

The Power of Little Moments

As we welcome the month of June, we step into a season filled with light, warmth, and opportunity. While sunny days and fresh air continue to lift our spirits, June is also a beautiful reminder that joy often lives in the little moments.

Finding Joy in Everyday Moments

A friendly smile in the hallway, a shared laugh at the lunch table, or sitting quietly with a cup of tea—these simple experiences can brighten a resident’s entire day. Moments like these help build a sense of comfort, belonging, and emotional well-being. Encouraging residents to slow down and take in these small moments can:

- Reduce feelings of loneliness
- Improve mood and mental wellness
- Strengthen ties with staff, family, & fellow residents

Meaningful Connections Matter

June is the perfect time to nurture relationships. Whether it's through:


- A quick chat during care
- Joining a group activity
- Reconnecting with a favorite hobby

Every interaction—no matter how brief—can make a lasting difference. Taking a minute to truly connect with a resident, listen to a story, or share a laugh helps create a more person-centered and compassionate environment.

Simple Ways to Create Special Moments

You don’t need a big plan to make someone’s day. Small gestures go a long way:

- Playing a familiar song
- Bringing a favourite snack or drink
- Looking through old photos together
- Sitting together for a few quiet minutes
- Offering a compliment or kind word

These thoughtful touches help residents feel seen, valued, and cared for. As we enjoy the beauty of June, let’s take time to focus on what truly matters—connection, kindness, and presence. In the end, it’s not the big moments we remember most... it’s the small ones that make us feel at home. 





Jean Sheppard is the latest Cheers4Peers winner. A familiar member of the Recreation team, she is being recognized for her dedication to the Cheddar Community through her dementia based, creative and adaptive programs. The residents recognize and absolutely adore her. Cheers!



BSO Corner



Congratulations to our newest BSO champion **Amy-Jo Jones!** A BSO Champion in Long-Term Care (LTC) is a specially trained staff member—such as a nurse, PSW, or recreational therapist—who leads and models evidence-based, compassionate care for residents with complex behaviours.



Centennial Manor in Bancroft was pleased to welcome Rebecca Belee BSO/RPN lead and Stephanie Cyr NP from Trent Valley Lodge in Trenton. They were a pleasure to host. Rebecca and Stephanie toured our home and were delighted to bring back many new ideas to their LTC home.



A Year of Learning, Safety & Team Engagement

Our recent annual training sessions brought team members from all departments together for an engaging, hands-on learning experience. Feedback has been very positive, with participants describing the sessions as practical, interactive, and directly connected to resident care.

To date, 100 team members have completed their annual training, demonstrating a strong commitment to learning and excellence across our home. With two additional sessions scheduled in June, we are on track to achieve an impressive 94% staff completion rate by the end of the month.

Training that has occurred for Team Members:

(GPA) General Persuasive Approach to Care

- 2 sessions held
- 28 team members completed
- 2 more sessions in the fall

(PAC) – Positive Approach to Care

- 2 sessions held
- 30 team members completed
- 2 more sessions in the fall

Additional topics included in training sessions:

- Resident Rights
- Abuse & Neglect Prevention
- Resident Safety & Fall Prevention
- Use of Restraints
- Relevant Legislation
- Culture, Diversity & Inclusion
- Emergency Preparedness
- Infection Prevention & Control
- Dietary – Texture Modifications
- Recreation – Understanding the Role

This continued focus on education and collaboration helps ensure we deliver safe, respectful, and high-quality care to all residents.

Why Families Should Take the Free BPSO Champion Course - Monday July 20, 2026 8am - 3pm

The BPSO Champion course empowers families with evidence-based knowledge to improve the care, safety, and quality of life of their loved ones—especially in long-term care. This free training helps families understand best practices, communicate effectively with care teams, and actively participate in creating positive change.

What families gain:

- **Better care and safety:** Learn proven strategies to reduce falls, prevent pressure injuries, support dementia care, and more.
- **Stronger advocacy skills:** Gain tools to communicate confidently and collaborate with staff as true partners in care.
- **Ability to drive change:** Use the Leading Change Toolkit to identify gaps, support solutions, and bring evidence into practice.
- **Community and growth:** Join a global network of 100,000+ Champions, build leadership skills, and earn a certificate and pin.

