

Centennial Place Newsletter

705-932-4464

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

Where community develops.



A Note from Life Enrichment

Oh my gourd-ness, it's autumn! We have lots of fall festivities on the calendar for this month! We start things off with our annual tradition of scarecrow making on October 3rd in Trail. It's always a little messy but lots of fun! On October 6th we are baking mini pumpkin pies in Harvest. October 13th we give thanks during our Thanksgiving Day Social at 2:15pm in the Fireside Lounge. We are thankful for all of our residents, families, volunteers and staff who make Centennial Place great, everyday! On October 17th we will be hosting a fall photoshoot! Come on out for some glamour shots at 10:15am in the Fireside Lounge. Posing for photos can be hard work, so you may need to refresh with a ice cold beverage at the Pub Social, at 2:15pm in the Fireside Lounge. We travel this month to Salem, Massachusetts. It's sure to be a spooky trip! We end the month with lots of little ghosts and goblins! The EarlyON Child and Family Centre come to show off their costumes for a Halloween Parade on October 30th at 11am. We then get some trick or treat visits from Millbrook South Cavan Public School on Halloween, October 31st at 9am! Zumba Jasmine treats us to a Halloween Show at 10:30am! We are looking forward to all that this month has to offer! For any program questions please reach out to Nicole or Michelle in the Life Enrichment Office.



October Bus Outing

Please sign up with LE. Please note residents who have not joined us previously on an outing will be given priority

Thursday October 2nd

9:30am

Apple Picking

Archibald's Orchard & Winery

October Entertainment

October 3rd - **Art Lajambe**

October 30th - Birthday Party

with **Keith Kirkpatrick**

October 31st - Halloween Party

with **Jasmine Murray**

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.

Planning stages of the Resident and Family Christmas Dinner has begun so stay tuned for event details coming soon. Our next Food Committee Meeting will be held in the Trail dining room on October 20th at 1:30pm. Feel free to join us.

I hope everyone is enjoying the fall weather and the seasonal treats that we have been providing.

It is with a heavy heart I say goodbye to the staff, residents, and families of Centennial Place.

I am staying with the company but I have taken the position of Executive Director at Princess Gardens Retirement Residence.

I have enjoyed my time here as the Director of Dietary Services. Everyday I learned something that I will take with me.

As I embark on this journey in the retirement sector I wish everyone here the very best!

Vicki Coppins, CNM

Director of Dietary Services



October Birthdays

Florence Smith-01

Dan Tulloch- 03

Helen Girard- 07

Rick Caldwell- 11

John Speakman- 12

John Rubie- 18

Wilson Ferreira- 23

Teresa Burrows- 27

Joe Giroux- 27

Patricia Rose- 30

Maureen Patrick- 31

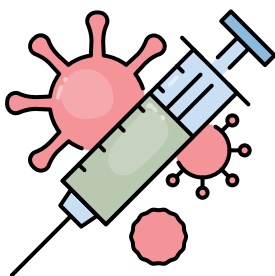
If your loved one has not signed our media consent forms, you will not find them in photos or lists in our newsletter.

Infection Prevention & Control Lead

Flu season generally picks up in October, peaks between December and February, and can last until May. The advice is and has always been to get the flu shot in October, before the start of the flu season, it's a good idea to get your flu shot before Halloween, as always, we offer vaccinations here at Centennial Place for all residents, families, and staff for as long as we have them available.

The most important thing people can do aside from hand hygiene is to receive your annual vaccination against influenza and keep up on COVID boosters. Passive screening remains in place and is an important part of our fight against viruses entering Centennial Place. There are self screening prompts at the entrance of the home, if you are feeling unwell, please delay your visit.

Corinne Buntsma, RPN, LTC-CIP
Infection Prevention & Control Lead



Environmental Services Supervisor

Fall has arrived and we are experiencing some cooler days and nights. Temperatures in hallways and common areas are adjusted regularly. If you find your room to be too cool, please ask staff if they could turn your air conditioning unit off for you. We try to find the right temperature setting that meets the needs of most of our residents - let us know if you find an area too warm or cool.

