

Centennial Place Newsletter

705-932-4464

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



A Note from Life Enrichment

Summertime is here! We welcome the month of July and the sunny, warm days ahead. We celebrate Canada on the 1st with a special social complete with entertainment from Terry Maxwell. We encourage all to wear red and white! Zumba Jasmine joins us on July 2nd and July 16th! Everyone welcome to dance along at 2:15pm in the Fireside Lounge. Men's Breakfast takes place each month on the 3rd Thursday at 8am. Please sign up if interested! By request we are please to announce that the Ladies' Breakfast will take place on July 23rd at 8am in the Trail Dining room. If interested, please sign up with Nicole or Michelle. We are limited to 8 residents for breakfast programs. We have lots of outdoor programs planned, from active games to walks in the garden. And of course, it wouldn't feel like summer without an ice cream social or two! Keep an eye on your home area calendar for all the upcoming activities this month. For any questions related to programs please reach out to Nicole or Michelle in the Life Enrichment Department! Have a great month!



July Entertainment

July 1st

Terry Maxwell

2:30pm

July 20th

Centennial Talent Show

2:30pm

July 31st

Birthday Party with Keith Kirkpatrick

2:30pm



Director of Dietary Services

On behalf of the dietary department, I would like to welcome all the residents who joined us this month. It is a pleasure to get to know you and your family.

Finally, the hot days of summer are here! We are enjoying the BBQ's and ice cream treats! These nice sunny days go by fast so please take advantage of this great weather and spend some time outdoors when you can.

Please remember that if you bring food or treats for your loved one, it should only be shared with your family member. We have many special diet types and food allergies here at Centennial Place so we would like to remind you that sharing these items could pose a risk to others. Even though we know our residents and families have a tremendous amount of generosity, please do not share your food and treats with other residents. You may leave food items clearly labeled for your loved one in the Family Friendly Fridge in the home area dining rooms. Remember that this is a communal area.

Enjoy the summer!

Tracey Russell, CSNM

Director of Dietary Services



Happy
Birthday

Patricia Isaac- 01

Ann MacPhee- 13

Betty Boustead- 18

Ruth Thiel- 25

Linda Parker- 26

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

Welcome!



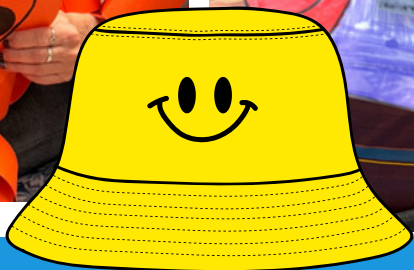
Mary Lou
Sjoholm



Joyce
McCallum



Joanne Cooke



ATTENTION FAMILIES!

Please consider bringing in a sunhat or ball cap for your resident. In an effort to decrease the amount the hats are shared we are asking families to bring in one so that we can enjoy the outdoors while being sun savvy! Please ensure all hats get labelled! This can be done at front desk or drop them off in the LE office! Thank you!

Environmental Services Supervisor

Summer has arrived! On hot days, closing your blinds could help keep your room cooler.

At Centennial Place we have emergency back up power supplied by a generator. Each resident room has a red electrical outlet that is connected to our emergency generator. In the event of a power outage this outlet will remain active for you to use. As well all major building systems such as heating, nurse call, phone service, and hallway lighting are on the emergency generator. We test the generator each month to ensure it will operate properly. This test lasts for approximately 1 hour. Also, on your door is a grey "tag". The purpose of this tag is to assist staff during an emergency situation. The tag has a magnet in the fabric. When it is lifted and placed on the door frame, a "VACANT" sign is revealed. For example, this would be used in a fire drill situation when staff are checking rooms. If a room was empty, they would use the tag to indicate the room was vacant and did not need to be checked again.

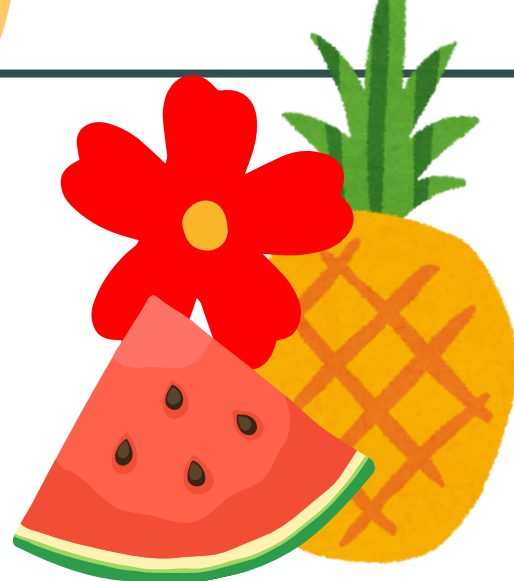
These items are part of the Emergency manual developed for AON's Long Term Care & Retirement properties. All staff receive training on this plan regularly and it is practised through fire drills and evacuation exercises.

Although we hope never to have an emergency, the procedures and equipment are in place so we are prepared and can address the situation quickly and minimize its impact to residents and the building.

Kevin Kellow

Environmental Services Supervisor

July Highlights



July 1

**Happy Canada Day!
Celebrate Canada's
Birthday on
Wednesday July 1st!
Entertainment by
Terry Maxwell will
begin at 2:30pm
Outside**

weather depending

**Wear your
Red & White!**



July 7

**Family Council Meeting
11:00am
2nd Level - Chapel
All families welcome to
attend!**

July 20

**Residents' Council
Meeting
1:30pm
Trail Dining Room
All residents welcome!**

July 23

**Ladies' Breakfast
with Michelle & Nicole
8:00am
Trail Activity Room**



WOW! CORNER

Welcome to the WOW Corner. Each month we will highlight the employee who exemplifies customer service here at Centennial Place.



CONGRATS TO GLADWIN SUNIL WHO WAS OUR WOW WINNER FOR JUNE!

Have you seen an act of extraordinary customer service? If so please fill out a WOW Form outside the elevators!

Falls Prevention

Stay Safe This Summer!

Summer is a great time to enjoy brighter days and stay active—but it's also important to keep safe and prevent falls.

Here are a few simple tips to help you stay steady and confident:

Wear safe shoes

Choose non-slip shoes with good support

Avoid loose slippers or walking in socks

Take your time

Move slowly when:

Getting out of bed

Standing up from a chair

Stay strong and hydrated

Drink enough fluids

Eat well to keep your strength up

Use your walking aids

Always use your walker or cane if you need it

Make sure it's within reach before standing

Remember:

"It's okay to go slow—it's safer that way!"

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

Melitta Kiefert
Anna Burchat
Barb Sloan



Leadership Directory



Courtney Jilesen- Administrator
Ext 305



Victoria Woudsma- Director of Care
Ext 301



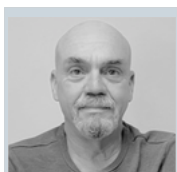
Leslie Goble- Associate Director of Care
Ext 302



Brittany Thorn-Director of Resident &
Family Services
Ext 312



Tracey Russell- Directory of Dietary
Services
Ext 304



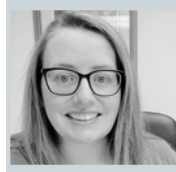
Kevin Kellow- Environmental Services
Supervisor
Ext 316



Mallory Adams- Office Manager
Ext 313



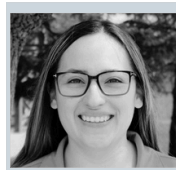
Karley Schaap- RAI Coordinator
Ext 310



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



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