If interested in in this free course, please contact Denise @ext 6604

Word Scramble

In the Northern Hemisphere, June is the month when summer officially begins, and school is out for a long break full of fun and sunshine. Can you figure out the seasonal vocabulary words by unscrambling the letters?

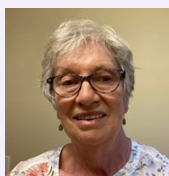


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TOSRHS _____
OLGF _____
NIGKIB _____
LDMIPAO _____
GAENRD _____
PTIR _____
GFLA _____
ATRRESRBYW _____
BRAKE _____

FAMILY COUNCIL

The Hastings Centennial Manor Family Council brings together family members and friends of residents to provide support and foster communication between residents, their families, and staff. The Council is dedicated to promoting and enhancing the quality of life for every resident. Meetings are held in Auditorium on the last Wednesday of the month at 1:00 pm. There are no meetings during the months of July, August or December. **THE NEXT MEETING WILL BE HELD ON WEDNESDAY, JUNE 24TH in the Auditorium.** Guest Speaker: Kathy Plunkett, HCM Administrator, will review how, why and where funding is assigned.



If you would like more info or would like to become a member, please contact our Chairperson:

Lorna Yeoman
Family Council Acting chairperson
lornayeomans54@gmail.com

<p>SUNDAYS 3:00 PM AFTERNOON TEA</p> <p>MONDAYS 3:30 PM GAZEBO READING GROUP</p> <p>THURSDAYS 1:30 PM TRAVELLING ICE CREAM</p> <p>FRIDAYS 3:30 PM HAPPY HOUR 2ND FLOOR BALCONY</p>	JUNE 4 6:45PM	NETFLIX MOVIE NIGHT ACTIVITY ROOM
	JUNE 5 7:00 PM	COURTYARD CAMP FIRE DEAN CARD & FRIENDS
	JUNE 9 1:30 PM	LINE DANCING ACTIVITY ROOM
	JUNE 10 1:30 PM	JUNE BIRTHDAYS PARTY ACTIVITY ROOM
	JUNE 11 7:00 PM	BINGO ACTIVITY ROOM
	JUNE 15 7:00 PM	FUN WITH FOOD - SPRING BAKING ACTIVITY ROOM
	JUNE 16 1:30 PM	METIS PRESENTATION & CRAFTS ACTIVITY ROOM
	JUNE 19 7:00 PM	COURTYARD CAMPFIRE DEAN CARD & FRIENDS
	JUNE 24 1:30 PM	STRAWBERRY SOCIAL ACTIVITY ROOM
	JUNE 26 6:15 PM	DRIVE-IN MOVIE NIGHT
	JUNE 29 1:30 PM	PEANUT ACUTION ACTIVITY ROOM
JUNE 2026 CALENDAR HIGHLIGHTS		

GAZEBO
GRAND OPENING
FEATURING
GERRY PHILLIPS BAND



JUNE 12 • 1:30PM
FAMILY WELCOME - BRING A LAWNCHAIR!

ELVIS
IN THE COURTYARD



JUNE 16TH
7PM

FAMILY WELCOME!
BRING YOUR OWN
LAWNCHAIR

SPRING BAKE
AND PLANT
SALE

Saturday, June 20th, 2026
10:00am - 3:00pm
in the Courtyard

PROCEEDS GIVEN TO YOUR
RECREATION DEPARTMENT FOR
RESIDENT PROGRAMS!



All About Me Posters

The All About Me posters displayed outside of resident rooms are designed to help team members better support residents. These posters provide a quick and accessible way to share important information with team members, volunteers, families, and other residents.

By offering insight into each resident's preferences, interests, and personality, the posters help enhance quality of life and improve satisfaction with care. They allow team members to connect with residents on a more personal level and support more meaningful interactions.

The All About Me posters also highlight helpful conversation topics that can make residents feel more comfortable and at ease, contributing to more enjoyable interactions and shared experiences.

We encourage residents and families to review the All About Me posters. If you would like to add or update information that may help the team get to know the resident better, please share it with the contact person for your community (listed below).

