



Centennial Place Newsletter

705-932-4464

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

Where community develops.



A Note from Life Enrichment

Ho Ho Ho! Happy December to all! It's hard to believe that 2025 has almost come to an end! This month we are getting into the holiday spirit with socials, themed crafts, baking and visits with family and friends. Thank you to all of our vendors who came to sell their wares at our Christmas Vendor Market held on November 22nd. We raised \$291.00 for the Centennial Place Residents' Council. Thank you! We now look forward to our Friends and Family Christmas Dinner on December 4th at 5pm. Thank you to all who purchased dinner tickets early. The window for ticket purchases has closed. The dietary team has been working hard to put on a festive feast for all! We can't wait! Other December highlights include a Winter Carnival on December 10th, assembling our gingerbread houses on December 12th, and getting our photos taken during a Christmas Photoshoot on December 17th. Rev. Gordon Finlay will be here on Christmas Eve for a special service in the Fireside Lounge. All are welcome to attend. If you would like to participate by speaking or reading a passage please see Nicole or Michelle in the LE office prior to the 24th. On Christmas Day the LE Elves will be busy delivering Christmas cheer and of course presents! Thank you to all of our community sponsors who make this time of year special for all! We have truly had an amazing year and it is all because of you and this amazing community! Cheers to celebrating this holiday season! Wishing everyone and safe and happy 2026!



December Bus Outing

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

December 15th

Christmas Light Tour

December 22nd

Christmas Light Tour

December Entertainment

December 5th @ 2:30pm
Dynamics

December 8th @ 6:30pm
Millbrook Community Choir

December 29th @ 2:30pm
Birthday Party with Sean Roberts

Environmental Services Supervisor

December has arrived and it looks to be a busy month with all types of entertainment, parties and events. November has brought us some colder temperatures. Certainly we shall see more in the coming weeks. We are ready for it when it does arrive. Our staff and contractors check the condition of the sidewalks for snow and ice. Please stay on cleared walkways that are shoveled and salted if you are going outside. Finally on behalf of all the employees in the Environmental Services Department, we would like to wish all our residents a happy and enjoyable holiday and New Year.

Kevin Kellow

Environmental Services Supervisor

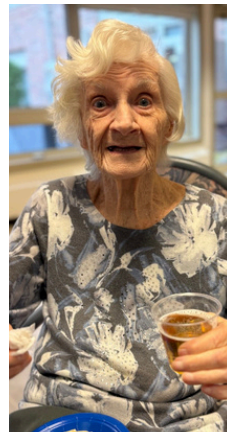
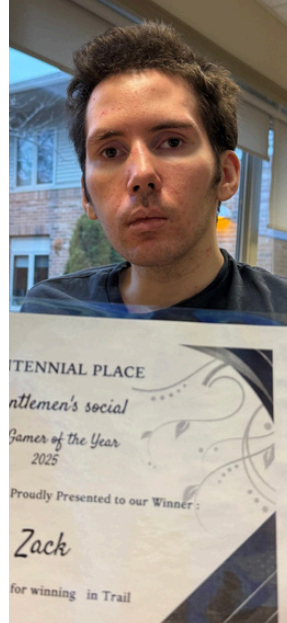
Food Committee & Residents' Council Meeting

All residents welcome to join!
Have your say and stay in the know!

Monday December 15th 2025

1:30pm

Trail Dining Room



December Birthdays

Audrey Coe- 02

George Ewald- 03

Karen Gale- 06

Maureen Harvey - 08

Calvin Switzer- 17

Noreen Kirkland- 29

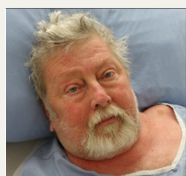
Harry Greer- 31

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

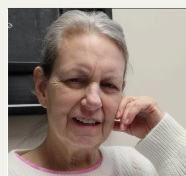
≡Welcome≡



Joyce Bullied



Danney Levesque



Mary Jane Ralph



Maureen Harvey

Director of Resident & Family Services

Hello Residents and Families!

With all of the fun and exciting activities we provide, we need a new waiver signed! Please keep your eyes out for an email that will contain the waiver or visit the Life Enrichment Office for a paper copy. Thank you so much! Happy Holidays!

Brittany Thorn

Director of Resident & Family Services



Wednesday December 10th 2025

The Millbrook Stars Hockey Team
will be here!

Join us for a shootout in the
Fireside Lounge @ 6:30pm!



Family Council Fundraiser Wreath Raffle!

Purchase a ticket for your
chance to win a beautiful winter
wreath or set of decorative trees!

Draw to be held the night of the
Christmas Dinner-- Dec. 4th

Tickets: 1 for \$2
3 for \$5

Good Luck!

Easy Maple Peanut Butter Cookies

Makes: 12 servings

Ingredients:

- 1 cup creamy peanut butter
- ½ cup pure maple syrup
- 1 large egg
- ½ teaspoon vanilla
- Pinch of salt

Directions:

1. Preheat oven to 350 degrees F. Line baking sheet with parchment
2. In a medium bowl, stir together peanut butter and maple syrup until smooth
3. Add egg, vanilla and salt. Mix until well combined
4. Scoop tablespoon-sized portions of dough onto the baking sheet, spacing them about 2 inches apart
5. Flatten each cookie gently with a fork, making a crisscross pattern
6. Bake 10-12 minutes, until edges are set. Allow cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack.

Source: ActivityConnection



Infection Prevention & Control Lead

When Antibiotics Help — and When They Don't

It's natural to worry when your loved one seems unwell.

