

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>
AON inc.

Where community develops.



A Note from Life Enrichment

August is here! We say hello to the last full month of summer! We have many programs this month that involve the outdoors such as an Outdoor Social on Civic Monday, August 4th and Backyard Games on August 6th. Our annual Corn Roast will be held on Thursday August 21st. Entertainment begins at 11am outside and lunch will be served at noon. Friends and Family are welcome to join us for a delicious lunch with fresh corn on the cob! Please note we are only able to welcome two guests per resident. Please RSVP to the Life Enrichment Department before August 14th to ensure that we have enough for all! By resident request we are cooking and baking up a storm this month. Some of the highlights include: butter tarts on August 1st, strawberry smoothies on August 8th, nachos on August 8th, cinnamon blondies on August 14th, juicing on August 17th, a summer fresh baking surprise on August 19th and we end the month with cupcakes on August 30th! For a complete list of all programs this month, please reference the programs calendar for your home area! If you have any questions about an activity please see Nicole or Michelle in the Life Enrichment Office! Have a wonderful month!



August Bus Outings

please sign up with life enrichment!

Friday August 22nd

Liftlock Boat Cruise

Peterborough

August Entertainment

August 13th

Kelroy Classics

August 21st

Leigh Kemp

August 27th

Jimmy's Old Time Radio Show

August 29th

Birthday Party with Art Lajambe



Director of Care

It has been just over a year since we celebrated our official designation as a Best Practice Spotlight Organization (BPSO) through the Registered Nurses Association of Ontario (RNAO). Throughout our BPSO journey we have implemented 6 Best Practice Guidelines (BPGs) – Preventing and Addressing Abuse and Neglect of Older Adults, Preventing Falls and Reducing Injury from Falls, Delirium, Dementia, and Depression in Older Adults, Person and Family Centred Care, End-of-Life Care During the Last Days and Hours, and a Palliative Approach to Care in the Last 12 Months of Life. We will be adding another BPG to our resume – Transitions in Care and Services. We will be hosting Trent Nursing Students completing their community placement who will be assisting with this BPG. We would also like to congratulate our newest Best Practice Champions – Kayla Foote, Molly Westland, Jordyn Woodhouse, and Julie Parcels! We continue to work towards not only improving the quality of care for the residents here at Centennial Place – but increasing the quality of resident experience. Looking forward to another year of learning, growth, and development!

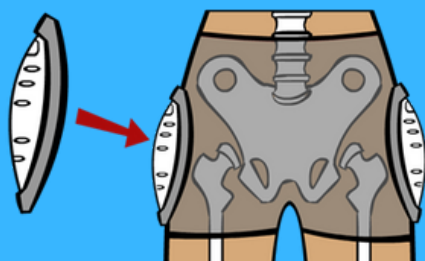
Victoria Woudsma, RN

Director of Care



Falls Prevention

What are hip protectors and how do they help?



Several interventions are available at Centennial Place to reduce injuries resulting from falls. Hip protectors are a specialized form of pants or underwear with pads over the hip bones to prevent hip fractures following a fall. They absorb the impact of a fall. Hip protectors are comfortable and easy to apply. Hip protectors may be added as part of the resident's plan of care to prevent serious injuries and support on-going mobility and independence.

August Birthdays

Hilda Mitteregger- 12

Carl Hudson- 15

John Marshall- 15

Zack Guest- 15

Jill Wiens- 21

Shelley McMahon- 23

Doreen Greenough- 27

Jean Hutcheon- 29



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

Over the past few weeks, I have been asked by family:
What is MealSuite?

MealSuite is a fully integrated nutritional software system. The system has been used for over 20 years by some of the leading healthcare providers in the industry that serve all sectors of healthcare. We are fortunate that our company has the foresight to see what a difference this can make in the lives of our residents by putting time back in the hands of our front-line workers!

Centennial Place Dietary Department began using MealSuite officially on June 2 and we could not be happier! After a lengthy staff training period the system has transformed our kitchen and servery areas by making them 100% paperless.

