

AUGUST 2024

HASTINGS CENTENNIAL MANOR



SUPPORTING PEOPLE
HastingsTM
AND OUR COMMUNITIES



July Highlights



Outings

- August 6th – Bus Outing to Foodland Car Show
- August 10th – Bus Outing – Fort Stewart Jamboree
- August 20th – Bus Outing – Kawartha Dairy
- August 23rd – Bus Outing to Coe Hill Fair
- August 28th – Bus Outing to the Eagles Nest

Civic Holiday

A friendly reminder that on August 5th, 2024 our offices will be closed for the Civic Holiday.

July Programming Highlights

- Tuesday August 6th at 2:00pm – Olympic Closing Ceremonies
- Thursday August 8th at 2:00pm – Dancing with Jasmine
- Friday August 9th at 7:00pm – Camp Fire
- Monday August 12th at 2:00pm – The Gerry Phillips Band to Entertain
- Thursday August 15th at 7:00pm – Elvis Concert in the Courtyard (Auditorium if it rains)
- Friday August 16th at 12:00pm – Hot Dog BBQ
- Wednesday August 21st at 2:00pm – Entertainment by Paul Richard
- Thursday August 22nd at 2:00pm – Entertainment by Miles Koningbeil
- Monday August 26th at 2:00pm – The County Crows to Entertain
- Tuesday August 27th at 2:00pm – Metis Presentation – Powley
- Friday August 30th at 5:00pm – BBQ Steak Dinner and Corn Roast

Courtyard

Courtyard enhancements for meaningful engagements happening this August.

Stay tuned for dates, times and more information!

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

mountneyn@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

Gift Shop is closed July and August. The Tuck Cart goes around every Tuesday morning.

Volunteer opportunities are matched to your availability and interest.



Contact: Jewel Wiggins @ waywel@sympatico.ca

Friendly Visitors Needed

Are you looking to make a difference in someone's life? Join our dedicated team of volunteers at Hastings Centennial Manor and become a friendly visitor for our Residents. Your companionship and kindness can brighten their day and make a meaningful impact.

What you'll do:

- Engage in friendly conversations
- Play games & activities together
- Provide companionship and emotional support



If you are interested in spreading joy and building connections with our Residents please contact our Recreation & Volunteer Supervisor **Nancy Mountney** at mountneyn@hastingscounty.com

Careers

We currently hiring for the following positions at Centennial Manor. Visit [Careers | Hastings County](#) for more info!

- Dietary Aide – Casual/Part Time
- Dietitian – Part Time
- Housekeeping Aide – Casual
- Personal Support Worker – Part Time
- Recreation Aide – Casual
- Registered Nurse – Part Time
- Registered Practical Nurse – Part Time
- Nurse Practitioner – Contract



Thinking about becoming a PSW?

Ontario is providing incentive funding to attract Personal Support Workers (PSW's) to work in Long-Term Care Homes. Some funding includes:

- Up to \$5,440 to PSW students during clinical placement in a LTC home.
- \$10,000 to recent PSW graduates in exchange for a 12-month commitment to work in a LTC home.

For more information, please contact Kathy Plunkett at plunkettk@hastingscounty.com

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?

THANK YOU

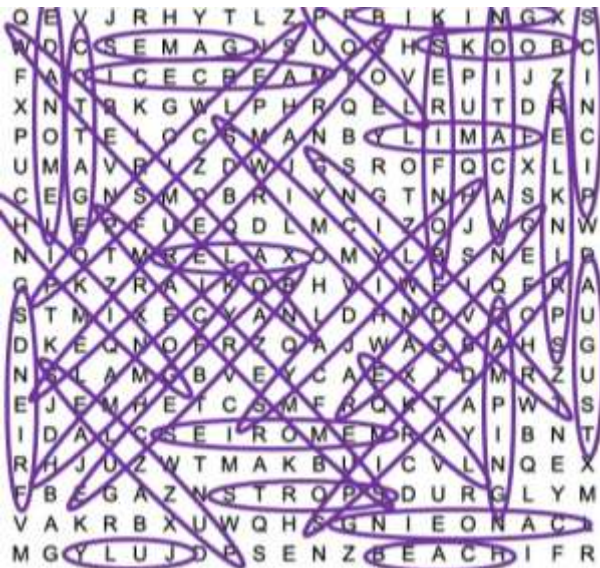
We want to extend a warm thank you to Bancroft Scoops. Bancroft Scoops graciously donated beautiful flower arrangements to the home for our Residents to enjoy.



THANK YOU

We would like to say a huge thank you to Edith Austin for thoughtfully donating several lap blankets for our Residents.

Word Search Answers



Nursing Restorative

In July two Nursing Restorative positions were created and filled.

Together with RAI Coordinator **Kathy Lee**, we welcome **Melanie Howran** and **Sheila Kavanagh**, both Registered Practical Nurses.

