

Centennial Place Newsletter

705-932-4464

<https://www.centennialplace.com>



A Note from Life Enrichment

Happy New Year! Welcome 2026! This month we celebrate the new year with a New Year's Social on January 1st at 10:30am in the Fireside Lounge. We end the day with a movie matinee at 2:15pm. With the new year, comes new programs. We are excited to welcome Jim Chaplin to Centennial Place for the first installment of his Armchair Travel series. Jim will take us on a journey to Newfoundland with his personal experience and photos. On January 23rd we will have our first monthly Ladies Lunch put on by the ladies of the Lions Club. If you are interested in participating please see Nicole or Michelle in the Life Enrichment office to sign up. Jasmine brings some energy to the month with her Zumba classes. Make sure you come on down to the Fireside Lounge for some good music and foot tapping beats; Saturday January 10th and January 22nd at 2:15pm. Our LEA team is also hosting a disco party on January 21st at 2:15pm! It should be groovy! For a full list of all the programs happening at Centennial Place this month please reference the Home Area specific calendars or visit Michelle or Nicole in the Life Enrichment Office. Wishing everyone a happy and healthy 2026!



January Entertainment

January 5th 2026

Whoohoo Myles

6:30pm

January 14th 2026

Steve Hunter

10:30am

January 30th 2026

Birthday Party with

Bill Dickenson

2:30pm



Environmental Services Supervisor

Happy New Year everyone! It's hard to believe another year is behind us –2025 certainly was a busy one! Each resident room has a red emergency outlet in the event the power goes out. If possible, please do not block this with large furniture so you can access this if the power does go out. As we enter the traditional "Flu" Season, we are being pro-active and Environmental Services staff are focusing on disinfecting and sanitizing around the building. Proper hand hygiene such as hand washing and using hand sanitizer is one of the best methods for keeping you healthy.

Have a safe and healthy 2026!!

Kevin Kellow

Environmental Service Supervisor



Welcome



Denise Wynn



Catherine Michalak



Donna Plager



Paul Kitney



Gloria Irwin

Family Council & Food Committee Meeting

Monday January 19th 2026

1:30pm

Trail Dining Room

New members always welcome!

January Birthdays

Ed Fisher-04

Dale Chartrand-07

Doug Woods- 10

Chris Ruhl- 11

Jim Levac- 12

Lila Smith- 22

Jerry Larose- 27

Marjorie Lowery- 29

Doris Reynolds- 30



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

To support the health and safety of our residents, staff, and visitors, universal masking is currently in effect in all resident care areas of the home.

Public Health Surveillance indicates that the circulating influenza strains this season are not a strong match to the vaccine, and experts are predicting a more severe flu season than usual. This means influenza may spread more easily and cause more serious illness, particularly among older adults and those with underlying health conditions.

What this means for families and visitors:

- A medical mask must be worn at all times while visiting in resident care areas.
- Masks may only be removed while actively eating or drinking.
- Once finished eating, masks must be put back on immediately.
- Visitors who are feeling unwell or have symptoms of illness should postpone their visit until they are well.

During Meals and Social Visits:

- Please remain seated while eating.
- Limit the duration of unmasked time to the meal itself.
- Maintain physical distancing where possible.
- Follow all staff direction related to infection prevention and control.

What we are doing:

- Maintaining enhanced infection prevention and control practices.
- Monitoring residents closely for symptoms of respiratory illness.
- Reinforcing masking, hand hygiene and environmental cleaning.

These measures are in place to reduce the spread of respiratory illness and to protect our most vulnerable residents, especially during periods of increased seasonal illness.

We appreciate your cooperation and understanding as we work together to keep everyone safe and healthy.

Thank you for your continued support.

Corinne Buntsma RPN LTC-CIP

IPAC Lead





Music Therapy vs. Musical Entertainment

Centennial Place offers both Music Therapy and Musical Entertainment, but do you know the difference?
Both involve music, but they serve different purposes

🎵 Music Therapy 🎵

Provided by a trained, certified music therapist
Therapeutic and goal-focused, not just for enjoyment.

