

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>

A Note from Life Enrichment

Happy Canada Day! This month we celebrate Canada's 158th birthday with entertainment by Darlene and a car show, presented by Senior Cruises! Please see the poster for all the details and we hope to see you there! This month we hope to have many opportunities to be outside! We have lots of walking and wheeling programs, nature activities and socials in the courtyard. Take a peek at the program calendars for your home area to ensure that you don't miss out! On July 7th we welcome back our Music Therapist Yara. Please note that Yara does 2 group sessions. The first session is in the Fireside Lounge for Trail, Harvest and Millpond at 10am. Heritage has a session at 2pm in the Heritage Living Room. Yara uses a therapeutic approach and therefore the group sessions are limited to 8 residents. If you are interested in having a session with Yara please see Nicole in the LE office! Rev. Gordon Finlay returns after some time off and we look forward to his chapel services on Tuesdays at 11am. Welcome back Gordon! We also say goodbye and thank you to Father Tony who has retired! Catholic Mass will continue with a new leader on the 2nd and 4th Thursday of the month. For any questions related to programs please see Nicole or Michelle in the LE office! Have a wonderful month!



July Bus Outing

Please sign up with the LE Department!

Friday July 18th

Lunch at Baxter Creek Golf Club

July Entertainment

Tuesday July 1st

Darlene

Friday July 11th

Whoohoo Music

Friday July 25th

Christmas in July with Keith Kirkpatrick

Thursday July 31st

Birthday Party with Bill Dickenson

Environmental Services Supervisor

Summer has arrived! On hot days, please ensure your blinds are closed. This will help to keep your room cooler. Your Air conditioner thermostat is set at 24 C. At Centennial Place we have emergency back up power supplied by a generator. Each resident room has a red electrical outlet that is connected to our emergency generator. In the event of a power outage this outlet will remain active for you to use. As well all major building systems such as heating, nurse call, phone service, and hallway lighting are on the emergency generator. We test the generator each month to ensure it will operate properly. This test lasts for approximately 1 hour.

Also, on your door is a grey "tag". The purpose of this tag is to assist staff during an emergency situation. The tag has a magnet in the fabric. When it is lifted and placed on the door frame, a "VACANT" sign is revealed. For example, this would be used in a fire drill situation when staff are checking rooms. If a room was empty, they would use the tag to indicate the room was vacant and did not need to be checked again.

These items are part of the Emergency manual developed for AON's Long Term Care & Retirement properties. All staff receive training on this plan regularly and it is practiced through fire drills and evacuation exercises.

Although we hope never to have an emergency, the procedures and equipment are in place so we are prepared and can address the situation quickly and minimize its impact to residents and the building.

Kevin Kellow

Environmental Services Supervisor



July Birthdays

Pat Isaac- 01

Ruth Kreuz- 12

Ann MacPhee- 13

Betty Boustead- 18

Fred Gordon- 19

Aaron Robbins- 21

Ruth Thiel- 25

Linda Parker- 26

Joanne Maurice- 31

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

Director of Dietary Services

On behalf of the dietary department, I would like to welcome all the residents who joined us this month. It is a pleasure to get to know you and your family.

Finally, the hot days of summer are here! We are enjoying the BBQ's and ice cream treats! These nice sunny days go by fast so please take advantage of this great weather and spend some time outdoors when you can.

Please remember that if you bring in food or treats for your loved one, it should only be shared with your family member. We have many special diet types and food allergies here at Centennial Place so we would like to remind you that sharing of these items could pose a risk to others. Even though we know our residents and families have a tremendous amount of generosity please do not share your food and treats with other residents. You may leave food items clearly labeled for your loved one in the Family Friendly Fridge in the home area dining rooms. Remember that this is a communal area.

Enjoy the summer!

Vicki Coppins, CNM

Director of Dietary Services

**Resident Council & Food
Committee Meeting
Monday July 21st 2025
1:30pm
Trail Dining Room**

Happy Canada Day!

July 1st Activity Highlights:

10:30- Entertainment with Darlene
2:00- Senior Cruises Classic Car Show
Front Parking Lot



LOST & FOUND



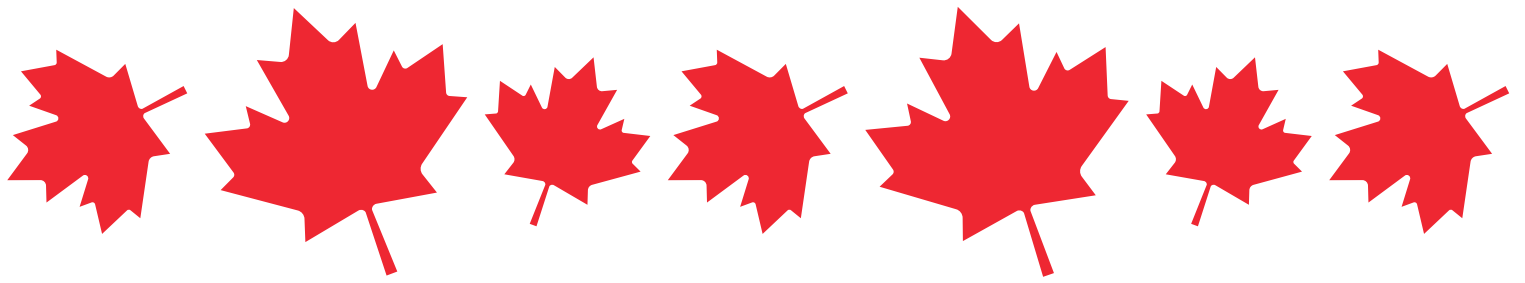
Did you know that every Thursday during Tuck Shop (10:30-11:30) the Lost and Found items are on display in the Fireside Lounge. Please come and take a peek to see if you can be reunited with lost pieces! The items that are currently on the cart will be donated if not claimed by August 1st!

