

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>


A Note from Life Enrichment

Marching into a new month and we have lots on the calendar. Events this month include International Women's Day, St. Patrick's Day, welcoming Spring and celebrating Easter! Our entertainment this month features Kathy Wiles on March 8th-International Women's Day, Irish Millie joins us on March 14th, Randy Read helps us celebrate our March Birthdays on March 22nd, finally Keith Kirkpatrick provides the musical entertainment for our Easter Social on March 28th! We have some special programs this month such as a Women's Tea Social on March 8th at 10:30 in the Trail Dining Room. We are excited to welcome back the Community Easter Egg Hunt on Sunday March 24th! Please see page 2 for all of the information. We are crossing our bunny ears for warm, sunny weather! If you missed our first Friends and Family Bingo Night in January, mark your calendars for our second Family and Friends Bingo Night on March 6th at 6:30pm! We are also looking forward to welcoming Officer Wentworth and his K9 companion Griffon on March 26th for a very special presentation! Other highlights include an Academy Awards Party on March 10th, Spring Social on March 18th, Egg Dipping on March 27th and Egg and Spoon Races on March 29th! For more information on March programs and activities please see the program calendar or contact Nicole or Michelle in the Life Enrichment Office!



March 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!

March 11th
Lansdowne Place Mall
Peterborough

March 22nd
Shorelines at Kawartha Downs
Fraserville



JOIN OUR HUGE

EASTER EGG HUNT

SUNDAY MARCH 24TH 2024
2PM TO 4PM

CENTENNIAL PLACE

Find the GOLDEN TICKET and
win a BIKE!

Hunt starts at 2:30pm with the 0-3
year-olds followed by the 4-7 year-olds
and finishing with the 8-12 year-olds

For more information contact
THE LIFE ENRICHMENT TEAM!



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.

Thank you to everyone who participated in Dietary Services week last month! It was a great success, and it was great to see the residents involved. We are lucky to have such a great dietary team!

Our next Food Committee meeting will be March 18th, 2024, at 1:30 in the Chapel. I hope to see you there! Everyone is welcome!

We are busy preparing this month's resident choice meal which will be a Thai themed luncheon.

Vicki Coppins, CNM

Director of Dietary Services

Director of Resident & Family Services

Hoppy Easter Everyone!

We are looking forward to the beginning of spring this month.

Please consider some light spring cleaning of wardrobes and other personal items within your rooms.

Enjoy all the sweet treats that can come with Easter at the end of the month

Sincerely your chocoholic DRFS,

Rachel Disney

=Welcome=



**Christiann
"Chirs" Ruhl**



**George "Harry"
Greer**



Roy Graham

March Birthdays

Anna Hottinger- 03

Sandra Fallis- 03

Anna Riel- 08

Elsie McAsey- 11

Jenny Harbert- 11

Dorothy Ling- 13

Robert King- 13

Heather Gardiner- 18

Brian Best- 22

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

March 19th is the first day of spring! The days are getting longer, and hopefully the snow will begin to melt, and the days will get a bit warmer as spring approaches.

This month daylight savings time begins on Mar 10th. Remember to "spring forward" and move your clocks ahead one hour. Please ask our staff if you require assistance changing any of your clocks.

It is hard to believe spring is just around the corner. As the weather improves, we will begin work on the outside grounds, in preparation for what hopefully will be a fantastic summer! Have a Happy St. Patrick's!

Kevin Kellow

Environmental Supervisor

Social Service Worker

Setting Goals to Move Our Bodies

One thing I encounter a lot when speaking with people who are wanting to improve on their well being is, "I would like to exercise more, but I am having trouble getting started".

While many of us are fully aware of the benefits of regular exercise, it can be intimidating to start a new fitness plan.

A common mistake people often make is taking an "all or nothing approach" to an exercise routine. We set lofty goals to exercise for 1 hour, several times a week, and feel discouraged when we inevitably cannot sustain that intensity and frequency of exercise.

A more sustainable approach is to pare down our goals to meet us where we are at. If we are new to exercise that might look like setting a goal to walk for 10 minutes twice a week, join a seated exercise class once a week, or setting an alarm to go off daily to remind you to do 5 minutes of stretching. Small changes like this can have a big impact in the long run.

It is also important to choose an activity that feels good and is enjoyable. Peddling on a stationary bike, for example, is not for everyone. We are more likely to keep doing something if it does not feel like a chore. So be creative when thinking about a joyful way to move your body.

