

Centennial Manor

March 2025 Newsletter

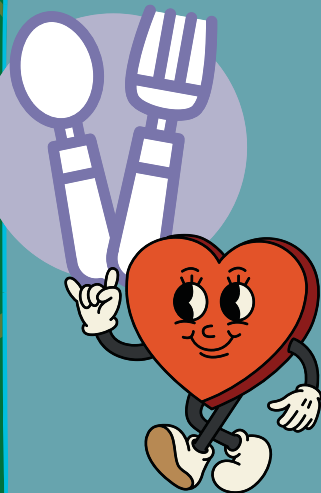
Way to go Team Member



 **CHEERS
FOR PEERS**



Cheers to Rochelle McGarry, the January Cheers4Peers winner from Centennial Manor. Rochelle provides excellent service to support the residents, from making a conversation piece for the dining table to making an antique car brochure. Cheers Rochelle!

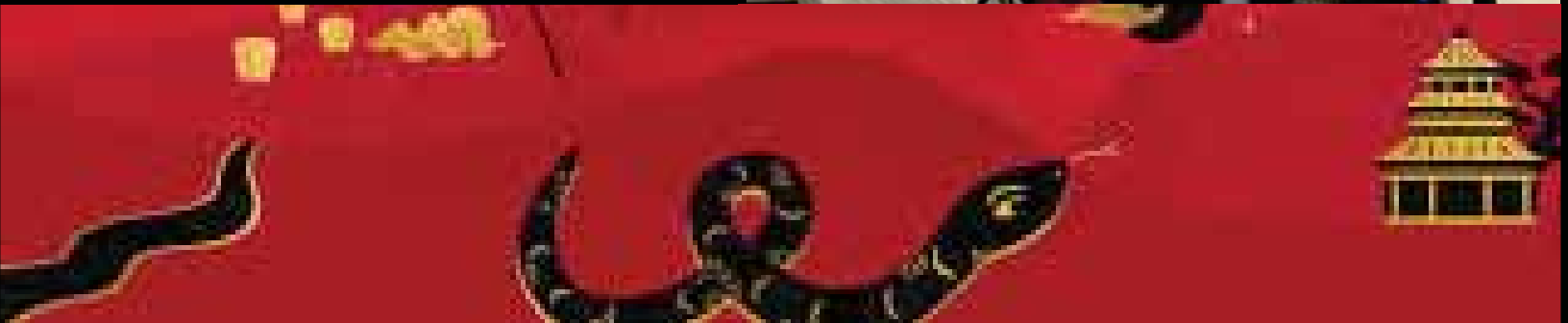


Thank you to the family of Adolf Pesendorfer who generously donated to the Valentine's Day gifts of reusable cutlery sets for our staff at Hastings Centennial Manor in his memory.

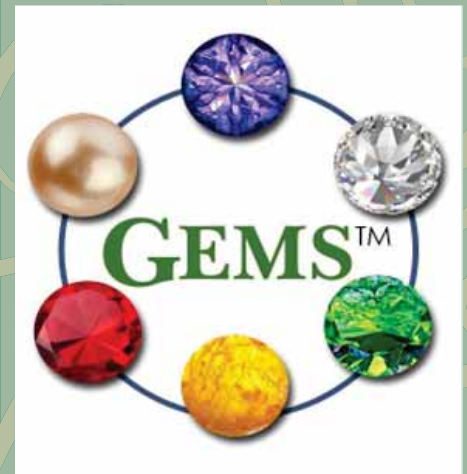




CHINESE NEW YEAR LUNCHEAN



BSO Corner



Teepa Snow, an expert in dementia care, developed the Living Gems. The living gems represent the different states of brain changes. There are 6 different gem states. The gem state model focuses on the retained abilities of a person living with dementia, allowing us to engage effectively with the changes. We can then ensure the best possible care and supports. The 6 different gem states are Sapphire, Diamond, Emerald, Amber, Ruby and Pearl. This month we will be looking at Sapphire and Diamond gem states.

SAPPHIRE

Sapphires are described as having a healthy brain, with optimal cognition.

