for July 1, 2010. The Act and its accompanying Regulations are now law.

As you would expect, some changes will be significant while others are more subtle. We will make policy changes and adjustments as needed to accommodate the legislative changes. I will share some of the more notable or interesting changes over the next few months through our newsletter starting with:

### **Compliance:**

We have known for some time that Compliance Transformation was part of the new Regulations. Our Compliance Advisors from the Ministry of Health and Long-Term Care, come in to every LTC Home in Ontario to ensure they are operating in accordance with the 'program standards'. They come at least once a year, and more often if needed. This program is changing to a new inspection process that is much more resident and family focused.

### **The new Regulation 79:**

Replaces the old program standards with this new approach. The 'Inspectors' will spend more of their time in the homes and conducting interviews with Residents/family members and be renamed as **Resident Quality Inspection**.

The Inspectors are currently going through training and it is expected that this new process will take up to two years to be fully operational. We have volunteered to help as a pilot home. There are no details yet, but we are hoping to help trial some of this new process, over the next few months.

One other big change for July 1<sup>st</sup>, is our new Service Accountability Agreement (L-SAA). In the past each LTC home had a SSA with the provincial government through the Ministry of Health & Long Term Care. We now have an agreement directly with our Central East Local Health Integration Network (LHIN). Each of the fourteen provincial LHIN's are now funding and helping to direct the LTC homes in their own LHIN area. Our CE LHIN office is located in Ajax.

Please feel welcome to ask me any questions you may have.

There are copies of the new Act & Regulations available to you upon request.

Have a great month!  
Jeff Donovan



# SUDOKU

	7				6			
2		1			5			
6			9		8		7	
	9	3					8	2
		6				3		
7	4					5	9	
	5		2		7			4
			8			6		1
			1				2	

**Legend: 1 2 3 4 5 6 7 8 9**

## June's Solution

2	1	7	5	9	8	6	4	3
9	8	3	4	6	1	7	2	5
4	5	6	3	2	7	1	9	8
1	7	9	8	5	3	2	6	4
3	4	2	6	7	9	5	8	1
8	6	5	2	1	4	3	7	9
7	3	1	9	4	2	8	5	6
5	9	8	7	3	6	4	1	2
6	2	4	1	8	5	9	3	7

## July's Birthdays

Ken Tyner	01
Marion Mrazek	02
Marie Jarvis	10
Barb McMillian	11
Shirley Gooch	14
Stella Kennedy	24
Muriel Ward	25
Doreen Robbins	26
Bryan Olan	29
Gladys Watt	30

Come and join us in the Millpond Dining Room on Thursday, July 29th to celebrate our residents upcoming birthdays!



Resident's and Staff have been watching baby Robins progress in the Trail House court yard. They took flight the middle week of June

### 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