We tend to be more successful at completing our goals if they are specific. This means instead of saying "I'm going to start exercising", you say "I am going to dance to three songs in my living room, before dinner on Monday and Wednesday this week". The second statement is more likely to be adhered to as there is a specific plan in place covering what, where, when, how often and for how long. A good measure of whether we have a sustainable goal in place is to assess how confident we are we will complete our goal. An easy way to assess our confidence is to ask "on a scale of 1 to 10 (with 1 being not confident and 10 being very confident), how likely am I to complete my goal this week?" If the answer is a 6 or less, it is a sign that your goal is too lofty and may need to be simplified in order to increase your confidence. The more confident we are, the more likely we are to complete our goal.

Exercise is most commonly associated with weight loss however there are many other benefits such as improved cognition, improved mood and lower stress. It is important to point out that we can find health and wellbeing at any body size and we are all deserving of feeling good in our bodies, regardless of what the scale says.

Examples of joyful movement to try

- Seated exercise program - search for videos to follow on YouTube
- Dancing
- Stretching
- Yoga (chair yoga) – search for videos to follow on YouTube
- Nature walk with a friend
- Gardening

Alex Rawek

Social Service Worker



East Central Therapy Dogs

East Central Therapy Dogs will be holding their spring evaluation on Saturday March 23rd. If you have a well-behaved dog who loves people and you can spare a couple of hours a week, you could help us bring some doggy love to our friends in long term care, retirement homes and PRHC. For more information and to register, please check out our website [\[www.ectd.ca\]](http://www.ectd.ca)

We look forward to meeting you and your dog!

BINGO!

We are hosting another Friends and Family Bingo Night and you are invited!

Wednesday March 6th 2024

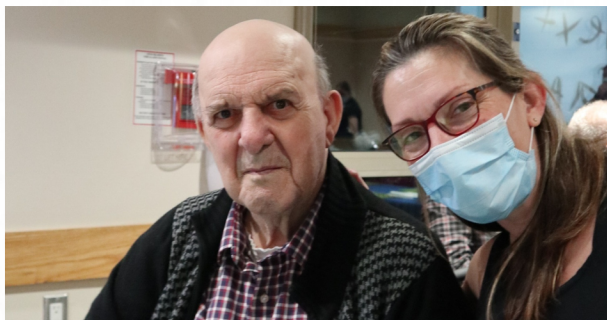
6:30pm

Fireside Lounge

Residents: FREE

Friends and Family: \$2 per card

Please RSVP by Tuesday March 5th 2024



Office Manager

A tax clinic will be held March 19th, 2024. They will assist residents from 9am-10am.

Staff and families will be assisted from 10am-3am.

Please bring all the necessary documentation and Grace will gladly assist you.

Thanks!

Mallory Adams

Office Manager



Life Enrichment Week!

March 4th - March 8th

Monday- Complete the quiz and win a prize!
Take a pic in our photobooth. Share a smile and a laugh!

Tuesday- Start your day right! Staff breakfast in the back hall! Pop and chips for evenings and nights!

Wednesday- Interactive projector demo in the Fireside Lounge.

Thursday- Dress as your favourite leisure activity!

Friday- Help yourself to a sweet ice cream treat. Make your own sundaes in the back hall!

Infection Prevention & Control Lead

Antibiotic Stewardship in Long Term Care

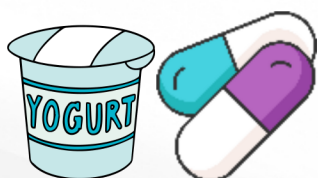
A focus from IPAC is the antibiotic stewardship program. Antibiotics are among the most frequently prescribed medications in long term care homes, with up to 70% of residents in a long term care home receiving one or more courses of systemic antibiotics when followed over a year. Similar to the findings in hospitals, studies have shown that 40–75% of antibiotics prescribed in long term care homes may be unnecessary or inappropriate. Harms from antibiotic overuse are significant for the frail and older adults receiving care in long term care homes. These harms include risk of serious antibiotic resistant organisms such as diarrheal infections from *Clostridium difficile*, MRSA, CPE and VRE as well as increased adverse drug events and drug interactions, colonization and/or infection with antibiotic-resistant organisms.

For more information:

<https://www.cdc.gov/antibiotic-use/core-elements/nursing-homes.html>

Have you heard about the rising political tensions between yogurt and penicillin? One side is probiotic, and the other is antibiotic.

-They're calling it a culture war.



Corinne Buntsma

IPAC Lead



Join us for Family Council!

Next meeting is

March 18th

11:15 am

Chapel

Meet & greet our Administrator

Courtney!



