

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>


A Note from Life Enrichment

Hello June! Summer is just around the corner, and we can't wait! We have lots of outdoor programs planned! We are celebrating the season of strawberries with two Strawberry Socials this month, one on June 16th at 2:30pm and one on June 26th at 11am with EarlyON. As requested by Residents' Council we will be adding additional Bingo games on Saturday June 7th at 10:30am and Saturday June 28th at 10:30am. Good luck to all the Bingo players! Entertainment this month includes a performance with the Buckhorn Singers on June 6th at 2:30pm, June 11th with Kelroy Classics at 6:30pm, an evening performance by Jasmine Murray on June 18th and we end the month with a Birthday Party with Lon Palmer at 2:30pm in Harvest. If you are looking for a perfect opportunity to wear neon we celebrate Pride Month with a Rainbow Party on June 23rd all welcome! Other program highlights include a campfire on June 23rd at 6:30pm. We will be making s'mores as long as the weather cooperates! We wish all dads a very Happy Father's Day on Sunday June 15th! We will be celebrating with Everything Country at our Wings and Rings Father's Day Social. Families, if you wish to join Dad for this social please RSVP by June 10th. Please note that there is a 2 guest per resident limit. We are looking forward to all that this month has to offer. For a full list of activities this month please review the home area specific programs calendars. Thank You!



June Outings

Please sign up with the LE Department!

June 6th

Picnic Lunch at Needler's Mill
Millbrook
walking outing

June 13th

Shopping at Lansdowne Place
Mall
Peterborough
bus outing

June 20th

Ice Cream at Millbrook Valley
Chocolates
Millbrook
walking outing

Director of Care

Centennial Place has been committed to improving skin and wound care in the home by increasing support for staff to pursue educational opportunities and providing in house education. We are pleased to announce that one of our very own nurses – Jordyn Woodhouse, has been accepted into the Wound Care Champion Program for Regulated Health-Care Providers. This is a joint initiative between Wounds Canada Institute and the RNAO to increase health-care clinician proficiency in wound prevention and leadership skills. As part of this journey, Jordyn has completed her Best Practice Champion certificate and will be assisting with the skin and wound program in the home. Congratulations Jordyn!

Victoria Woudsma, RN
Director of Care



Welcome



John Speakman

June Birthdays

- Ruth Perrin- 04
- Sandy Alexander- 04
- Brian Greenough- 05
- John Killackey- 06
- Jim Genge- 08
- June McArthur- 15
- Robert King- 18
- Lily Larose- 20
- Ross Gordon- 21
- Monica Evenden- 25
- Elfriede Williams- 26



New Rates
Initial Assessment: \$70
Basic Care: \$55
Advanced Care: \$65

We welcome Beth Steinbeck RPN as Centennial Place's new foot care nurse! Beth started May 6th and will continue to see residents who have signed up for foot care. If you or your resident would like more information please reach out to Brittany Thorn, Director of Resident & Family Services.

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

Behavioural Supports Coordinator

We are getting excited for the warmer weather and the sun to shine this month!

We've been busy bees keeping active with meaningful, purposeful tasks.

Some activities that we are utilizing are photo albums, magazines and picture books.

During this warmer weather, we would like to stress the importance of keeping healthy. Here are some tips on how to reduce your risk of dementia by promoting a healthy life style:

- 1.) Be physically active. This could mean a leisurely walk for 30 minutes a day.
 - 2.) Eat healthy. A balanced diet may reduce your risk of dementia not to mention cancer, type 2 diabetes, obesity and heart and stroke disease. (refer to the Canadian Food Guide)
 - 3.) Don't smoke.
 - 4.) Drink less alcohol.
 - 5.) Exercise your mind. You can do this with puzzles, card/word games or reading.
 - 6.) Take control of your health. Go see your doctor if you have any underlying health questions or concerns.
- We are all looking forward to SUMMER.



Lisa van Bruinessen

Behavioural Supports Coordinator

Survey Time

It is that time of year again, we are hoping to hear from you! If you could assist your loved one in filling out our annual satisfaction survey, we have attached the QR code and link above. We will also be going around to assist residents with the survey if you are unable to. Please let either Brittany or the LEC's know if you have completed the survey. The survey closes June 27th, 2025. Thank you!

<https://www.surveymonkey.com/r/VQYKS7R>



Office Manager

Attention All Rate Reduction Residents and Family Members!

It's Time to Renew your Rate Reduction Application!

As the deadline to file your income tax return for 2024 was April 30, 2024, Canada Revenue Agency will be mailing out 2024 Notice of Assessment.

Please deliver to Centennial Place or email me -cpom@aoninc.com as soon as possible so that your rate reduction application can be processed for the next renewal period from July 1, 2025 to June 30, 2026.

We require this documentation to complete their rate reduction application which must be submitted to the Ministry of Health & Long Term Care every year so that they can continue receiving their rate reduction. Their current rate reduction is only effective until June 30, 2024.

Thank you,
Mallory Adams
Office Manager



Director of Dietary Services

I want to extend a warm welcome to the new residents that have joined us this month. I hope you are settling in and enjoying the delicious homemade meals and snacks.

