

Centennial Place Newsletter

705-932-4464

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

Where community develops.



A Note from Life Enrichment

Hello Novem-burr! This month we enjoy the last moments of fall before we gear up for Christmas! It will be here before you know it! Keep your eyes peeled for more information surrounding our Friends and Family Christmas Dinner. We would love to see you there, Thursday December 4th 2025. We will be streaming the Remembrance Day Service from Ottawa on the Fireside Lounge TV on November 11th starting at 10:30am. Everyone is welcome to join us as we pause in quiet reflection for all the sacrifices that have been made for our freedom. *Lest We Forget*. Friends and Family Bingo is back! Sunday November 9th at 2:00pm the Fireside Lounge turns into a bingo hall! Please RSVP to the Life Enrichment Department by November 7th. We welcome the community, residents, families and staff to our Christmas Vendor Market, Saturday November 22nd from 10am to 2pm in the Fireside Lounge. Shop a variety of local artisans and vendors! Also not to be missed is the setting up of the BIG Christmas Tree in the main entrance. Mark your calendars for Friday November 28th 2025 at 10:30am when the lobby turns into a Christmas wonderland! We have lots in store this month! Please reference the home area calendars for all programs offered throughout the month. If you have any programming questions please contact Nicole or Michelle in the Life Enrichment Office.



November Bus Outing

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

November 3rd 2025
10:00am

**Shopping & Lunch at
Oshawa Centre**

November Entertainment

November 7th - Randy Read
10:30am- Fireside Lounge

November 12th - Darlene
6:30pm- Fireside Lounge

November 28th - Birthday Party
with Leigh Kemp
2:30pm- Fireside Lounge

Environmental Services Supervisor

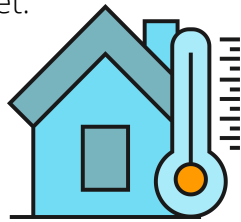
Fall has arrived and we are experiencing some cooler days and nights. Temperatures in hallways and common areas are automatically maintained. We try to find the right temperature setting that meets the needs of most of our residents - let us know if you find an area too warm or cool.

Our courtyard and pond fountains have been packed away for the winter months, along with our patio furniture. Our winter mats at our front entrance that will greatly reduce the amount of winter sand, salt, and slush tracked into our Home. But, please continue to wipe your feet.

Thank you.

Kevin Kellow

Environmental Services Supervisor



Family Council Meeting

Nov 4th @ 11:15am

Chapel, 2nd Level

New members welcome!

Residents' Council Meeting

Nov 17th @ 1:30pm

Trail Dining Room

New members welcome!



Office Manager

Do you have a Trust Account at Centennial Place? As the holiday season approaches many of us start to think about shopping!

Having a Trust Account allows you to shop at the weekly Tuck Shop and purchase items on bus outings without having to have cash on hand!

Having a Centennial Place Trust Account keeps your money safe and secure. Setting up or adding to your account is easy! Please see the front desk staff and ask for Mallory. Cash and cheques accepted.

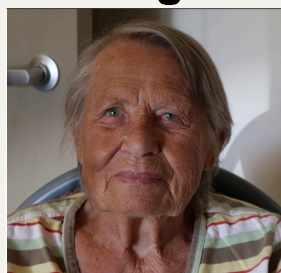
Mallory Adams

Office Manager

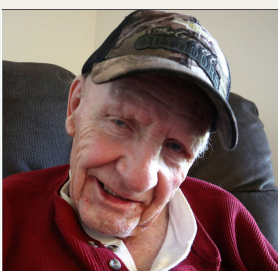
≡Welcome≡



Neal Cathcart



Anneliese Perau



Gordon Lowery



Majorie Lowery

November Birthdays

Joan McCormack- 03

Sue Davis- 03

Jake Wind- 04

Thelma Frizzelle- 08

Margaret Publicover- 12

Sue-Ellen Pink-14

Jo Pritchard- 16

Lois Lefley- 18

Carol Sornberger- 23

Jack Sharman- 25

Sam Kennedy- 29

Han Bok Lee- 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 Care

I am pleased to announce the promotion of **Nancy Kimball** to the Clinical Assessment Coordinator role at Centennial Place Long Term Care Home.

Nancy joined Centennial Place in 2003 as a Personal Support Worker – then transitioned to a full-time Registered Practical Nurse role in May of 2004. In her many years at Centennial Place she has been a dedicated employee and has trained multiple nurses. She is often a resource for other staff in the home. She is organized and efficient with an eye for detail. She will be missed in Millpond House!

In this new role, Nancy will supporting the RAI Coordinator and assisting with meeting assessment timelines. She will be providing education to front line staff regarding assessments and documentation, participating in auditing, and supporting the Nursing Rehab program in the home.

Nancy has shown growth and dedication at Centennial Place over the years and we look forward to continuing to watch her grow in this new opportunity. Please join me in congratulating Nancy Kimball on this new position!

Victoria Woudsma, R.N.

Director of Care

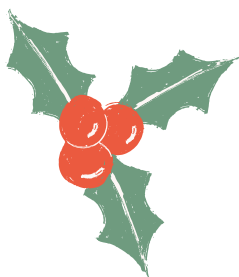
— HAPPY — Retirement

It is with heartfelt gratitude and mixed emotions that we announce the retirement of Visha from the Care Department. Visha has been a valued member of Centennial Place since 2003, joining us after completing her Personal Support Worker education.