Residents and Staff would like to extend their condolences to the families and friends of:
Bonita "Bonnie" Davidson
Keel "Vern" Tewsley
Reginald "Reg" Ferguson



YOU ARE INVITED TO AON'S SECOND ANNUAL

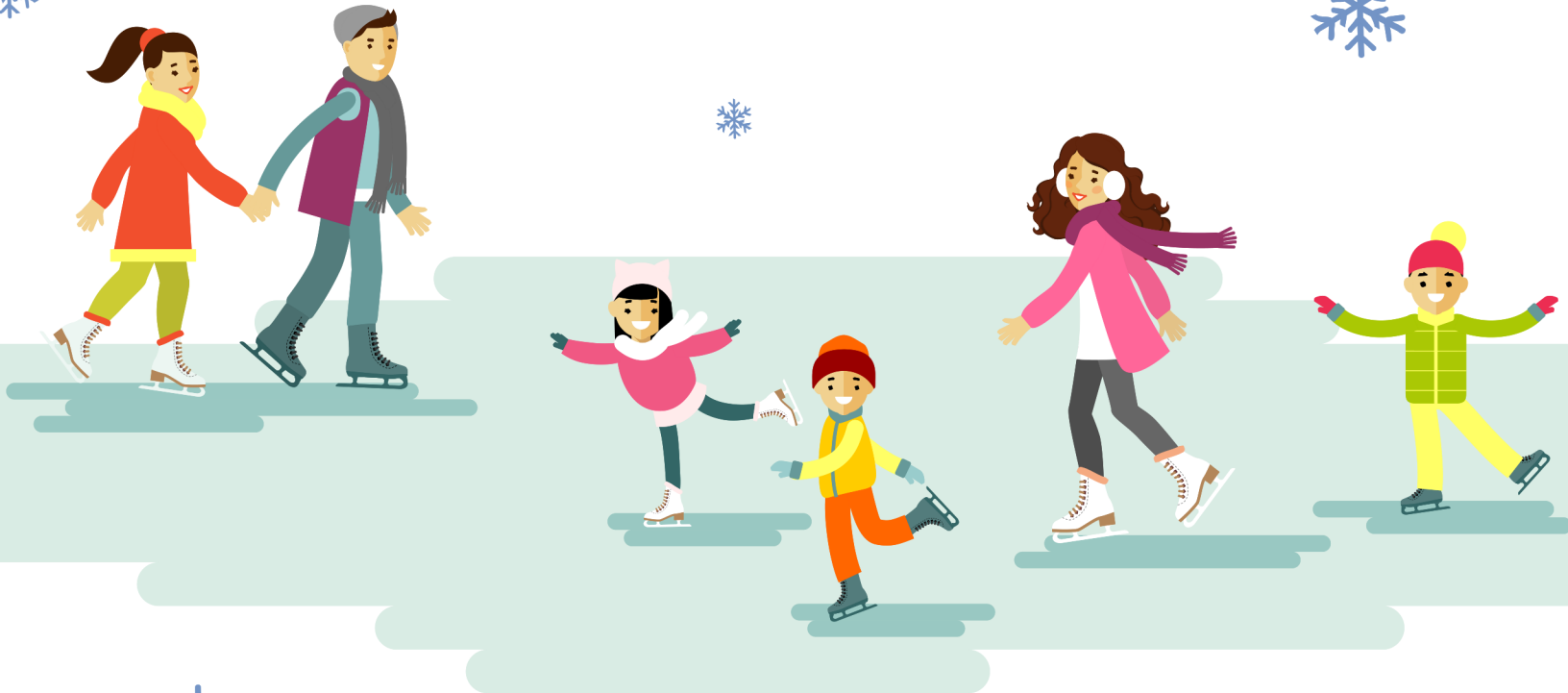
STAFF & FAMILY SKATE

FAMILY • FRIENDS • FUN



SATURDAY MARCH 16th | 1:00pm to 3:00pm
at the CAVAN MONAGHAN COMMUNITY CENTRE

Brought to you by the Life Enrichment Team at Centennial Place LTC



WE LOOK FORWARD TO SEEING
YOU THERE!

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



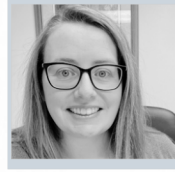
Kevin Kellow- Environmental Services
Supervisor
Ext 231



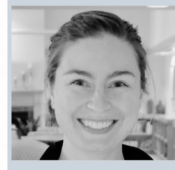
Mallory Adams- Office Manager
Ext 225



Karley Schapp- RAI Coordinator
Ext 236



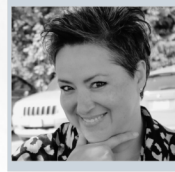
Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 243



Nicole Vrooman- Life Enrichment
Coordinator
Ext 230



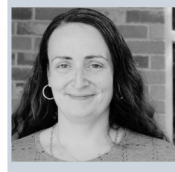
Michelle Erazo- Life Enrichment
Coordinator
Ext 230



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

Canadian Diabetes Association

www.diabetes.ca

Heart and Stroke Foundation

www.heartandstroke.ca

The Arthritis Society

www.arthritis.ca



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