

Christmas Newsletter December 2024

Hastings Centennial Manor



Hey Bada Boom Bada Bing!
NORTHSIDE MARIO'S



Activity Highlights

- Dec 4: Olde Time Radio Show Christmas Movie Concert 2:00pm
- Dec 6: Square Dance 7:00pm
- Dec 10: Metis Christmas Concert 2:00pm
- Dec 13: Walk the Line Musical Entertainment 2:00pm
- Dec 16: Visits & Pictures with Santa 2:00pm
- Dec 18: Paul Richard Musical Entertainment 2:00pm
- Dec 24: "Candlelight" Christmas Church Service 2:00pm and Fireplace Christmas Poetry 7:00pm
- Dec 30: Peanut Auction 2:00pm
- Dec 31: New Year's Eve Pub & Countdown 7:00pm

SUPPORTING PEOPLE
Hastings™
AND OUR COMMUNITIES





MERRY MONKEY MAZE



Be A Volunteer

Volunteer Opportunities

Volunteer opportunities at our Hastings Centennial Manor range from regular commitments or simply assisting 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.



**Hastings Centennial Manor
Long-Term Care Family Council**

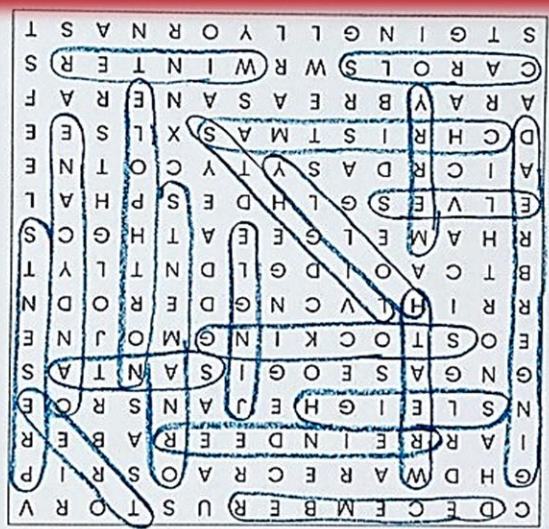
This Council, composed of family members and friends of residents, serves as a support group and liaison with residents, their families and Hastings Centennial Manor staff. They are dedicated to the promotion and improvement of quality living for all residents. Meetings are the last Wednesday of every month at 1:00 pm. There are no meetings during the months of July, August or December. If you would like more info please contact our Chairperson: Brian Conley 705-656-2695 b.conley2139@gamil.com



Remember to book your seats for this year's Family Christmas Dinners!



- Dec 3 : Hybla Residents
- Dec 4 : Cheddar Residents
- Dec 10 : Thanet Residents
- Dec 11 : Glanmire Residents



Christmas Word Search



PREVENTING FALLS and REDUCING INJURY FROM FALLS

GAP Analysis completed – Tool used compare our current practice with evidenced-based best practice recommendations

Implementation completed – Tool used to identify the practice change, what is needed, who will be involved and timeline for the change

Action Plan – started last week of November – Tool used to plan the changes that will be implemented

Areas that were identified in the GAP Analysis and areas where change will happen are:

- 1) The fall assessment tool
- 2) Communication with residents
- 3) Communication with care partners/families



BSO Education

Personal expressions are an important means of communicating meanings, concerns, lived experiences, memories, and valued aspects of the self. They are often a way of communicating unmet needs. These expressions can be verbal (i.e. Crying, grunting, yelling, asking repetitive questions, cursing) or physical. All personal expressions have meaning.

Some unmet needs that can cause personal expressions may include:

- Hunger/thirst
- Pain/discomfort
- Fatigue
- Loneliness/fear
- Hearing/vision impairments
- Exacerbation of chronic illness
- Acute illness with delirium
- Medication side effects
- Hallucinations/delusions
- Frustration between task and abilities
- Communication challenges
- Over/under stimulation
- Social barriers

Some common behaviors seen in those living with dementia are:

- Pacing/Restlessness
- Verbal/Physical expressions of risk
- Suspiciousness/Paranoia
- Wayfinding/Exit-seeking
- Repetition
- Hoarding
- Disruptive Sleep Patterns
- Sexual expressions of risk
- Sundowning
- Fidgeting

Not all personal expressions can be managed with medication. For a list of non-pharmacological interventions, please visit https://www.baycrest.org/Baycrest_Centre/media/content/Non-Pharmacological-Intervention.pdf

Check next month's education on Person-centered language!

THEME DAYS



- December 16th ... Ugly Christmas T-Shirt Day
- December 17th ... The Red and Green Day
- December 18th ... The Christmas Hat Day
- December 19th ... Best Christmas Socks Day
- December 20th ... Crazy Christmas Outfit Day



What's Happening at Centennial Manor!!



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



Easy ways to make a donation:

Directly:

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

Online website:

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

Showing Appreciation to Team Members

We welcome you to spread the holiday spirit by sharing appreciation to our valued Centennial Manor Team Members this holiday season! Here are a few suggestions for you to provide gifts that can be enjoyed by our Team Members:

- We encourage you to bring treats that can be enjoyed amongst the whole team – for example chocolates, candies, gift baskets, and like gifts.
- Since we have a large group of Team Members, anything that can be left in the lunchroom to ensure all are included would be greatly appreciated!
- We kindly ask that you please keep in mind that staff are not permitted to accept any personal gifts.

Thank you & Happy Holidays!

CODE YELLOW

A **Code Yellow** is called when there is a missing resident. The Charge Nurse will have all the Resident Home Areas searched as well as the Hospital and the Professional Building. The POA/care partner is contacted. If there is no response from calling the care partners or if the care partners have not taken the resident out, the police are notified of the Code Yellow.

It is very important when taking your loved one out, that you let the Resident Home Area Nurse know. If the nurse is not available, please let the charge nurse on Glanmire know.

SIGN IN BOOK

It is important to sign the Sign-In book when coming to visit our home. Also, please sign out when leaving. If there was a need to account for all the people in the building, we would need to know who is visiting and where. The Sign-In book is located at main entrance by the sliding doors. You don't want to get left behind or have someone searching for you when you are not here!



Christmas Word Search



CANDY CANE

CAROLS

CHRISTMAS

DECEMBER

ELVES

GINGERBREAD

JINGLE

HOLLY

LIGHTS

MERRY

NORTH POLE

ORNAMENTS

PRESENTS

REINDEER

SANTA

SLEIGH

STOCKING

TREE

WINTER

WREATH



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