

FEBRUARY 2024

HASTINGS CENTENNIAL MANOR



SUPPORTING PEOPLE
HastingsTM
AND OUR COMMUNITIES

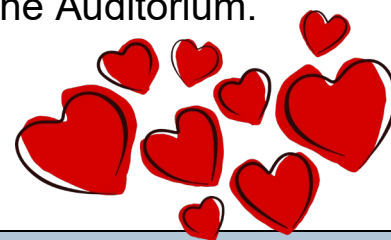


January Highlights



Sweetheart Dinner

On February 14th at 5:00pm there will be a Sweetheart dinner for residents and their Spouses/Significant Other in the Auditorium.



Family Day

Just a reminder our offices will be closed for Family Day on February 19th, 2024.



February Programming Highlights

- ♥ February 7th at 2:00pm – Movie Matinee – Groundhog Day
- ♥ February 9th at 7:00pm – Bowling
- ♥ February 10th at 2:00pm – Jeopardy
- ♥ February 12th at 10:00am – Resident Safety Education – Cold Weather Safety Tips
- ♥ February 16th at 7:00pm – Karaoke
- ♥ February 21st at 12:00pm – Chinese Luncheon
- ♥ February 27th at 2:00pm – Tim Horton's Coffee Break
- ♥ February 28th at 2:00pm – Afternoon Pub

Activities for Visitors & Family's:

In our Sunrooms you can find items like:

- Coloring wheel and markers
- Puzzles
- Books
- Smart TV's
- Kitchenette with kettles, coffee makers, tea & coffee etc.
- Playing cards
- Adult coloring books
- Crossword puzzles
- Board games

Are you looking for a way to keep updated on upcoming events?

Check out the Family Portal on ActivityPro.

For more information contact: Nancy Mountney

mountney@hastingscounty.com

Volunteer Opportunities

Volunteer opportunities range from regular commitments or assist with special events. We would love to have you as part of our team. If you are interested in volunteering contact Nancy Mountney at 613-332-2070 x6608 or at mountneyn@hastingscounty.com.



The Auxiliary of Hastings Centennial Manor

Tuck Shop is open Thursday from 10:00am-12:00pm and the Tuck Cart goes around every Tuesday morning.

Volunteer opportunities are matched to your availability and interest.

Contact: Jewel Wiggins @ waywell@sympatico.ca

Upcoming Volunteer Opportunities

- ★ **Hairdresser Portering:** Tuesday, Wednesday and Thursday mornings.
- ★ **Church Groups**
- ★ **Sewing for Residents**
- ★ **Entertainment**
- ★ **Music for Me Program**
- ★ **And many more...!**

Email Nancy Mountney for volunteer opportunities at mountneyn@hastingscounty.com

Careers

We are hiring, check out [Careers - Hastings County](#)

Are you an RN or RPN returning/entering into the workforce? You may be eligible for a \$25 000 grant through the CCPN program, ask me about it, plunkettk@hastingscounty.com.

Family Council

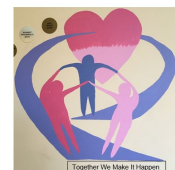
Meetings are held the last Wednesday of the month at 1pm.

For more information contact:

Nancy Mountney
mountneyn@hastingscounty.com
613-332-2070 x6608



Family Councils Ontario



Two easy ways to make a donation:

Directly: Mail a cheque to: County of Hastings - Hastings Centennial Manor Box 758, Bancroft, ON, K0L 1C0

Online to HCM Auxiliary on the Canada Helps website at <https://www.canadahelps.org/en/charities/the-auxiliary-of-hastings-centennial-manor>

What's happening at Centennial Manor?

Music for Me Program (Volunteers Needed!)

We had the pleasure of having Veronica Ladd – The Education & Support Coordinator along with Kathleen Ingrim – The Operations Manager, both from the Alzheimer's Society. They were here to present us with 3 iPods for the Residents with brilliantly sewed covers/holders for the headphones, charger and the iPod. We are fortunate to have such a wonderful partnership with the Alzheimer's Society.

The Music for Me Program is a remarkable program that provides an iPod, charger and a set of headphones for the Residents. We look at Residents who are experiencing personal expressions and provide them an opportunity to use the iPod to help with these moments. The family and Residents will be contacted to see what kind of music they enjoy most and what would hold the most meaning to them. That music will then be downloaded on the iPod and delivered to the Resident when needed.

Music is one of the last things people who are diagnosed with Alzheimer's and Dementia lose. This program was developed through a strong relationship and partnership with the Alzheimer's Society and was implemented in 2015.