- Personal preferences usually remain the same
- Flexible thinking and acknowledging multiple perspectives
- Stress & pain can trigger Diamond state, but they will bounce back with relief
- The ability to control personal reactions and to choose appropriate responses
- Transitions will be successful and they will be able to manage thinking process
- The ability to choose between options and make an informed decision

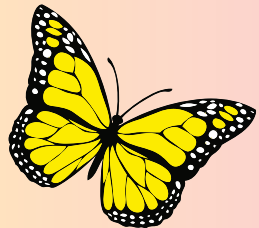
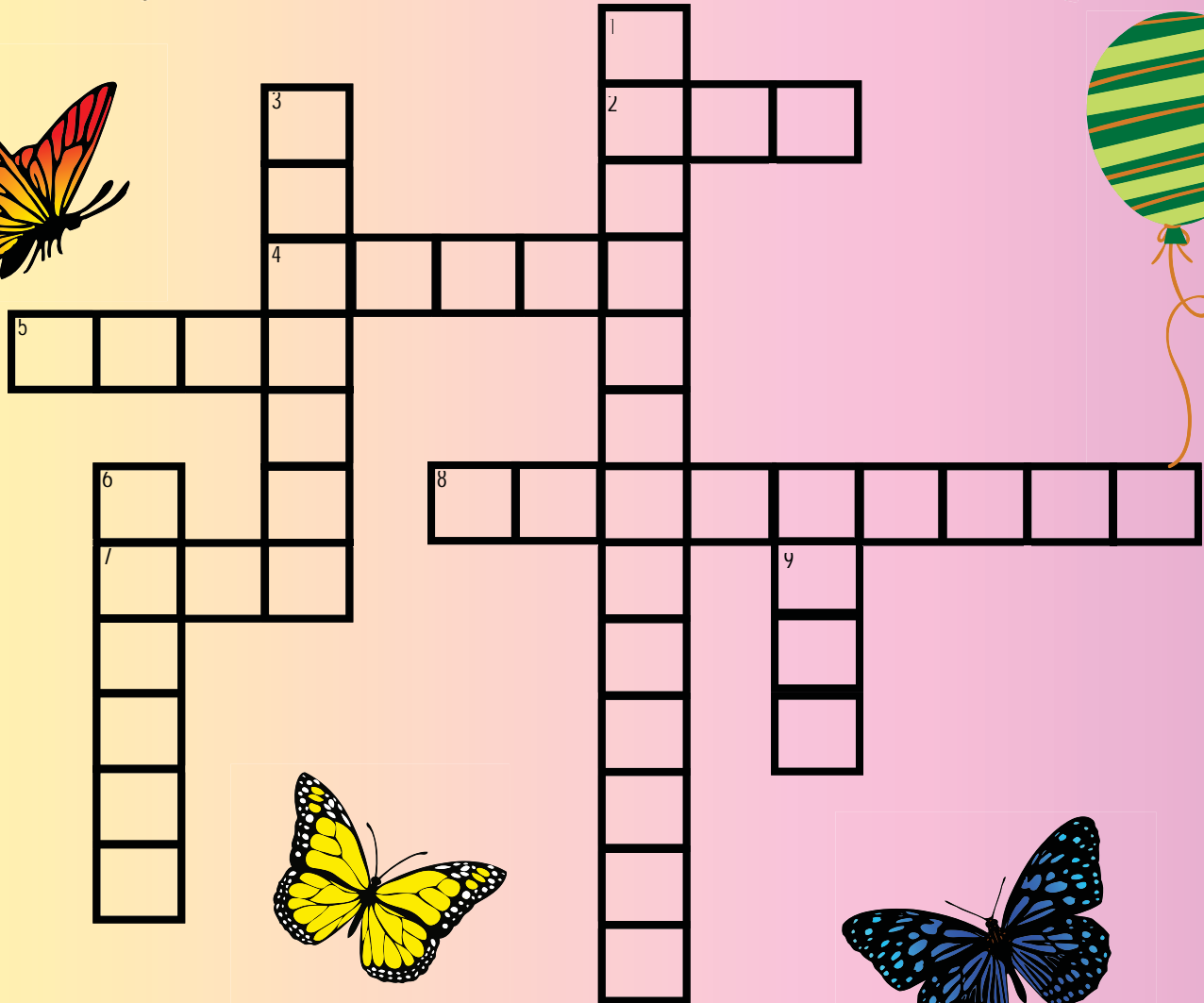
DIAMOND

Diamonds are described as clear and sharp.