Happy Fathers Day to all the fathers who live at Centennial Place! This month we celebrate you and we will be having a special dinner on Sunday, June 15th in honour of you!

I want to extend an invitation to join me at our next food meeting being held on June 23rd at 1:30pm in the Trail Dining Room. We will be discussing our transition to our electronic nutritional software, MealSuite as well as planning summer BBQ's. I hope to see you there.

Vicki Coppins, CNM

Director of Dietary Services



RESIDENT PHOTO DAY!

Friday June 6th 2025

Dress your best for Centennial Place's Annual Photo Day!

Infection Prevention & Control Lead

Are you looking for a great gift for Dad? Electric razors make a great gift! Electric razors are one of the ways men (and women) can safely maintain dignity and independence while reducing the risks of handling and disposing of sharps in a long-term care environment. Consider providing one for your loved one this Father's Day.

Watch for Infection Prevention and Control updates through your email. Communications sent through email is an easy way to stay informed on what is happening here at Centennial Place.

Vaccine update: The National Advisory Committee on Immunizations continue to recommend people over 80 or living in Long Term Care receive the COVID – 19 immunizations in the fall and spring. Spring administration began in May.

Corinne Buntsma

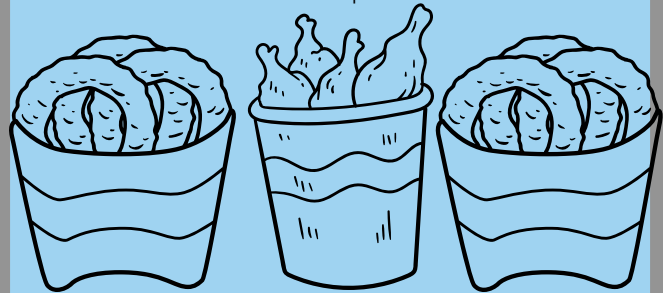
IPAC Lead

Centennial Place Presents: **WINGS & RINGS** **FATHER'S DAY SOCIAL**

Sunday June 15th 2025

2:00pm

Families welcome to join us as we celebrate dad! Chicken wings and onion rings are on the menu! Musical entertainment by Everything Country. Please RSVP by June 10th. *2 Guests per resident*



FYI

Please note that family meal prices are increasing by \$1 per meal beginning July 1st 2025.

Family Lunch- \$11.25

Family Dinner- \$12.75

Thank you!



Anticipatory Grief

Grief is a natural response to experiencing a loss. Sometimes people will feel grief before the loss happens – this is called anticipatory grief and is common for individuals and their caregivers during the palliative process.

What is Anticipatory Grief?

Often people who have been diagnosed with a life-limiting illness and their loved ones will experience this type of grief.

For those being diagnosed with a life-limiting illness they may experience shock, fear and sadness. They may also feel grief over the knowledge that they may miss out on life events like weddings, graduations and births.

For the loved ones of someone with a life-limiting illness, they may start to anticipate what their life will be like after their loved one is gone or they may be grieving their loved one's changed status and inability to engage with each other as they used to.

How to Process Anticipatory Grief

Anticipatory grief is not as widely understood or discussed as much as grief after death. This could lead to people feeling guilty and ashamed for how they are feeling and they may not seek out the help they need.

Talking about your feelings with trusted family members, friends or mental health professionals can be helpful in processing the sources of these feelings and processing any fears a person has regarding their illness.

It is also helpful to know these feelings are common and an expected reaction to the stress, sadness and fear that comes along with a life-limiting diagnosis.

Optimizing the time a person has left in their life by engaging in activities that bring comfort and joy are helpful in resolving feelings of sadness over anticipating a death. These activities can be wide ranging and will depend on what is important to an individual and their families.

Some ideas are:

- Resuming an old hobby that a person used to enjoy
- Eating foods that bring comfort
- Reconnecting with friends and family members
- Music or art therapy
- Counselling
- Volunteer work that brings meaning
- Writing a summary of the life a person lived and highlighting their accomplishments and successes.
- Reconnecting to culture, religion or spirituality

Alex Rawek

Social Service Worker



Residents and Staff would like to extend their condolences to the families and friends of:
Leslie Pennal
Ken Morton

Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident & Family Services
Ext 312



Vicki Coppins-Directory of Dietary Services
Ext 304



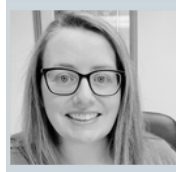
Kevin Kellow- Environmental Services Supervisor
Ext 316



Mallory Adams- Office Manager
Ext 313



Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment Coordinator
Ext 311



Michelle Erazo- Life Enrichment Coordinator
Ext 318



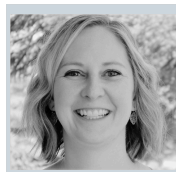
Corinne Buntsma- IPAC Lead
Ext 323



Jami McLeod- PSW Supervisor
Ext 306



Alexandra Rawek- Social Service Worker
Ext 307



Julie Parcels
Quality Risk Nurse
Ext. 302

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

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