MEALSUITE

TOUCH

A BIG thank you to Vicki and the dietary team for all of the behind the scenes work that went into the rollout and for all the training leading up to the launch of MealSuite! This program will allow for a more seamless flow during food service times and a safer overall resident experience! Cheers to MealSuite!





SENIOR CRUISES CLASSIC CAR SHOW

**Canada Day
Tuesday July 1st 2025
2:00pm
Centennial Place
Front Parking Lot**

Come on out and enjoy a variety of classic cars and trucks
from years gone by!



Associate Director of Care

A Special Request from Your Care Department

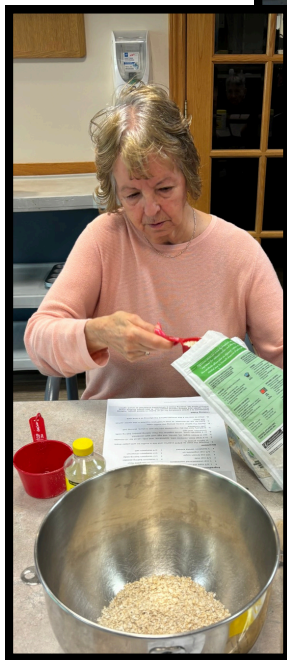
Safe Medication Practice

Once a year in the summer, we take some extra time to review and audit our medication practices and system. Safe medication handling and administration is a very high priority for Registered Nursing staff to ensure the safety and comfort of the residents here at Centennial Place. Our medication pass times are 8:00 am, 12:00 noon, 4:00 pm, and 8:00 pm which coincide with mealtimes and bedtime. Not all medications are included in these times as care and medication administration are individualized to each resident. Medication passes can take anywhere from one to two hours to complete.

How can you help? During these times we are asking residents, family members, and fellow staff, to minimize non-urgent conversations, phone calls, and distractions with the Nurses to assist in promoting safe medication administration and optimize resident care. Thank you!

Leslie Goble

Associate Director of Care



Applesauce Oatmeal Muffins

Yield: 12

INGREDIENTS:

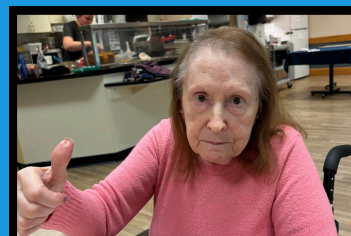
- 1 1/2 cups old-fashioned oats
- 1 cup unsweetened applesauce
- 1/2 cup milk
- 1/2 cup brown sugar
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 egg
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt



DIRECTIONS:

1. Preheat the oven to 375°F (190°C) and line a muffin tin with paper liners or lightly grease it.
2. In a large bowl, combine oats, applesauce, and milk. Let sit for 10 minutes.
3. Stir in brown sugar, oil, vanilla, and egg until well combined.
4. In a separate bowl, whisk together the flour, baking powder, baking soda, cinnamon, and salt.
5. Gradually fold the dry ingredients into the wet mixture, stirring just until combined.
6. Divide the batter evenly among the muffin cups.
7. Bake for 18–20 minutes, or until a toothpick inserted in the center comes out clean.
8. Allow to cool for a few minutes before transferring to a wire rack.

Source: ActivityConnection.com



BE SUN SMART!

This is your friendly reminder to swap out heavy winter clothing items for light weight summer wear! Please make sure that all new clothing items (including sunhats and sandals) are labeled!

Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



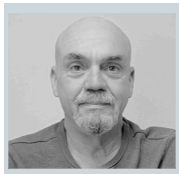
Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident & Family Services
Ext 312



Vicki Coppins-Directory of Dietary Services
Ext 304



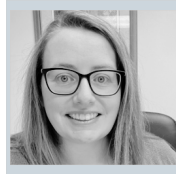
Kevin Kellow- Environmental Services Supervisor
Ext 316



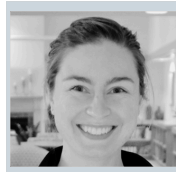
Mallory Adams- Office Manager
Ext 313



Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment Coordinator
Ext 311



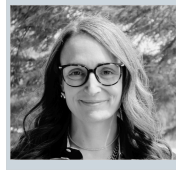
Michelle Erazo- Life Enrichment Coordinator
Ext 318



Corinne Buntsma- IPAC Lead
Ext 323



Jami McLeod- PSW Supervisor
Ext 306



Alexandra Rawek- Social Service Worker
Ext 307

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

AON

Inc.®

Where community develops.



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