



# Centennial Times

September 2009

**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

**Julie Kennedy**  
Environmental  
Services  
Supervisor

**Maegan Deyell**  
Volunteer  
Coordinator

**Jeff Donovan**  
Administrator

## Message from the Front Office

I am excited about the upcoming Fall Season, which will be very busy with many different activities at Centennial Place. We continue to work on the new RAI-MDS implementation- the new Resident Assessment Instrument (see page 2 for more details). We will be conducting Staff and Resident/Family education on a variety of important topics as we prepare for our Accreditation Survey in December (yes- just around the corner- sorry!). October 8<sup>th</sup> is shaping up to be a fun & informative day- our Wellness Fair; Keep a watchful eye for various Notices.

In some of my previous writings since I joined the team here in May, I have asked about improvements and suggestions on how we could move to even higher plateaus of success in customer service excellence. Your input is valuable and always welcome. I would now like to ask for your help in recognizing the very excellent staff we have. Can you think of an 'above & beyond' experience you have had during your time here so far? Saying thank you to staff members is so important. Giving someone a pat on the back is powerful and the truth is, we could all do this more often. So... who do you want to commend? Our **Gotcha** program is one great way for you to be able to recognize a staff member for something special they did for you. Often this will be an example of a positive attitude. If you can share this with us, we will share it with the staff member. Positive attitudes rub off and create new positive energy... will you please help us? The **Gotcha Board** is located on the 1<sup>st</sup> floor, to the right of the elevators beside the Recreation Department. In the months ahead please keep your eyes open for staff who go "above & beyond." Have a wonderful late summer!

Jeff Donovan  
Administrator

## Our Newest Residents

Centennial Place would like you to join us in welcoming our newest residents: Yvonne Betts, Margaret Kowall, and Christine Maddocks to Trail House.

### Christmas Bazaar

Saturday  
November 21st, 2009

1:30pm-4:00pm

Tea Room opens at  
2:00pm



Margaret Dixon presents a cheque for \$316.00 to board member Clarke Mayhew of the Millbrook Foodshare. Residents, family and staff raised money for the Foodshare on July 16th at their monthly BBQ.

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

2 Centennial Lane  
Millbrook, ON.  
LOA1G0

## From the Recreation Department

Welcome to the month of "Back to School." With September comes Christmas planning. I know it is hard to believe, however it is officially "just around the corner." That means preparation for the Christmas Bazaar in November. We are starting to make crafts, ideas for baking and looking for anyone interested in selling items. Look for more details closer to the date or contact the Recreation Department at ext 230.

I would like to take this opportunity to give an update on the Recreation Department. Please help me welcome Andrea Montgomery as our newest Recreation Assistant. Andrea is going to bring some new programs to the department so check the calendar for dates and times. I would also like to wish our Chaplain Eric Vuorinen good luck as he is moving to Oshawa. We wish Eric well and are currently looking for a replacement.

Until next month.....

Heather McGinn Recreation Therapist

## Flu Shots

Date: Wednesday October 28th, 2009

Time: 6:30pm

Location Fireside Lounge

The Peterborough Public Health Unit will be at Centennial Place to inform family, friends about the annual Flu shot. There will be a half hour presentation along with questions and answer period, followed by flu shots given by Linda Facey. Any questions please contact: Linda Facey, Associate Director of Care. Everyone is welcome to attend.

## Resident Assessments

Hello, I am the RAI MDS Coordinator, Melodie Giddings. Centennial Place is launching into an exciting journey with the RAI MDS 2.0 (**Resident Assessment Instrument Minimum Data Set 2.0**) and my role is to help lead the team through that journey.

RAI MDS is being implemented province wide and will benefit everybody!

The RAI MDS is a reliable and validated assessment tool that enhances our assessments, develops an effective care plan and improves resident care.

Please watch for upcoming brochures and information in our lobby and feel free to come and see me anytime if you have any questions.

Sincerely,  
Melodie Giddings RN



Louis Lamothe shows off his "catch of the day" on the June fishing trip to Anglers & Hunters

## Family Council Update

Family Council members have been working hard this summer creating the Memory Kits as promised for this Fall. These memory kits will be available starting in September for all family members to use. The purpose of these kits is to provide a tool to help enhance your visits with your loved ones. The kits will be all based on a theme and can be used to help promote conversation and items can be used to reminisce. The kits will be kept in the Trail Living Room. You may borrow them at any time when you visit, we just ask that you return them to the Living Room when you are finished. Any feedback or suggestions are welcome, please pass on to the Recreation Department.

## September Special Entertainment

Day	Event	Time	Location
06	Chandos	6:30pm	Fireside Lounge
08	Sing-a-long with Michael Hearst	10:30am	Fireside Lounge
15	Samson Lee Gospel	2:30pm	Fireside Lounge
17	Entertainment with Curtis Detridger	2:30pm	Fireside Lounge
19	Entertainment with Tony Guymer	2:30pm	Fireside Lounge
28	Entertainment with "Cool Dixie" Dixieland Music	2:30pm	Fireside Lounge
29	Birthday Party & New Resident Welcome Tea with Hal Allison	2:30pm	Millpond Dining Room



Shirley and Beryl enjoying an indoor picnic in July

### Extra Bus Trip Days

We are pleased to announce that with the addition of AON's newest bus we will be able to provide extra bus trips each month. Please check the calendar for dates and times. Family and friends may want to check with Recreation Department prior to coming for a visit, especially on Saturday's bus trips.



### Bus Trips

Date	Location	Departure	Cost
02	Shopping at Sears	1:30pm	Spending Money
09	Afternoon Drive	2:30pm	None
12	Country Drive	2:00pm	None
16	Shopping at Zellers	1:30pm	Spending Money
23	Lunch Outing	11:00am	Lunch Money
30	Shopping at Wal-Mart	1:30pm	Spending Money

# SUDOKU

Difficulty Rating: Easy

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

Legend:	1	2	3	4	5	6	7	8	9
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## August Solution

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

## September Birthday's

Leslie Johnston	01
Marie Waldinsperger	04
Margaret Kowall	07
Dorothy Schofield	18
Evelyn Tolmie	25
Richard McConnell	28

Happy Birthday, from all of the staff at Centennial Place!

Come and join us in the Millpond Dining Room on **September 29th at 2:30pm** to celebrate our residents upcoming birthdays!



Bryon Olan celebrated his 60th Birthday on July 25th with friends and family

## Upcoming Dates to Remember

Date	Event
Oct 8	Wellness Fair
Nov 21	Christmas Bazaar

## 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