

CENTENNIAL MANOR

NEWSLETTER

JANUARY
2025

Cheers4Peers



Congratulations to Tracy Hughes from Centennial Manor.

She is the latest Cheers4Peers winner. Tracy always has a friendly smile, is always there to help all, and is always kind to manor residents.

Cheers Tracy!



Santa Claus News

CHRISTMAS 2024



*Merry
Christmas*



BSO Corner

"Person-centered language refers to using language that puts people first rather than the disease, symptoms or conditions that they may have. Person-centered language, we honor, respect and dignify people in our society by being thoughtful and building up strengths and abilities."

www.behaviouralsupportontario.ca

By using person-centered language, we help support the following:

- Personhood- the person comes first
- Dignity & Respect- creating an environment where people can live without fear of shame or ridicule
- Acceptance & Understanding- accept each person as individuals. Accept personal expressions as a form of communicating unmet needs or emotions
- Relationships- support & preserve relationships
- Recognition & Individuality- recognizing that each person has unique life experiences, personalities, cultures, values, beliefs and opinions
- Relationships of Trust- help create an environment for growth and understanding by providing relationships built on trust

Try changing your language!

Aggressive --> Personal expressions of risk

Behaviour --> Personal expressions

Diaper --> brief/underwear

Feeders --> a person who needs assistance to eat/drink

Nursing home --> long term care home

Unit/Floor/Wing --> community

Admission --> move in

Bib --> apron/clothing protector

"You need to..." --> "Would you like to...?"

"Sit down so you don't fall..." --> "May I help you walk?"

By consciously using language in a more sensitive manner, we can avoid reducing individuals to a series of labels, symptoms or medical terms. Try it! The change is easy!

Check out next months article on hand under hand techniques used to assist individuals with eating and drinking.



CENTENNIAL MANOR'S FOOD DRIVE

**We donated 184
Pounds of Food to our
local food bank!**

Congratulations to

Laundry, Housekeeping,

Laundry, Kitchen and

Maintenance for raising

the most in their box.

**Thanks to all who
contributed!**



Upcoming Events

- Jan 3 @ 2pm **Jimmy's Old Time Radio Show**
- Jan 3 @ 7pm **Square Dance**
- Jan 6 @ 2pm **Fun with Food - Sunday Baking**
- Jan 8 @ 2pm **January Birthday Party**
- Jan 9 @ 2:30pm **The Gerry Phillips Band**
- Jan 14 @ 7pm **Arts & Crafts Snowbird Painting**
- Jan 16 @ 2pm **Bus Outing Legion Jam Session**
- Jan 17 @ 7pm **Pub Night with Dean Card**
- Jan 23 @ 2:30pm **Walk the Line Entertainer**
- Jan 29 @ 12pm **Chinese Food Luncheon**
- Jan 30 @ 2pm **Bus Trip to Shopper's Drugmart**



Are you looking to keep updated on upcoming events? Check out the FamilyPortal on ActivityPro. For more information contact: Nancy mountneyn@hastingscounty.com

Thanks So Much!



Thanks to Wendy Dillabough and the Metis Nation of Ontario for the generous donation of home made lap blankets.





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



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.



- "Knock, knock." "Who's there?" "Howie." "Howie who?" "Howie going to stay up until midnight, you look tired already."
- "Knock, knock." "Who's there?" "Hannah." "Hannah who?" "Hannah Happy New Year!"
- "Knock, knock." "Who's there?" "Joe King." "Joe King who?" "Joking like this on New Year's Eve?"
- "Knock, knock." "Who's there?" "Radio." "Radio who?" "Radio not, it's a New Year."
- "Knock, knock." "Who's there?" "Abby." "Abby who?" "Abby New Year!"
- "Knock, knock." "Who's there?" "Ben." "Ben who?" "Ben waiting for the ball to drop all day!"
- "Knock, knock." "Who's there?" "Razor." "Razor who?" "Razor glass to toast the new year!"



2025

HAPPY
New Year

May you have good health, lots of happiness, and a great New Year.