

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com> **AON** Inc. Where community develops.



A Note from Life Enrichment

April showers may bring May flowers but at Centennial Place, April brings spring programs! We are looking forward to getting outside and enjoying mild temperatures. Inside we are excited to offer entertainment from the Swing Set Band on April 9th at 2pm. We have Leigh Kemp join us on April 19th at 2:30pm and Art Lajambe on April 24th for a 6:30pm show. All shows this month take place in the Fireside Lounge. Our Chaplain Gaitree and volunteer Jim will be here on Sunday April 7th for our Memorial Service. All are welcome to join at 11am as we gather to remember those residents who have passed in the last three months. Other programs include: Travelling Ice Cream Sundaes on April 3rd in the afternoon, Scottish Chair Dancing on April 5th at 2pm, Highland Games on April 10th at 2pm and make your own tiny planter for Earth Day on Monday April 22nd at 2pm. Mondays continue to be musical with our two Music Therapists, Nicole and Yara, who join us on alternating Mondays. Friday April 12th and Friday April 26th is Zumba. Friends and Families are welcome to join us as we move our bodies to the beat with our enthusiastic and energetic instructor Jasmine. We are also excited to announce that Centennial Place will be hosting a Spring Food Vendor Showcase on April 25th. Please see our Dietary Director's note and also the poster on page 5 for all the details.

For more information on all of the April events please reach out to Nicole or Michelle in the LE office or at extension 230!



April Bus Outings

We are gearing up to offer more bus outings in the late spring and summer!
There are no bus trips for this month. Check back in May to see where we are going!



Social Service Worker

The Power of Gratitude

Studies show that people who practice gratitude – habitually recognizing and observing the daily things that cause us to be grateful, tend to be more optimistic and feel better about their lives, than people who do not practice gratitude. There are also other health benefits associated with being grateful, including...

Reducing Depression:

This is likely because when we focus on what we have, instead of what we are missing, we are more likely to feel satisfied in our lives.

Lowering feelings of Anxiety:

Gratitude can function as a strategy to counter anxiety. Anxiety involves worrying and negative thoughts related to an event that may happen in the future. When we focus on what we are grateful for in the present, it pulls our attention away from our worries, allowing us to break the pattern of negative and worrying thoughts.

Lowering Stress:

When we feel stressed, our heart rate speeds up, muscles tighten and adrenaline surges. Gratitude helps to relax the nervous system allowing us the opportunity to relax and feel calm.

Improved Sleep:

Because practicing gratitude helps to counter depression, anxiety and stress, and has a calming and relaxing effect, people who feel grateful tend to sleep better as well.

Practicing gratefulness:

The biggest impact from practicing gratitude comes when we build gratitude into our every day routines, making the practice of gratitude a habitual thought process we engage in daily. Like any skill this will not come naturally and it is something we need to work at until it becomes a habitual way of thinking.

Some ideas to get you started...

- Write your grateful thoughts down – set aside 5 minutes out of your day to come up with three things you are grateful for that day.
- Be mindful – the next time you say “thanks” to someone, reflect on what it was you were saying thank you for.
- Reframe – if you find yourself engaging with negative thinking, take a minute to counter those thoughts with what you are grateful for.
- Share – when you feel appreciative of someone, tell them! Or have your family list one thing they were grateful for that day at the dinner table.

Sources:

Harvard Medical School, UCLA Health

Alex Rawek

Social Service Worker

≡ Welcome ≡



Samuel
Kennedy



Frederick
Copping



John
Friedmann



Doris
Nichols

Director of Dietary Services

On behalf of the dietary department, I would like to welcome all the residents and their families who joined our home this month.

We are preparing the Spring & Summer Menu and having resident feedback is so important to us! On April 25th we are having a Spring Vendor Showcase in the Fireside Lounge from 12:30-2:30pm. We have 6 vendors who will be here and are bringing samples of food items that we can try. If we like them, we can add them to the menu for the summer season! These free samples are for residents, families and for staff, so please come hungry and give us your feedback on the products! We will also have some exciting raffle prizes that can be purchased with the proceeds going to the Family Council.

