

CENTENNIAL MANOR

February 2025 Newsletter

Cheers to Andre Labonte who was recently recognized by his peers at Hastings Centennial Manor for always wearing a smile and always volunteering to help other team members.

 **CHEERS**
FOR PEERS



Missing Items?

If you notice clothing missing from a resident's room, please visit the receptionist to complete a form to request a search for the missing item.



Upcoming Events

- Feb 4 @ 2:00pm
Gerry Phillips Band
- Feb 7 @ 7:00pm
Square Dance
- Feb 11 @ 1:30pm
Line Dancing
- Feb 12 @ 2:00pm
February Birthdays
- Feb 14 @ 2:00pm
**Valentine's Day
Charcuterie Social**
- Feb 17 @ 2:00pm
Family Day Campfire
- Feb 25 @ 2:00pm
Peanut Auction
- Feb 26 Anti-bullying
Pink Shirt Day
- Note: *All events subject to change - check activity whiteboard daily.*

Hastings Centennial Manor Long-Term Care Family Council

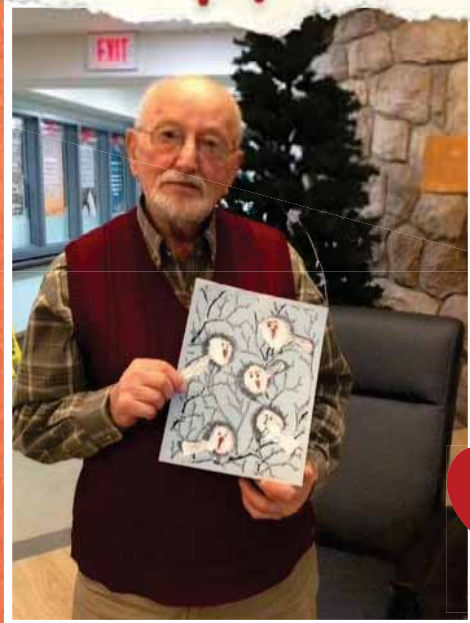
This council is composed of family members and friends of residents and serves as a support group and liaison with residents, their families, and Hastings Centennial Manor staff. They are dedicated to the promotion and the improvement of quality living for all residents. Meetings are the last Wednesday of every month at 1:00pm. There are no meetings in the months of July, August, and December. If you would like more information, please contact the Family Council Chair Person (currently acting) Brian Conley at:

brian.hcm.fc@outlook.com

SUPPORTING PEOPLE
HastingsTM
AND OUR COMMUNITIES



Stuff is Happening!



Meet the Team!

Resident Safety and Fall Management Committee



The Resident Safety & Falls Management Program develops, implements, monitors and evaluates resident safety issues and ensures team members, resident and care partners/families receive resident safety education. The multidisciplinary approach enables the entire team to foster resident independence and their quality of life.

2024 - The team created an up-dated resident fall assessment tool. The assessment is able to capture information to create an individualized care plan to aid in decreasing falls and injuries from falls. BPSO Preventing Falls and Injuries from Falls was initiated. Gap Analysis completed, Action Plan put in place and the start of the Implementation process started. Through out the year, more fall prevention equipment was purchased.

2025 - BPSO Preventing Falls and Injuries from Falls will continue to be implemented. The changes will be monitored and evaluated throughout the year. The Fall Risk Assessment will be reviewed and up-dated, a Fall Risk Program will be developed and grow our team Champions.

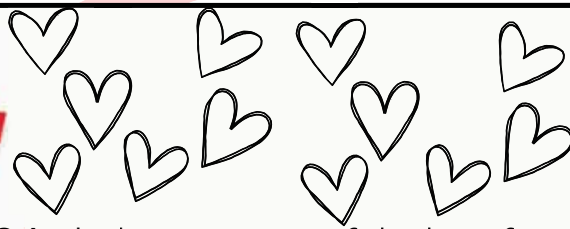
SUCCESS STORY !

Perimeter mattresses are used to decrease incidents of residents falling out of bed. This was in place but a resident kept falling out of bed multiple times a day. A Bed Bolster was trialed and since initiated, the resident has not had one fall out of bed!



If interested in joining the Resident Safety and Fall Prevention Committee, please contact Denise McCormick ADON at ext. 6604 or email mccormickd@hastingscounty.com

BSO Corner



What is Hand-under-hand technique? And what are some of the benefits of using hand-under-hand techniques with your loved ones?

As the brain changes in a person living with dementia, the ability to process information changes, so therefore we need to change the way we deliver that information. Teepa Snow developed the hand-under-hand technique, as a guiding and assisting technique that provides caregivers and families with an amazing way of building and sustaining connections. It promotes a physical touch connection. This is done in a friendly, comforting, and successful manner, without being intrusive or overbearing.

The hand-under-hand technique helps with hand-eye connection and also provides a comforting and calming human connection using a familiar grasp and proprioceptive (deep pressure) in the palm at the base of the thumb.

The eye-hand connection is one of the first sensory-motor skills established in infants and is used throughout our lives. By using the palmar surface of the hand, and taking the person through the desired motion or movement, we are communicating with touch and movement, without the need for words.

Note: It is important to position yourself at eye level with the person living with dementia. By lowering yourself to their level and by utilizing the hand-under-hand technique, you will be able to accomplish your goals and form meaningful connections in the process.

Remember: the purpose is to control the situation, not the person.

Hand-under-hand technique can be used in a variety of ways.

- It can be used when greeting someone to sustain a physical connection, allowing the person to become more comfortable with your presence in their personal space.
- It can be used when helping your loved one move around by offering added stability and support.
- You can assist your loved one with using a utensil to eat. While you are the one providing the manipulation and holding the utensil, your loved one is able to go through the motions of feeding themselves with your help.

Finally, it gives the person living with dementia a way of communicating their preferences, understanding, readiness, and willingness to participate. It provides a way for caregivers and family members to do with, not to do or do for.

If you would like to learn more about hand-under-hand technique, YouTube has various videos that demonstrate the technique listed under Teepa Snow's Positive Approach to Care or on the website at www.teepasnow.com.

Check out next month's article on The Living Gems



Valentine's Day Word Search

c g f l o w e r s i p
j s w e e t h e a r t
e f p a c u p i d a e
v h o i k a c p s r t
a o g u y h e a r t s
l o v e r r d e g o f
e k r a p t r r o w r
n r i r o s e s p x i
t o h s d r d e i r e
i s u h s p i n n h n
n r g a r e l l k t d
e o s c h o s r o s h
s w e e r t s f r i e
v c h o c o l a t e k

valentine
arrow
cupid
hearts
love

red
fourteenth
hugs
chocolate
pink

roses
friend
flowers
sweetheart
kisses



Happy
Valentine's
Day!