Nursing Restorative will take off in the home creating a better quality of life for the residents who live at Hastings Centennial Manor.

Nursing Restorative is an interdisciplinary approach to care provision which is designed to assist a resident to maximize his/her remaining strengths and abilities in order to attain/maintain the maximum level of function possible or desired by the resident.

Education was provided in July from Lifemark Seniors Wellness by Physiotherapist Sarah Embury.

Nursing Restorative Service Nursing Rehab Train-The-Trainer workshop.

If you see Melanie or Sheila while at the manor and want further information, please feel free to stop and speak with them.



Behavioural Supports Ontario (BSO)

<https://www.behaviouralsupportsontario.ca/>

What is BSO:

BSO stands for Behavioural Supports Ontario. The Behavioural Supports Ontario initiative was created to enhance health care services for older adults in Ontario with complex and responsive behaviours associated with dementia, mental health, substance use and/or other neurological conditions.

What is a responsive behaviour?

“Responsive behaviours” is a term commonly used to refer to actions, words or gestures used by a person with dementia as a way of responding to something negative, frustrating or confusing in their environment.

Responsive behaviours can be decreased by understanding the person and making changes to the environment or care to better meet the resident’s unmet needs. All behaviours have meaning and are an attempt to express unmet needs.

Meet Our Team:

Currently, our team consists of one registered nurse and one personal support worker. The BSO team works collaboratively with the residents, care partners, families, PSW’s, nurses, recreation, physio, housekeeping, laundry, dietary and the management team to come up with strategies and interventions to help meet our resident’s needs.



Julie Morgan – RPN & Christine Morray PSW

Moving Forward:

Education is key! Look in next month’s newsletter for tips on what GPA stands for and how to use it!



Behavioural
Supports
Ontario

Monthly Volunteer Focus



Not only does Connie dedicate her time to line dancing for the Resident's, but she also spends her time gardening at the Manor. Connie is an avid gardener and for several years she has been engaged in maintaining the front flower beds at Centennial Manor. Beginning in the spring, you will find her digging in the dirt and preparing beds to have annuals planted.

Katie's Garden at the back of the building, between the hospital and Manor, is also maintained by Connie. When her parents room overlooked a patch of grass, she decided to create a garden, so they had something beautiful to view. Connie and her mom would spend time together, watering and weeding. When tending the garden, Connie often would hear taps on the windows followed by waves from the Resident's viewing the gardens. Connie has proven to be a very valuable part of our Volunteers here at Centennial Manor and we collectively thank her for all she has done!



This month our Volunteer on the Month is **Connie Sutherland**. Connie is supported by a dedicated group of Shamrock Club Line Dancers. She joined the Shamrock Club in the mid 1990's and immediately took interest in line dancing. Connie's parents lived at Centennial Manor during this time and while they were living here, Connie suggested that the Resident's of the Manor would enjoy a line dancing activity. Consequently, several interested dancers, including Connie took over cueing to this day. Currently, there are 12 talented and dedicated volunteer dancers. The obvious enjoyment and smiles on the Resident's faces each month fuels the group's enthusiasm.

To the left you will see a photo of the line dancers at Connie's Annual Summer Social this July.

Below is a photo taken in 2013 of Connie cueing the liner dancers.





Summer Holidays



Q E V J R H Y T L Z P F B I K I N G X S
 W D C S E M A G N S U O S H S K O O B C
 F A O I C E C R E A M T O V E P I J Z I
 X N T B K G W L P H R Q E L R U T D R N
 P O T E L O C S M A N B Y L I M A F E C
 U M A V R I Z D W J G S R O F Q C X L I
 C E G N S M O B R I Y N G T N H A S K P
 H L E P F U E Q D L M C I Z O J V G N W
 N I O T M R E L A X O M Y L B S N E I D
 G P K Z R A J K O B H V I W E I Q F R A
 S T M I X E C Y A N L D H N D V C O P U
 D K E Q N O F R Z Q A J W A G B A H S G
 N S L A M G B V E Y C A E X I D M R Z U
 E J E M H E T C S M F R Q K T A P W T S
 I D A L C S E I R O M E M R A Y I B N T
 R H J U Z W T M A K B U I C V L N Q E X
 F B E G A Z N S T R O P S D U R G L Y M
 V A K R B X U W Q H S G N I E O N A C L
 M G Y L U J D P S E N Z B E A C H I F R

August
 barbecue
 beach
 biking
 bonfires
 books
 camping

canoeing
 cottage
 family
 friends
 games
 hammock
 hiking

holidays
 ice cream
 July
 lake
 lemonade
 memories
 picnics

pool
 popsicles
 puzzles
 reading
 relax
 road trips
 sports

sprinkler
 strawberries
 summer camp
 swimming
 traveling
 vacation
 watermelon