Our next Food Committee meeting will be April 15th, 2024, at 1:30 in the Chapel. I hope to see you there! Everyone is welcome!

Thank you & Happy Spring!

Vicki Coppins, CNM

Director of Dietary Services

Director of Resident & Family Services

Hello wonderful Centennial Place residents and families!

Please think about joining one of our councils: Family or Resident. We meet monthly and look for ways to support Centennial Place and Millbrook as a community. Our LEC Nicole will be running Resident Council on the third Monday of each month. This month Resident Council meets on April 15th at 1:30 pm in the Chapel. **Family Council will meet April 22nd in the Chapel at 11:15 am.** Our current endeavor is to raise funds for a shade cover! Families are welcome to join us as we discuss fundraising opportunities for this exciting project.

Rachel Disney

Director of Resident and Family Services



CLASSIC CHOCOLATE CHIP COOKIES

Total: 33 Min. Bake: 8 Min. Prep: 25 Min.

YIELDS: 4 dozen cookies

Ingredients

- 2 1/4 cups all-purpose flour (550 mL)
- 1 tsp baking soda (5 mL)
- 1/2 tsp salt (2 mL)
- 1 cup butter (250 mL)
- 3/4 cup granulated sugar (175 mL)
- 3/4 cup light brown sugar (175 mL)
- 1 tsp vanilla extract (5 mL)
- 2 eggs
- 2 cups *Or measure with your heart HERSHEY'S CHIPITS Semi-Sweet Chocolate Chips (500 mL)

Directions

- 1) Heat oven to 375°F (190°C).
- 2) Stir together flour, baking soda and salt. Beat butter, granulated sugar, brown sugar and vanilla in large bowl with mixer until creamy. Add eggs; beat well. Gradually add flour mixture, beating well. Stir in chocolate chips, some people add a cup, others measure with their heart. There's no wrong way to do it! Add the nuts, if desired. Drop by rounded teaspoons onto ungreased cookie sheet.
- 3) Bake 8 to 10 minutes or until lightly browned. Cool slightly; remove from cookie sheet to wire rack. Cool completely. Enjoy!



https://www.hersheyland.ca/en_ca/recipes/chipits-perfect-chocolate-chip-cookies.html



DID YOU KNOW?

Chocolate chip cookies were invented by accident!

In 1938, a 33-year-old woman named Ruth Wakefield was baking a batch of her famous butter drop dough cookies when she broke up a bar of Nestlé semi-sweet chocolate chips and added them to the batter, intending to create a chocolate cookie. Instead, the chocolate bits held their shape, and the chocolate chip cookie was born!

Environmental Services

As there are some new residents, families, and staff at Centennial Place we are providing a reminder on what your response should be during a fire alarm.

When the system is activated, the fire alarm will emit a loud “chirping” noise. The fire alarm will also automatically close the double doors and shut down all air handling systems in, each home area. The purpose of this is to create a zone of safety from smoke and fire in the event of a real incident. Once the drill or alarm is over, staff will open the doors, and air handling systems will automatically restart.

