



# Centennial Times

July 2009

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Director of Care

**Linda Facey**  
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  
Support  
Supervisor

**Jeff Donovan**  
Administrator

## Message from the Front Office

July is the month that I think of as Summer. Perhaps you think more of June or August as summer. This little, insignificant thought leads me to a more important idea... very simply that we can all have different thoughts or ideas. How about this statement: ***Centennial Place is a great Long Term Care home- it runs well- it doesn't need to change anything- just keep on keep'in on.***

Well... I don't believe that and I hope you don't/won't either.

So, as the new guy... please give me some ideas:

How can we improve?

What should we be focusing on?

If you could change one thing, what would that be?

Your input would be very helpful and valuable to us both now and for future Operational Planning. If you have any suggestions, please jot them down and share them with us. We welcome your input any-time. Have a great Summer! and Thank you,

*Jeff Donovan*  
Administrator

## Our Newest Residents

Centennial Place would like you to join us in welcoming our newest residents: Nicholas Bobee and Gladys Lang to Millpond House.

## From the Recreation Department

Tom Bryce with The Honourable Michael Chan Ontario Minister of Citizenship & Immigration and Jeff Leal Peterborough MPP



### Annual Corn Roast

Thursday, August 20th  
5:00pm

Donations will be  
accepted for the  
Millbrook Medical Center  
Limit of 2 guest per resident

Tom received a Five Year Service award for his time volunteering in the Centennial Place Laundry Department. He received his award on May 13th, 2009 at the Trentwinds Conference Center

Congratulations Tom!

Check your calendars for dates and times of events.  
Heather McGinn- Recreation Therapist

2 Centennial Lane  
Millbrook, ON.  
LOA1G0

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

## 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.

## Family Council Update

Family Council will be taking a break from their monthly meetings over the summer. Meetings will re-convene in September. If you are interested in joining our Family Council or would like further information please contact Janet Buchanan. Family Council will be working on a project over the summer months. They have taken on the task of putting together some "Memory Kits" for our residents and families to make use of. The kits will be made up of various themes and can be used for reminiscing when you come to visit. Some theme ideas include gardening, fishing, Veterans, Royalty and babies to name a few. These will be available in September. Watch for more details in August.

## Wellness Services

- Dental Clinic– 4th Tuesday of the Month in Harvest Activity Room
- Massage Therapy
- Foot Care
- Hair Salon
- Hearing Clinic

For more information on these services please contact:  
Janet Buchanan, Director of Resident and Family Services

## Front Door Security

The front doors will now be secured at 8:00pm. Visitors wanting to enter the building after this time will need to ring the buzzer. The Supervisor will come down to let visitors in. Those visitors wanting to exit the building can do so by pushing the numbers **1234\*** on the key pad to the left of the door.



Margaret Dixon was one of nine residents who attended the Resident Volunteer Lunch on June 11th

## July's Special Entertainment

| <b>Day</b> | <b>Event</b>                            | <b>Time</b> | <b>Location</b>      |
|------------|---|-------------|----------------------|
| 01         | Canada Day Celebration with Gary Birkof | 2:30pm      | Millpond Dining Room |
| 02         | Entertainment with Chandos              | 6:30pm      | Fireside Lounge      |
| 06         | Story Telling with Cathy                | 2:30pm      | Fireside Lounge      |
| 09         | Entertainment with Laurence Marks       | 2:30        | Fireside Lounge      |
| 11         | Entertainment with Hal Allison          | 2:30pm      | Fireside Lounge      |
| 14         | Sing-a-long with Michael Hearst         | 10:30am     | Fireside Lounge      |
| 23         | Entertainment with Hometown Fiddlers    | 2:30pm      | Fireside Lounge      |
| TBA        | Birthday and New Resident Welcome Tea   | 2:30pm      | Millpond Dining Room |

## Bus Trips

| <b>Date</b> | <b>Location</b>           | <b>Departure</b> | <b>Cost</b>    |
|-------------|---------------------------|------------------|----------------|
| 08          | Picnic at Maple Leaf Park | 11:30am          | No Cost        |
| 15          | Afternoon Drive           | 2:30pm           | No Cost        |
| 22          | Shopping at Zellers       | 1:30pm           | Spending Money |
| 29          | Picnic at Maple Leaf Park | 11:30am          | No Cost        |



Anne and Jane enjoying a picnic lunch at Maple Leaf Park

# SUDOKU

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

Difficulty Rating: Easy

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

## June's Solution

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

## 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 Birthday

|            |    |
|------------|----|
| Ken T.     | 01 |
| Marion M.  | 02 |
| Helen H.   | 08 |
| Marie J.   | 10 |
| Shirley G. | 14 |
| Victor L.  | 15 |
| Laura B.   | 18 |
| Jim C.     | 21 |
| Muriel W.  | 25 |
| Doreen R.  | 26 |
| Brian O.   | 29 |
| Bill R.    | 30 |

## Upcoming Dates to Remember

| Date      | Event                      |
|-----------|----------------------------|
| Aug 20    | Corn Roast                 |
| Fall 2009 | Power of Attorney Workshop |



Gladys & June enjoying watermelon in the court yard.