Cloudy urine, a strong smell, or sudden confusion can be alarming — and it's understandable to want antibiotics “just in case.” But recent research shows that, in many older adults, these signs don't always mean infection. In fact, giving antibiotics when they aren't needed can cause more harm than good.

When Antibiotics Help

Antibiotics save lives when used for real infections, like pneumonia or a true urinary tract infection (UTI) with fever, pain, or other clear symptoms. When used appropriately, they reduce infection and promote recovery.

When Antibiotics Can Hurt

Many residents in long-term care naturally have harmless bacteria in their urine — called asymptomatic bacteriuria. Treating these bacteria doesn't make anyone healthier. Instead, it can:

- Cause severe diarrhea (C. difficile infection)

- Create drug-resistant “superbugs”

- Interfere with other medications

- Lead to new confusion, rashes, or allergic reactions

So Why Don't We “Check Urine Just in Case”?

Because urine almost always grows bacteria, even when there's no infection. Once that test comes back positive, it's easy to assume an infection — and antibiotics often follow unnecessarily. That's why our nurses and physicians use clear clinical criteria before ordering urine tests or prescribing medication.

What Families Can Do

You are part of the care team. Here's how you can help keep your loved one healthy:

Ask questions: “What symptoms are you seeing?”

Encourage fluids: Staying hydrated helps prevent real infections.

Trust the process: Our team monitors every resident carefully and treats infections promptly when they appear.

Know that “no antibiotics” can sometimes be the safest choice.

Every unnecessary antibiotic avoided protects your loved one and the community from resistant infections.

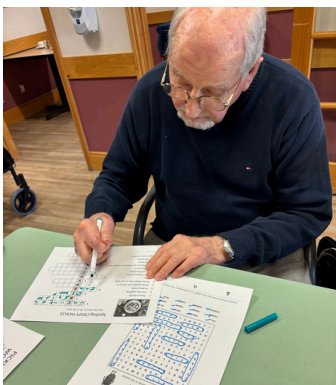
Together, we're ensuring antibiotics remain effective when they're truly needed.

For more information:

www.publichealthontario.ca/UTI

Corinne Buntsma, RPN LTC-CIP

IPAC Lead



December 1st & 3rd accreditors from CARF will be onsite at Centennial Place.

All 3 AON Homes (Moir Place, Station Place and Centennial Place) will be accredited during December 1st, 2nd and 3rd.



Thank you to all the staff who have been working hard to prepare for this visit.

Thank you to all who make Centennial Place a great place to live and work!

Palliative Corner

Understanding the Disease Trajectory for Dementia

Dementia is a chronic progressive life-limiting illness. This means that over time, symptoms will worsen and can affect how long someone lives. Dementia affects a person's mood, thinking, language and behaviour.

How does Dementia Progress?

It is impossible to know how long someone with dementia will live. A way to deal with this uncertainty is to 'hope for best and plan for the worst'. This means that it is important to speak to your loved one about their wishes sooner in the disease process in order to have an end of life plan that everyone is comfortable with.

What to expect in the advanced stages of Dementia

- Severe memory loss
- Loss of concept of time and space
- Difficulty with speech or language
- Loss of abilities such as dressing or toileting
- Difficulty swallowing
- Reduced interest in activities

Signs to look for at End of Life

- Change in circulation (cold hands or feet, skin breakdown)
- Organ failure
- Pain, shortness of breath or agitation

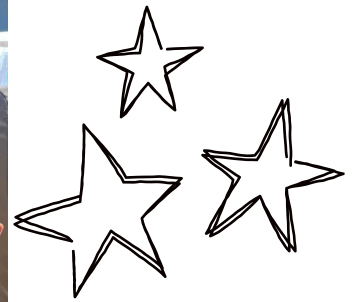
Tips for families and caregivers when considering a palliative approach to care

- Consider your loved one's end of life values and preferences
- Encourage your loved one to be as independent as possible and to participate in as many decisions as they are able
- Share and explore with the care team how your loved one expresses their feelings, the best way to communicate with them and the best way to encourage and support involvement in social or physical activities.

For more information on the disease trajectory of dementia and the palliative approach to care please ask for *The Palliative Approach to Care for Advanced Dementia* brochure from Centennial Place staff.

Alex Rawek

Social Service Worker



Thursday December 4th 2025

3:30pm to 4:30pm

Photos with Santa

Fireside Lounge

5:00pm

Christmas Dinner

Bring your pre-purchased ticket and join your resident in their home area for a delicious festive feast!



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

Aaron Robbins

Arthur Young

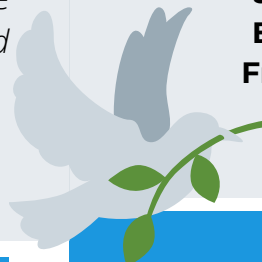
Janet 'Sheina' Cowan

Evelyn 'Gail' Bannister

Frederick 'Fred' Gordon

Florence Smith

Neal Cathcart



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



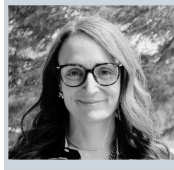
Michelle Erazo- Life Enrichment Coordinator
Ext 318



Corinne Buntsma- IPAC Lead
Ext 323



Jami McLeod- PSW Supervisor
Ext 306



Alexandra Rawek- Social Service Worker
Ext 307



Molly Westland- Clinical Support Nurse



Nancy Kimball- Clinical Assessment Coordinator

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