For more than 20 years, she has been a dedicated and compassionate caregiver, leaving lasting impact on both her colleagues and the residents she served. Visha's calm presence, even in the most challenging moments, and her nurturing, motherly approach to care have made her an invaluable part of our team.

Centennial Place will not be the same without her, and we are deeply thankful for the many years we've had the privilege of working alongside her. We wish Visha all the very best as she begins this new chapter and enjoys her well-deserved retirement!





JOIN US FOR A

CHRISTMAS VENDOR MARKET

FIRESIDE LOUNGE

NOVEMBER **22ND** 10 AM- 2 PM

CENTENNIAL PLACE

BRING YOUR WALLET & YOUR CHEER THERE IS
LOTS TO PURCHASE THIS YEAR!



CRAFT ITEMS JEWELRY BAKED GOODS DAMPERED CHEFAND MORE!



BPSO Update

An update from the Care Department:

Centennial Place continues on our Best Practice Spotlight Organization (BPSO) journey through the Registered Nurses Association of Ontario (RNAO). This partnership has sparked innovation and collaboration within AON and Centennial Place. We would like to welcome our two Trent University Nursing Students for the fall term Marvel and Emily – who will be assisting with the gap analysis and roll out of our newest Best Practice Guideline – Transitions in Care and Services under the guidance of our Clinical Support Nurse – Molly Westland. We continue to strive for improving quality of life and care of the residents here at Centennial Place.

As mentioned in the June newsletter, Jordyn Woodhouse was accepted into the Wound Care Champion Program for Regulated Health-Care Providers. This is a joint initiative between Wounds Canada Institute and the RNAO offered through Nipissing University to increase health-care clinical proficiency in wound prevention and leadership skills. We are thrilled to report that Jordyn has officially completed the Wound Care Champion! She will be taking on a leadership role in our skin and wound program in the home.

Lastly, AON and a representative from Centennial Place – Lisa van Bruinessen attended the BPSO Global Summit in September. This event brought together all provincial, national, and international BPSOs to network, learn, and share experiences navigating the health care environment. It was an opportunity to share in our BPSO accomplishments and innovation!



Welcome Tracey!

Tracey joins Centennial Place as our new **Director of Dietary Services!** Tracey has her Red Seal and over 25 years experience in the industry and comes to Centennial Place from Springdale Country Manor. Tracey lives just around the corner in Cavan! If you see Tracey in the hallways or in the dining room, be sure to say hello!

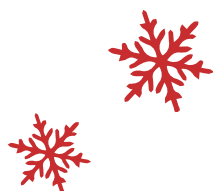
Save the Date



The Resident & Family Christmas Dinner

at
Centennial Place

Thursday December 4th 2025



More details to come!

Friends & Family



is Back!

Join us Sunday November 9th 2025 at
2:00pm
Fireside Lounge

Please RSVP to the
Life Enrichment Department by Thursday
November 7th 2025



CARF Accreditation

is happening at Centennial Place
December 1st and 3rd. Watch for
posters and information sheets that
will be posted around the Home
leading up to accreditation. Have
questions? Please reach out to any
senior staff member!



Social Service Worker

Promoting Quality of Life at AON

A palliative approach to care can begin as soon as a resident moves into AON Long-term Care (LTC). A main focus within palliative care is the promotion of quality of life for residents. It is helpful for LTC care teams to be knowledgeable about what is important to a resident in order to promote their quality of life.

Questions to ask when considering how best to promote quality of life

1. What are your most important goals and wishes currently?

No wish or goal is too small to report to the care team. When thinking this question through, consider all the little things that you enjoy and that help contribute to a sense of wellbeing.

2. Is religion or spirituality important to you? Are there any religious or spiritual practices that should be included in your care?

Proper palliative care considers an individual's culture, spirituality and religion into the provision of their care. Share with the care team as much as you can about the aspects of your religion or spirituality that are important to you.

3. What brings you comfort or joy?

Sometimes these can be small, often overlooked details – a morning coffee made just the way you like it, having the blinds opened to let the sun into your room, getting a breath of fresh air in the afternoon.

Considering these 3 questions is an excellent start in considering how LTC care teams can help enhance and maintain quality of life, however this is only just a drop in the bucket when understanding what matters most to a person living with a chronic illness.

For more ideas you can review this pamphlet available at all

3 AON LTC locations:

Centennial Place- Millbrook

Moira Place- Tweed

Station Place- Havelock

Alex Rawek

Social Service Worker

**ABOUT THE
PALLIATIVE CARE
APPROACH**
AON LONG TERM CARE



**November 11th is
Remembrance Day**



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

Aaron Robbins

Janet 'Sheina' Cowan



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



Tracey Russell- Directory of Dietary
Services
Ext 304



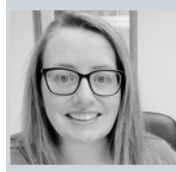
Kevin Kellow- Environmental Services
Supervisor
Ext 316



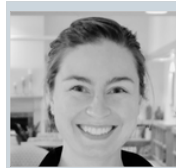
Mallory Adams- Office Manager
Ext 313



Allison Houser-RAI Coordinator
Ext 310



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



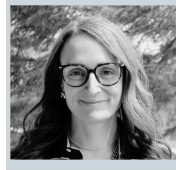
Michelle Erazo- Life Enrichment
Coordinator
Ext 318



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



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