

# Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>


## A Note from Life Enrichment

Leaping into February with activities and programs for everyone! This month we eagerly await the groundhog's predictions and make some of our own on February 1st. We are all crossing our fingers for an early spring! A program change to note; Anglican Communion is moving to the first Tuesday of the month with Rev. Rob Ross at 11 am. As we move through the month and get closer to Valentine's Day we add a little love theme to our axe throwing. On February 7th test your axe throwing skills and see if you can break the heart with one throw! Entertainment this month features The Nostalgic Duo on February 9th at 10:30 am, Randy Read joins us for our Valentine's Day Show on February 14th at 2:30 pm and we also welcome Leigh Kemp on February 29th at 2:30 pm for our Birthday Party. We are looking forward to all the entertainment this month! Other programs such as our Super Bowl Party on Super Bowl Sunday February 11th is sure to be a good time with good snacks! We welcome Tracy Waddington for a special presentation on Winter Birds of the Kawartha's on Friday February 16th at 10:30 am. It is sure to be a hoot! Later in the day, join us for Family Feud Centennial Place Style at 2:30 pm. We are looking forward to all that this short but sweet month has in store! Please reference the Programs Calendar for all events with dates and times. For any Life Enrichment questions please contact Nicole or Michelle in the LE office or by calling extension 230.

Wishing everyone a wonderful month ahead!



## February Bus Outings

Please sign up by calling ext. 230!

Please note that we have changed bus providers. We greatly appreciate your patience with us as we navigate this new process. We may experience some 'growing pains' which may result in changes to our current bus outing schedule.

Thank you in advance!

Monday February 19th  
1:15 pm

**Petes Hockey Game**  
Peterborough Memorial Centre

Wednesday February 21st  
1:30pm

**Russ' Woodworking Shop**  
Cavan Monaghan



## 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.

In February we will be Celebrating Dietary Staff Appreciation Week from February 5 – February 9th. Thank you to all the Nutrition Services Staff for their hard work and dedication to the residents of Centennial Place. We truly appreciate you going above and beyond to provide nutritious and delicious food to the residents and staff!

We will be celebrating Lunar New Year on February 9th with a Chinese Food luncheon!

On February 13th we will be celebrating Shrove Tuesday with a pancake luncheon!

On February 14th, Valentine's Day we will be having a special dessert to celebrate.

Our next Food Committee meeting will be February 26th, 2024, at 1:30pm in the chapel. I hope to see you there!

### **Vicki Coppins, CNM**

Director of Dietary Services

## February Birthdays

Jim Armstrong- 02  
Wayne Gerrie- 03  
Tim Vatour- 07  
Joe Walsh- 15  
Leanne Armitage- 16  
Jean Monteith- 21  
Wilma Johnston- 22  
John Parkinson- 22  
Sylvia Armstrong- 23

*\*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

We have had a variety of weather this past month from cold to January thaw conditions. Hopefully in February on Groundhog Day, the groundhog doesn't see his shadow so we have an early end to winter. In the meantime if you notice a sidewalk that needs to be cleared please let us know.

Infection Control measures continue with staff cleaning handrails, public areas, and any contact surfaces. We hope with these extra efforts help to keep everyone healthy over the winter season.

### **Kevin Kellow**

Environmental Services Supervisor

**Welcome  
George Ewald!**





## PSW Supervisor

As we enter into February we want to keep everyone in the loop on our current staffing. We have been working hard and have multiple new members joining our team. These new staff members will be going through the orientation/training process. We continue to build upon and strengthen our team to better serve our residents and their loved ones. We ask that you say hello and get to know our new team members, and if you have any questions or concerns, please bring them forward.

Thanks so much.

### Jami Mcleod

PSW Supervisor

## IPAC Lead

A quick reminder that passive self-screening remains important for staff and visitors before entering our homes in order to keep residents healthy and the homes out of outbreak. If you are sick, please do not enter the building.

Medical masks are now located in wall mounted dispensaries at the entrances to all the home areas.

### Corinne Buntsma

IPAC Lead



**Nutrition Services  
Week is  
February 5th to  
February 9th!**

**Thank you to our  
amazing dietary  
department!**



## Family Council Meeting

Monday February 19th

11:15am

Chapel

**We would love to see you there!**



## Office Manager

Happy February!

A reminder that all residents will receive an Accommodation Summary for the 2023 year. This is a statement that you will require when completing your taxes. It will arrive in your next billing cycle.

Thanks and if you have any questions please feel free to connect with me and I would be happy to help.

### Mallory Adams

Office Manager



# Social Service Worker

Grief is the normal response to loss. Most often associated with the death of a loved one, grief can also be experienced when going through other types of losses – receiving a new diagnosis of a serious illness, moving into long-term care or losing the ability to do activities we once enjoyed or were important to us.

Grief can be experienced emotionally through feelings of guilt, anger, sadness and anxiety. Grief can also manifest itself physically with experiences of insomnia, fatigue and aches and pains in the body.

The experience of grief is unique to each individual and will depend on the individual experiencing grief and their specific situation. However there are strategies that most grieving people can use to address grief and counter the difficult feelings experienced while grieving.

## Dealing with Grief

An important step in addressing grief is to identify what loss is being experienced to understand the source of our grief. Once understood it can help to normalize these feelings. For example, someone who has recently lost their ability to drive can identify that they are grieving their loss of independence and it would be expected that they would have some uncomfortable feelings over this type of loss. Sometimes just knowing that our feelings are valid and natural can be comforting.

Other helpful approaches to dealing with grief are:

- Sharing painful thoughts (with friends, family, or a mental health professional)
- Identifying destructive coping mechanisms (pushing people who are close to us away, for example)
- Recognizing the people in our lives who are supportive and seeing out their help – this could include a support group.
- Exploring creative approaches to healing and growth, things that have not been tried before such as new hobbies, social clubs, sports, travel.