We have streamlined our meal and snack time processes using the tablets to take meal orders and alleviate the lineups at the servery counters. This is giving staff more time to sit and assist residents as needed.

Our menus and production sheets are now electronically prepared in our kitchen. A seasonal menu change is easy to implement and track! MealSuite is also an improvement in our quality assurance program as we have many ways to track food allergies and diet therapies as they come up thus ensuring an extra layer of safety for our residents.

The dining room menu boards are now electronic and interactive so please feel free to check upcoming menus on the screen or call me anytime for a personal demo and I would be happy to show off the new system!

Thank you,

Vicki Coppins, RSE, CNM
Director of Dietary Services



www.mealsuite.com

welcome



Dorothy Payne



Doug Woods



Perry Finn



Corn Roast Lunch

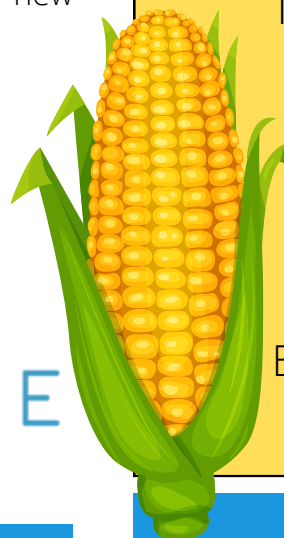
Thursday August 21st 2025

Noon

Families Welcome!

*please note that there is a 2
guest per resident max*

Please RSVP to the Life
Enrichment Department by
August 14th 2025!



Food for Thought at End of Life (EOL)

Not eating is a common process at the end of life. As the body shuts down and prepares for death a person's desire to eat greatly reduces. This is a natural way that the body prepares for a peaceful death.

Benefits to Not Eating at EOL

Depending on the life limiting diagnosis of the person, there are various benefits to not eating at EOL

- If a tumor is present: as fluid and food intake is reduced, tissues become dryer and shrink, reducing uncomfortable pressure on/from a tumor. The tumor itself may become smaller and need for pain medication can be reduced.
- Swelling of the feet, legs and other tissues will be reduced. If there is fluid in the abdomen comfort will be increased as there will be less pressure on organs.
- Breathing may become easier
- Urine output will go down, reducing exhausting visits to the bathroom. If the person is incontinent, it will reduce incontinence episodes increasing comfort and dignity
- As intake is reduced so do gastric secretions which will lower the occurrence of nausea and vomiting
- Ketone Formation occurs when intake is low. The result of this is that a feeling of well-being is created which works to reduce the anxiety people may feel at EOL

The above information was taken from the "Food for Thought" pamphlet. If you would like more detailed information on intake at EOL ask for this brochure at Centennial Place.

Alex Rawek

Social Service Worker



Food For Thought



Director of Resident & Family Services

We love to see all of the four legged canine friends at Centennial Place! Pet visits bring a smile to the faces of residents and staff alike! Please keep us up to date on vaccines for all pet visitors. Please drop off updated vaccine histories to the front desk or to Brittany Thorn. Thank you!

Brittany Thorn

Director of Resident & Family Services

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

Elsie McAsey

Barry Magill

Thomas Watson

Wilhelmina Eeuwes

Jeanne Noel



Save the date!
Bring the
grandkids!

MAGIC MOMENTS

MAGIC FOR SENIORS OF ALL AGES

WITH JAMES ALAN



Celebrate Grandparents Day
Sunday, September 7, 10:30 AM, Fireside Lounge
(RSVP with Michelle or Nicole in the LE Office by August 31)

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



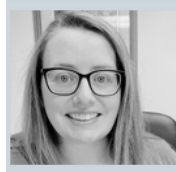
Kevin Kellow- Environmental Services Supervisor
Ext 316



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



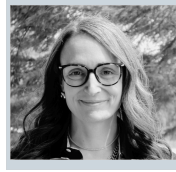
Michelle Erazo- Life Enrichment Coordinator
Ext 318



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



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