



Centennial Times

June 2009

Jeff Donovan
Administrator

April Coulter
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

**Karen Arnold-
Magee**
Volunteer
Coordinator

Julie Kennedy
Environmental
Support
Supervisor

2 Centennial Lane
Millbrook, ON.
LOA1G0

From the Recreation Department

Father's Day Social

Sunday June 21st, 2009
2:30pm-3:30pm
Fireside Lounge
Limit 2 guests per resident

Welcome to the month of June. Happy Father's Day to all the Fathers in our lives. Residents and staff will be starting the gardening program in the courtyards at the end of May continuing all summer. Our Horticulturist is excited about getting started with herbs, vegetables and other potted plants for the greenhouse. Any families, or friends that are interested in helping please let us know in the Recreation Department and we will find a job for you to do. We will be celebrating Father's Day on June 21st with entertainment hope to see everyone there. Our annual Strawberry Social will held on Thursday, June 25th at 2:30pm. Enjoy the sunshine and keep cool.

Our Newest Residents

Centennial Place would like you to join us in welcoming our newest resident: Burton Rowe to Trail House

Until next month...Heather McGinn,
Recreation Therapist

Betty and Ethel chatting with Jeff at the Welcome Tea on May 8th

Message from the Front Office

Hello, I am your new Administrator, Jeff Donovan. It is a privilege to be here with you at Centennial Place! Many thanks for all of your warm welcomes over the past two or three weeks, as I have begun to settle in. This is a wonderful home, full with lots of wonderful people! I don't know very much at this point, but one thing that is very obvious is the great people including; Residents & families, volunteers, service providers and certainly, the awesome Team of Staff. Congratulations on your achievements over the past six years! It is exciting to have now joined you!



Please come to see me and talk to me anytime, about anything. I look forward to meeting you and my request is, that you help me to learn all about Centennial Place. My mission is to take this excellent foundation and see where we can go from here! Our journey happens each and every day. We may have plans and goals for our desired 'destinations', but it is the ***journey*** that we need to enjoy each day. Let's go!

Thanks again for your warm welcomes.
Sincerely,
Jeff Donovan

"A New Tradition in Long Term Care"

Notice of Assessments/Rate

Thank you to all those that have submitted their 2008 Notice of Assessment thus far, which is the form that you receive **back** from the Canada Revenue Agency once you have filed your income tax return; that indicates your net income for the year. It is this amount, along with a copy of your T4A (OAS) – Old Age Security slip, that I will be able to determine whether or not you will qualify for a possible rate reduction *provided* you are a Resident residing in *Enhanced Basic* and *Basic Accommodations* only.

Requests for these forms are in preparation for the July 1, 2009/2010 increase of the Accommodation Co-Payment Rates, which increase annually according to inflation, as administered by the Ministry of Health and Long-Term Care.

I expect to receive the detailed bulletin from the Ministry of Health outlining the 2009/2010 rate increase by the end of May. Your expediency in submitting the 2008 Notice of Assessment and T4A (OAS) before June 30, 2009 is greatly appreciated.

Should you have any questions, please do not hesitate to contact me.

Sincerely,
Karen Wolff, Office Manager

A Note From the Dietary Department

Hydration Reminder

The hot weather is just around the corner and I would like to remind everyone about the importance of good hydration habits but especially during the summer months. Elderly adults generally require a minimum of 1500ml of fluids daily. The best sources of this are non-caffeinated drinks and of course water. As we age our sense of thirst naturally decreases and we just don't feel thirsty. When visiting your friends and loved ones please encourage them to have a drink. The warning signs of dehydration can be confusion, constipation, dry skin, head aches, irritability, dizziness and fatigue to name a few. Everyone should be wearing a hat when outdoors, wearing sunscreen and limiting outdoor activity during the extreme summer temperatures. Thanks for any assistance you can provide and have a great summer!

Vicki Coppins, Director of Dietary Services

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

Power of Attorney Workshop

Thank you to all those who replied to attend the Powers of Attorney Workshop for Personal Care and Financial with Peter Lilloco, originally scheduled for May 5. Unfortunately due to minimal response the Workshop was cancelled. It will be rescheduled for the fall.



Michelle & Margo celebrate Nursing Week on May 14th with mocktails and cake.

June's Special Entertainment

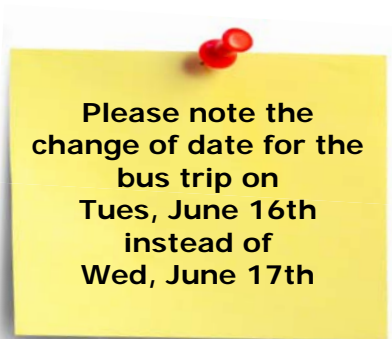
Day	Event	Time	Location
01	Story Telling with Cathy	2:30pm	Chapel
04	Entertainment with Doug Morgan	2:30pm	Fireside Lounge
04	Entertainment with Chandos	6:30pm	Fireside Lounge
09	Sing-a-long with Michael Hearst	10:30am	Fireside Lounge
09	Entertainment with Samson Lee Gospel	2:30pm	Fireside Lounge
21	Father's Day Social with Tony Guymer	2:30-3:30pm	Fireside Lounge
23	Entertainment with Hometown Fiddlers	2:30pm	Fireside Lounge
25	Strawberry Social with Curtis Driedge	2:30pm	Millpond Dining Room
30	Birthday and New Resident Welcome Tea with Bob and Bonnie	2:30pm	Millpond Dining Room
30	Memorial Service	7:00pm	Chapel

Bus Trips

Date	Location	Departure	Cost
03	Shopping at Sears	1:30	Spending Money
10	Afternoon Drive	2:30	No Cost
16	Fishing Trip	1:30pm	No Cost
24	Picnic Lunch at Mapleleaf Park	11:30am	No Cost

Upcoming Dates to Remember

Date	Event
July 01	Canada Day Party
Aug 20	Corn Roast


Please note the change of date for the bus trip on Tues, June 16th instead of Wed, June 17th



Darryl, Diane and Elda having a good time at the Volunteer Lunch on April 23rd

SUDOKU

1	2	3	4	5
6	7	8	9	

Difficulty Rating: Easy

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

May's Solution

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

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

Norman P.	01
Annette S.	02
Melva I.	03
Jean B.	06
Ada A.	14
Marion C.	18
Maria G.	22
Evelyn M.	23
Christina D.	24
Eini K.	27

Alzheimer BBQ

We will be having our annual Alzheimer's BBQ on Wednesday, June 17th starting at 11:00am at the front entrance. This event is an opportunity to purchase a hamburger, sausage or hotdog and help support the Alzheimer Society.

Alzheimer Support Group

The Alzheimer Support group will meet on Thursday June 11th at 1:00pm in the Harvest living room. This group is for anyone needing support or information on Alzheimer Disease. For more information please contact Sarah Cook at the Alzheimer Society, Peterborough office.



Earnest and Jim enjoying Kickball in the Courtyard.