If feeling stuck in a cycle of grief a referral to a counsellor who specializes in grief can be helpful in the healing process.

## Alex Rawek

Social Service Worker



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

Dean McConnell  
John "Jack" Brownscombe  
Agnes "Nina" Burrows







Resident Taste Test  
Approved!



# RASIN SCONES

**PREP 15 MINUTES COOK 20 MINUTES TOTAL 35 MINUTES**

## INGREDIENTS

3 CUPS ALL-PURPOSE FLOUR  
½ CUP GRANULATED SUGAR  
2 EGGS  
1 TABLESPOON BAKING POWDER  
½ TEASPOON SALT  
4 OZ BUTTER (½ CUP, 1 STICK, 8 TABLESPOONS), CUT INTO SMALL CUBES  
1 CUP CREAM OR MILK  
1 CUP RAISINS

## METHOD

PREHEAT OVEN TO 375F.  
SIFT TOGETHER THE FLOUR, SUGAR, BAKING POWDER AND SALT.  
ADD THE CUBED BUTTER INTO THE FLOUR MIXTURE, COAT, AND WORK INTO THE FLOUR BY RUBBING BETWEEN YOUR PALMS TO FLATTEN THE BUTTER INTO THE FLOUR UNTIL IT RESEMBLES LARGE CRUMBS THEN MIX IN THE RAISINS.  
IN A SEPARATE BOWL, BEAT TOGETHER THE CREAM AND EGGS.  
MIX THE EGG MIXTURE INTO THE FLOUR MIXTURE TO BRING TOGETHER. IF IT'S TOO STICKY, ADD A LITTLE MORE FLOUR. IF THE MIXTURE SEEMS TOO DRY ADD MORE CREAM UNTIL THE DOUGH COMES TOGETHER.  
SCOOP THE MIXTURE OUT ONTO A LIGHTLY FLOURED SURFACE AND WITH FLOURED HANDS, KNEAD UNTIL SMOOTH AND FREE OF CRACKS, ABOUT 25 TO 30 TIMES.  
PLACE A PIECE OF PARCHMENT PAPER THAT IS MEASURED TO YOUR PAN SIZE ONTO YOUR SURFACE AND DUST THE PAPER LIGHTLY WITH FLOUR. TRANSFER THE DOUGH ONTO THE PAPER AND PRESS THE DOUGH GENTLY INTO A DISK. THEN USING A FLOURED ROLLING PIN, ROLL THE DISK INTO A 9-INCH ROUND, ABOUT 1 INCH THICK.  
TRANSFER THE PAPER WITH THE DOUGH ONTO A SHEET PAN AND CUT IT INTO 8 EQUAL-SIZED WEDGES. BRUSH WITH MILK AND BAKE 20-25 MINUTES OR UNTIL GOLDEN.

ENJOY!

<http://www.erren'skitchen.com/raisin-scones/>



## February Dress Down Days

Let's celebrate Nutrition Services Week with some fun fashion!

Monday Feb 5th- Hair Net Day

Tuesday Feb 6th- Hat Day

Wednesday Feb 7th- Team Jersey Day

Thursday Feb 8th- Dress as your favourite condiment colour day

Friday Feb 9th- Wear your finest home apron

Wednesday Feb 14th- Wear red, white and pink day. Extra style points if you can incorporate all 3 colours into your outfit!

Wednesday Feb 21st- Jeans Day

Wednesday Feb 28th- Backwards Day





# Leadership Directory



**Courtney Jilesen**- Administrator  
Ext 224



**Victoria Woudsma**- Director of Care  
Ext 223



**Leslie Goble**- Associate Director of Care  
Ext 226



**Rachel Disney**-Director of Resident &  
Family Services  
Ext 312



**Vicki Coppins**-Directory of Dietary  
Services  
Ext 229



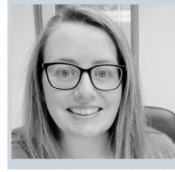
**Kevin Kellow**- Environmental Services  
Supervisor  
Ext 231



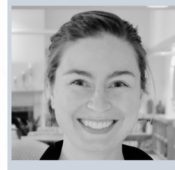
**Mallory Adams**- Office Manager  
Ext 225



**Karley Schapp**- RAI Coordinator  
Ext 236



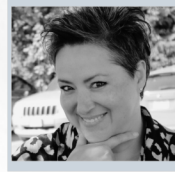
**Lisa van Bruinessen**- Behavioural  
Supports Coordinator  
Ext 243



**Nicole Vrooman**- Life Enrichment  
Coordinator  
Ext 230



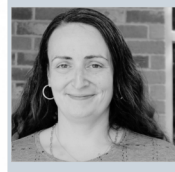
**Michelle Erazo**- Life Enrichment  
Coordinator  
Ext 230



**Corinne Buntsma**- IPAC Lead  
Ext 306



**Jami McLeod**- PSW Supervisor  
Ext 306



**Alexandra Rawek**- Social Service  
Worker  
Ext 307

## Online Resources

### **Alzheimer Society**

[www.alzheimer.ca](http://www.alzheimer.ca)

### **Canadian Diabetes Association**

[www.diabetes.ca](http://www.diabetes.ca)

### **Heart and Stroke Foundation**

[www.heartandstroke.ca](http://www.heartandstroke.ca)

### **The Arthritis Society**

[www.arthritis.ca](http://www.arthritis.ca)



To view Centennial Place Happenings you can  
access AON TV by visiting the link below:  
<https://www.centennialplace.com/aon-tv/>