- In need of mutual respect
- Works better in familiar settings
- Behaviors and perspectives can vary dramatically
- May be resistive to change
- When stressed, will see wants as needs
- In order to process new information, they will need repetition and time to absorb information

Check out more next month on the Emerald and Amber gem states. Or for more information, please visit http://teepasnow.com/about_dementia/

All About Butterflies



Across

2. A caterpillar's job
4. The name of the caterpillar stage
5. What butterflies use to taste
7. The first stage in the butterfly life cycle
8. The hanging sack a caterpillar uses to change into a butterfly

Down

1. The process of a caterpillar changing into a butterfly
3. Shedding the skin is called
6. What butterflies mostly eat
9. What happens to a caterpillar's skin as it grows

HOW TOGETHER WE CAN DECREASE FALLS AND INJURIES FROM FALLS

Together Everyone Achieves More

Residents

- Tell the nurse if there is a change in your condition
- Call for help if you feel unsteady or dizzy and use the call bell should you need help or if you have been advised to do so
- Always put the brakes on your wheelchair or your walker when sitting down
- Wear the right footwear (proper fitting, non skid sole)
- Wear clothes that fit properly (e.g. your pants should not drag on the floor)
- Wear appropriate eyewear
- Keep your room free of clutter (e.g. rugs, electrical cables, clunky furniture)
- Join the exercise programs



THE FACTS

- ❖ Falls are the leading cause of injury among older adults
- ❖ 85% of older adult falls result in hospitalization

Care Partners and Families

- Ensure resident has proper fitting shoes with non skid soles
- Ensure resident's room is free of clutter
- Encourage resident to attend exercise programs

All Team Members

- Encourage use of eyeglasses, hearing aids and walkers/wheelchairs
- Ensure your mobility aids and your call bell are within reach
- Ensure bed is in low position for resident
- Ensure everyday items are within reach
- Ensure no clutter in room
- Ensure fall prevention strategies are in use



The rate of falls is one of four priority quality indicators in long-term care. An interdisciplinary committee on Resident Safety and Fall Management meets every month. They review information on numbers of falls, discuss best practice interventions and approaches to prevent falls.

Volunteer Income Tax Preparation

CARE North Hastings

Volunteers, fully trained by Canada Revenue Agency, can assist seniors to complete their income tax returns in the spring. This agency offers a free income tax preparation and e-filing service each year during tax season for those with a modest income and simplified return. This program operates by drop off and pick up when return is filed.

Office Location: 1 Manor Lane
Professional Services Building

Office Hours: Mon-Fri 8:30am to 4:30pm

Web Site: www.carenorthhastings.org

Contact Cheryl Connolly 613-332-4700 x 0.



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>

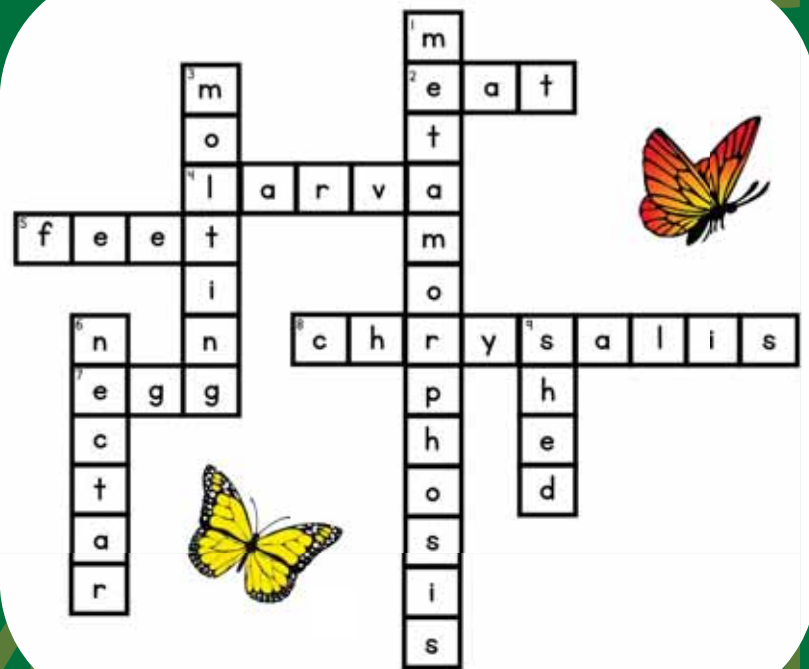
Hastings Centennial Manor Long-Term Care Family Council

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



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

- March 3 @ 2:00pm
Daniel O'Donnell Movie
- March 7 @ 7:00pm
Square Dance
- March 10 @ 2:00pm
Irish Winter Games
- March 11 @ 1:30pm
Line Dancing
- March 12 @ 2:00pm
March Birthdays
- March 14 @ 7:00pm
Irish Pub - Dean Card
- March 17 @ 2:00pm
St. Patty's Party
- March 20 @ 7:00pm
Paint Night
- March 26 @ 3:00pm
Afternoon Tea - Hybla
- Note: *All events subject to change - check activity whiteboard daily.*



Volunteer opportunities at our Hastings Centennial Manor range from regular commitments to 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 613-332-2070 x6608 nmountney@hastingscounty.com