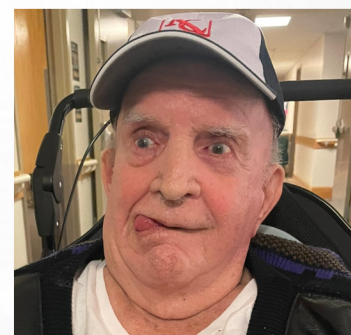
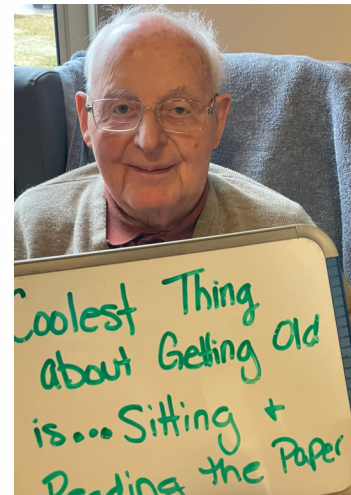
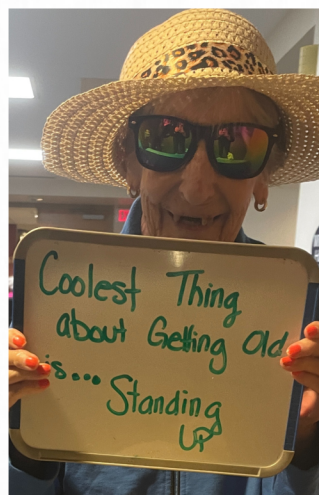
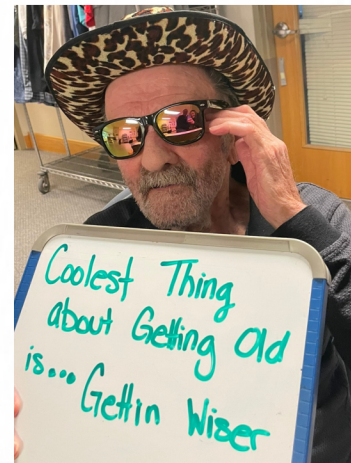
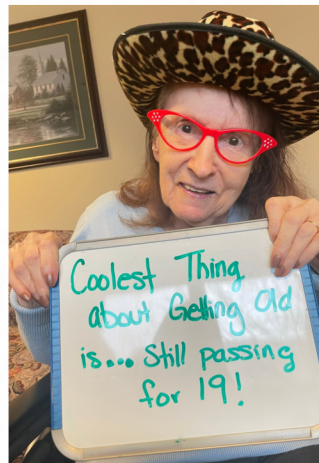
If you are in your room and the fire alarm sounds, remain calm and do not leave unless you are in immediate danger. There will be staff responding to the area of the fire alarm. Do not leave your room or take the stairs on your own unless directed by staff or Emergency personnel.

If you are in the area of an actual fire, activate the building alarm by using a fire pull station or pull the cord on the nurse call system. Then leave the area immediately, close the door behind you, and head towards the nearest Care Station or fire exit, if you are able. There is a stairwell or exit at the east and west ends of the building that can be used to exit. Staff will be responding to assist residents. The elevators should not be used as they will be locked out on first floor. Unless you are in immediate danger, please await direction of staff or emergency personnel before evacuating.

Our staff participates in regular monthly Fire Drills so that they can practice the fire safety procedures. Our staff response time in previous drills has been excellent and Fire department observed and timed drills were completed quickly and efficiently.

Kevin Kellow

Environmental Services Supervisor



April Birthdays

Art Dwyer-05

Phil Schaefer-18

Joslyn Evelyn- 20

Norm Tomen- 24

Margaret Christie- 27

If your loved one has not signed our media consent forms, you will not find them in photos or lists in our newsletter.

SPRING VENDOR SHOWCASE

April 25th 2024
12:30pm to 2:30pm
Fireside Lounge

Residents, Family & Staff Welcome!
Join various food vendors for an afternoon of tasty samples.

Popular items might even make on the Spring & Summer Menus!

Free Entry
Raffle Prizes for purchase. Funds to benefit Family Council.

Drop by The Residents' Council Bake Sale Booth for some homemade sweet treats. All proceeds from the bake sale will benefit Residents' Council.

We hope to see you there!



Volunteer Appreciation Week!

April 21st to April 27th
Thank you to our amazing team of dedicated volunteers!

Behavioural Supports Coordinator

In April, we welcome World Health Day here at Centennial Place.

We want everyone to be as healthy as possible!

Some ideas on "how to" focus on your health:

- Be active (this might be a short 10 minute walk)
- Connect with family and friends (have a coffee date, video call or even a quick phone call to check-in on the people you care about)
- Choose healthy foods (the more colourful the better. Try a new recipe)
- Reduce stress (take some time just for you. Try a simple stretch or deep breathing activity)

These are just a few ways to focus on your overall health and wellness.

Spring is in the air, go out and enjoy the sunshine and the birds.