At Centennial Place we have 2 Music Therapists
Nicole Agnihotri & Yara Mengert.

They use music to support health and well-being, such as:

Reducing anxiety, agitation, or depression
Supporting memory and communication (especially with dementia)

Improving mood, pain management, or social connection

Sessions are planned and individualized based on residents' needs--small groups limited to 8 residents

May involve singing, instrument play, movement, or listening, depending on the goal

Progress is observed and documented as part of care

Music therapy is part of the care team and supports clinical or emotional goals.

🎶 Music Entertainment 🎶

Provided by musicians or performers
Focused on enjoyment and recreation

Goals are to:
Entertain

Create a pleasant atmosphere

Encourage socialization and fun

Usually large group-based and the same for everyone

No assessment or treatment goals
No clinical documentation

Music entertainment enhances quality of life, but it is not therapy.

🧠 Simple Way to Remember 🧠

Music Therapy = Treatment using music
Music Entertainment = Enjoyment through music

Both are valuable in long-term care, and Centennial Place offers both because they meet different needs.

Palliative Corner

Understanding the Disease Trajectory for Advanced Frailty

Overview

Frailty is a chronic progressive life-limiting illness. This means that over time, symptoms will worsen and can affect how long someone lives.

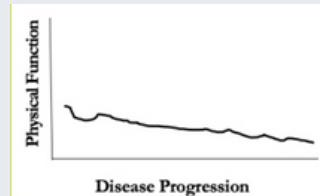
How does Frailty Progress?

It is impossible to know how long someone with frailty 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 Frailty-

Declines in:

- Muscle mass and strength
- Energy
- Walking speed and mobility
- Activity levels (is seated or lying down most of the day)
- Appetite, ability to complete daily tasks, cognition



The end stage of frailty is called "failure to thrive" and may be related to one or more diseases.

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 you can work to prevent falls, reduce confusion, manage symptoms, address weight loss, and deal with fatigue.

For more information on the disease trajectory of dementia and the palliative approach to care please ask the brochure from Centennial Place staff.

Alex Rawek

Social Service Worker



Special thanks to our very generous community members from Plan A and Home Instead for their Christmas gift donations for our residents.

We would also like to thank Dorothy who put together gifts with help from the community, Mrs. Belk's class from Millbrook South Cavan Public School who made beautiful cards and the Friendship Force for their performance of Christmas Carols on the tone chimes. It truly warmed our hearts to see how the community came together to make our residents' Christmas magical! THANK YOU!



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

Neeltje 'Nellie' Bullee
Barbara 'Barb' Jones
Beverly 'Bev' Irwin
Frederick 'Fred' Copping
Betty McClure
Danney 'Dan' Levesque
Lois Lefley

Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Allison Houser- RAI Coordinator
Ext 310



Victoria Woudsma- Director of Care
Ext 301



Lisa van Bruinessen- Behavioural
Supports Coordinator
Ext 303



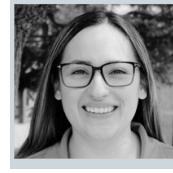
Leslie Goble- Associate Director of Care
Ext 302



Nicole Vrooman- Life Enrichment
Coordinator
Ext 311



Brittany Thorn- Director of Resident &
Family Services
Ext 312



Michelle Erazo- Life Enrichment
Coordinator
Ext 318



Tracey Russell- Dietary Services
Ext 304



Corinne Buntsma- IPAC Lead
Ext 323



Kevin Kellow- Environmental Services
Supervisor
Ext 316



Jami McLeod- PSW Supervisor
Ext 306



Mallory Adams- Office Manager
Ext 313



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

To view Centennial Place Happenings you can access
AON TV by visiting the link below:

<https://www.centennialplace.com/aon-tv/>