This month we will shut down our courtyard and pond fountains until next spring.

We will also shut down the irrigation system to our grounds.

Happy Thanksgiving and Halloween to all this month.

Kevin Kellow

Environmental Services Supervisor





In September we travelled to Mexico for our Around the World Social! We served homemade black bean enchiladas! YUM!



**Family
Councils
Ontario**

Family Council is seeking new members!

Do you have a loved one living at
Centennial Place?

Looking for a place to connect with other
families and make a difference?

Look no further!

The next Family Council Meeting will be
held on November 4th at 11:15am in the
Chapel (2nd Floor)

Looking for more information? Please reach
out to Brittany Thorn,
Director of Resident & Family Services.

Black Bean Enchiladas



Ingredients:

- 1 batch of red enchilada sauce (approx. 24ounce can)
- 8 large tortillas
- 1 can black beans, rinsed and drained
- 1 small onion, peeled and chopped
- 1 small green pepper, thinly sliced (optional)
- 3 cups shredded cheese, ideally Mexican blend
- 1 can of vegetarian refried beans

Directions:

1. Preheat oven to 350 degrees F.
2. To assemble enchiladas: Take your tortilla, add a spoonful of refried beans, black beans, few slices of onion, green pepper, then sprinkle with a little cheese, reserving about 1 cup of cheese for topping. Roll up tortilla and place in a 9x13 baking dish.
3. Assemble all the remaining enchiladas. Pour enchilada sauce over the tops of enchiladas, sprinkle remaining cheese and Bake for 25-28 minutes, or until enchiladas are cooked through and peppers are tender.
4. Serve immediately with sour cream and guacamole with freshly chopped cilantro.

<https://www.veggiebalance.com/black-bean-enchiladas/>



Fall Prevention

The fall leaf logo (see image below) is used to identify our residents at high risk for falls and are placed on resident's name plate outside their door.

Let's Stay Safe Together! Fall prevention is a team effort. By staying aware and working together, we can help ensure that this season is full of warmth, comfort, and safety for everyone.

If you have questions or suggestions, please reach out to our care team. We're here to support you and your loved ones every step of the way.

Molly Westland, RN
Clinical Support Nurse



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

Les Philips
Jill Wiens



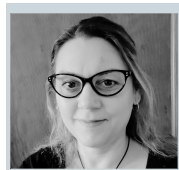
Leadership Directory



Courtney Jilesen- Administrator
Ext 305



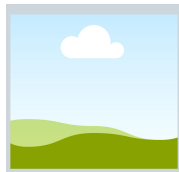
Victoria Woudsma- Director of Care
Ext 301



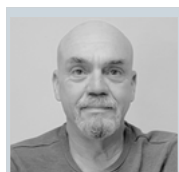
Leslie Goble- Associate Director of Care
Ext 302



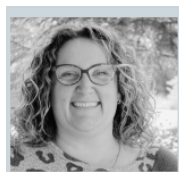
Brittany Thorn-Director of Resident &
Family Services
Ext 312



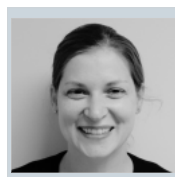
TBD-Directory of Dietary Services
Ext 304



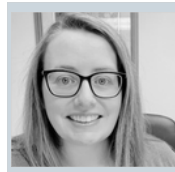
Kevin Kellow- Environmental Services
Supervisor
Ext 316



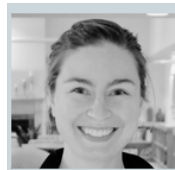
Mallory Adams- Office Manager
Ext 313



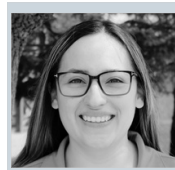
Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



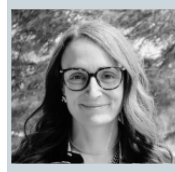
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



Corinne Buntsma- IPAC Lead
Ext 323



Jami McLeod- PSW Supervisor
Ext 306



Alexandra Rawek- Social Service
Worker
Ext 307



Molly Westland- Clinical Support
Nurse

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