For more information, please visit www.alzheimer.ca.

Lisa van Bruinessen

Behavioural Support Coordinator

Lead of the BEAT team (Behaviour, Evaluation, Assessment and Tracking).



**April Showers Bring May
Flowers...**

**With the wet weather
upon us,**

**Monitor your environment
closely for any wet
slipping hazards.**

Let's be safe this spring!

Director of Care

AON Long-Term Care Homes – Moira Place and Centennial Place – have implemented Best Practice Guidelines (BPGs) from the Registered Nurses Association of Ontario (RNAO) over the past six years. These guidelines assist us in analyzing how we are currently providing care in a specific area of resident care (for example Falls Injury Prevention and Delirium / Depression / Dementia) and guide us to meet standards that are established by RNAO and implemented around the world.

In June 2023, we achieved RNAO Best Practice Spotlight Organization (BPSO) designation for our work in 2020 to 2023. We will be having a celebration, in June 2024, to recognize this significant achievement by our homes and staff.

As we continue our journey to maintain our BPSO Designation we will be implementing BPGs for Person and Family-Centered Care, Palliative Care in the Last 12 months, and End of Life Care in the Last Days or Weeks. You may be contacted to assist us in providing information related to you or your resident as we personalize and develop plans of care.

Victoria Woudsma
Director of Care



Infection Prevention & Control

Lead

With the decrease in transmission of respiratory infections in the community the MOH has reassessed the need for universal masking in LTCH. We will remain a mask friendly environment and will continue to encourage passive screening before visiting, this means if you are feeling ill delay your visit. If you become ill while visiting don a mask and report symptoms the charge nurse. With the spring season making an early appearance it can become confusing to navigate symptoms when dealing with seasonal allergies. Here is a chart to help.

AIRBORNE ALLERGY		COLD
Runny nose is common		Runny nose is common
Stuffy nose is common		Stuffy nose is common
Sneezing is common		Sneezing is common
Itchy, watery eyes are common		Itchy, watery eyes are uncommon
Cough is possible		Cough is common
Thin, watery and clear mucus		Thick and yellow or green mucus*
May feel tired from symptoms		May feel tired from symptoms
Sometimes have a sore throat		Sore throat is common
Uncommon to feel aches/pains		General aches/pains are common
Not associated with a fever		Rarely have a fever

* Yellow mucus discharge could indicate an infection requiring medical attention.



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

Audrey Lewis

Maria de Oliveira

Roy Graham



Corinne Buntsma

IPAC Lead

Leadership Directory



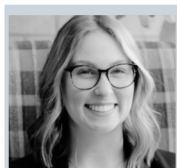
Courtney Jilesen- Administrator
Ext 224



Victoria Woudsma- Director of Care
Ext 223



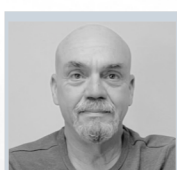
Leslie Goble- Associate Director of Care
Ext 226



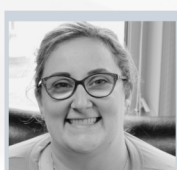
Rachel Disney-Director of Resident &
Family Services
Ext 312



Vicki Coppins-Directory of Dietary
Services
Ext 229



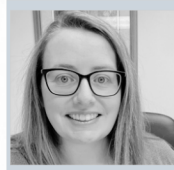
Kevin Kellow- Environmental Services
Supervisor
Ext 231



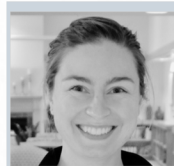
Mallory Adams- Office Manager
Ext 225



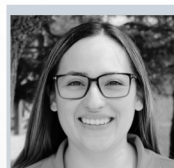
Karley Schapp- RAI Coordinator
Ext 236



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 243



Nicole Vrooman- Life Enrichment
Coordinator
Ext 230



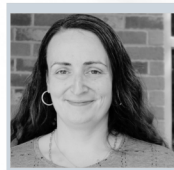
Michelle Erazo- Life Enrichment
Coordinator
Ext 230



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/>