We are currently looking for volunteers to assist with the management of the iPods, intake assessments, downloads etc. If you are interested please call Nancy Mountney at 613-332-2070 Ext. 6608.



Family Day Bonfire



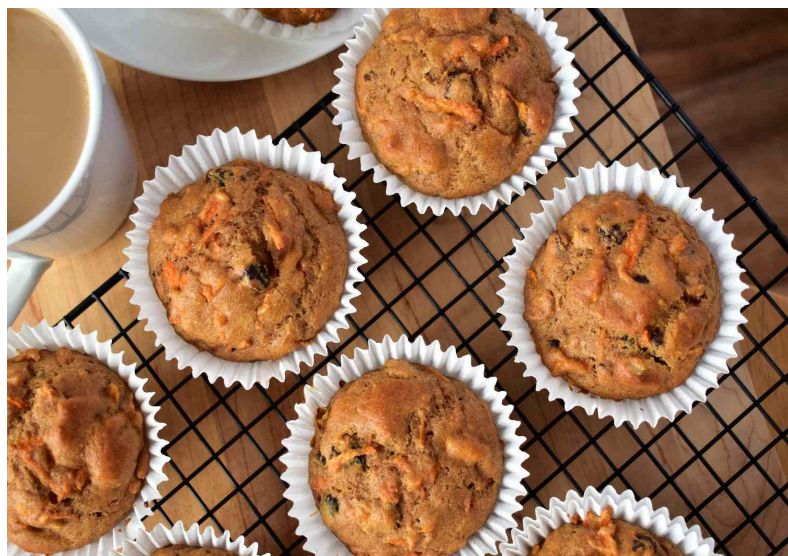
Everyone is welcome to join us on **February 19th at 2:00pm** for our annual Family Day Campfire! There will be cookies, hot chocolate and live entertainment. We kindly ask that you bring your own chair. We look forward to seeing everyone there!

WEAR PINK DAY!!

Wear pink to support anti bullying on February 28th!

STOP
BULLYING!
#KINDNESSISCOOL

Monthly Resident Recipe



CARROT NUT MUFFINS

This month Pearl Ray from the Hybla Community is sharing a recipe that holds a special place in her heart. Her infamous Carrot Nut Muffins.

Pearl misses baking and she misses making these muffins. They are her favorite, and she made them quite often. These carrot muffins are very special to Pearl because of the wonderful memories they hold from her life.

Ingredients:

- 1 Cup of white sugar
- $\frac{3}{4}$ Cup of Mazola Corn Oil
- 2 Eggs
- 1 Teaspoon of baking soda dissolved in 1 teaspoon of warm water
- $\frac{1}{2}$ Teaspoon of salt
- 1 Teaspoon of baking powder
- 1 Teaspoon of vanilla extract
- 1 $\frac{1}{2}$ Cup of flour
- 1 Cup of chopped walnuts
- 1 Cup of grated carrots

Directions:

1. Beat the sugar, oil and eggs together
2. Slowly add all other ingredients
3. Stir well
4. Bake at 375 for 15-20 minutes



If you are interested in featuring your favorite recipe please email brown@hastingscounty.com

Monthly Volunteer Focus

This month Jewel Wiggins is featured as our Volunteer of the month! Jewel has accomplished so much here at Centennial Manor being an essential part of our Manor Auxiliary. When Jewel is not assisting in portering residents to their hair cut appointments or providing live entertainment through line dancing, she is often found in the Tuck Shop here at the Manor. Jewel works hard getting the tuck cart ready to go around every week by making sure it's fully stocked and we have the supplies needed for our residents in the Tuck Shop



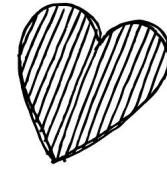
grateful

Jewel graciously visits Residents who have just moved into Centennial Manor, she welcomes them with a gift and spends some time with them helping them feel at home. She also helps with birthday parties throughout the year, helping each Resident feel special on their birthday. Jewel has also given her time to help out with Centennial Manor events like our Christmas Bazar and the Tea/Fashion Shows that raise money for the Manor. Speaking of Christmas, Jewel volunteers her time every year to accompany Santa as Mrs. Clause. Along with this, she delivers Christmas gifts to the Residents ensuring no one is left out and everyone is left feeling the Christmas spirit! This is Jewel's seventh year as the President of the Manor Auxiliary and we couldn't be more grateful to have someone as kind and giving as Jewel on our team.





Valentine's Day Word Search



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LOVE
CHOCOLATE
PINK
VALENTINE
ROSES

CUPID
FEBRUARY
RED
HUG
FLOWERS

CANDY
HEART
SWEETHEART
CARD
SWEET