Additional ideas may include:

- Favourite TV shows or activities
- Words of encouragement or praise
- Preferred name
- Favourite snacks and drinks

Every detail you share helps us bring comfort, familiarity, and joy to each resident's day. Thank you for being part of that.

Cheddar Community send to Ashley O'BrienA@hastingscounty.com

Glanmire Community send to Cindy O'BrienC@hastingscounty.com

Hybla Community send to Jean SheppardJ@hastingscounty.com

Thanet Community send Haylee aideh@hastingscounty.com



ATFHRE	FATHER
DNDGWT	WEDDING
DUORTIANG	GRADUATION
CSAHE	BEACH
OUYEELSHKC	HONEYSUCKLE
AIOPPT	PATIO
IYOACTAN	VACATION
URSMME	SUMMER
OUTOSODR	OUTDOORS
JEUN	JUNE
TSNINE	TENNIS
AEDENLWM	LEMONADE
FRFIEYL	FIREFLY
AERBCBEU	BARBECUE
LOTTECSS	SOLSTICE
TOSRHS	SHORTS
OLGF	GOLF
NIGKTB	BIKING
LDMJPAO	DIPLOMA
GAENRD	GARDEN
PTTR	TRIP
GFLA	FLAG
ATRRESBYW	STRAWBERRY
BRAKE	BREAK

Quality Improvement Spotlight

Improvement of hallway linen and continence carts across the home:

Where It All Began

- Introduced in Fall 2025 — The cart initiative was first launched to enhance access to supplies and streamline care.

Unit Rollout Progress

- Thanet Trial — The project was trialed in Thanet, where staff provided valuable feedback on layout, flow, and stocking.
- Hybla Initiation — Hybla initiated the carts in March, adopting the standardized setup and contributing further insights.
- Glanmire Launch — Glanmire will start using the carts in June, marking the next step in the home-wide rollout.

What This Means for Care

- More efficient workflows
- Improved resident dignity
- Better infection control
- Consistent supply access

Key Benefits of Hallway Linen & Continence Carts

1. Maximized Staff Efficiency

- Time Savings — Supplies like briefs, wipes, and bed pads are instantly accessible, allowing staff to respond to accidents quickly without leaving the unit.
- Reduced Physical Strain — Wheeled carts minimize repetitive lifting and carrying, lowering the risk of musculoskeletal injuries.

2. Improved Resident Dignity & Skin Health

- Prompt Changes — Immediate access to supplies means residents spend far less time in soiled garments, supporting dignity and comfort.
- Better Skin Integrity — Quick access to high-quality briefs and cleansing products reduces moisture exposure, helping prevent IAD and pressure injuries.

3. Enhanced Infection Control

- Proper Segregation — Covered, multi-compartment carts keep clean linens separate from contaminated materials.
- Organized Stock Rotation — “First in, first out” restocking is easier, and dedicated soiled-linen bags ensure pathogens are safely contained.

Accommodation Fee Schedule

Effective July 1, 2026

Rates are set by the Ministry of Long-Term Care and are adjusted annually upon notification from the Ministry.

Long Stay Resident:

Accommodation Type	Daily Rate	Monthly Rate
Basic	\$ 70.00	\$ 2129.17
Semi-Private	\$ 84.40	\$ 2567.17
Private	\$ 100.01	\$ 3041.97

Short Stay Resident (Respite):

Accommodation Type	Daily Rate	Monthly Rate
Short-Stay	\$ 45.31	n/a

MONTHLY VOLUNTEER FOCUS



Our Volunteer of the Month for June is Barry Stringer. Barry has been a familiar face around Centennial Manor, formally volunteering with us for the past year in our hairdressing program. Through his dedication, he has made a meaningful impact by assisting residents to and from their salon appointments. His kind and helpful nature not only supports the program but also helps residents feel comfortable, valued, and well cared for.



Thank-you BARRY STRINGER!

Although his formal volunteer role began recently, Barry is far from new to the Manor. During the years his wife resided here, he was a cheerful and supportive presence, building genuine connections with residents and staff throughout the building. These relationships have made him well known and warmly welcomed by many who recognize him as much more than a volunteer.

Thank you, Barry, for everything that you do for both residents and staff—we are truly lucky to have you.

Something to look forward to this summer



STAYING ON OUR FEET

KEEP MOBILITY SAFE

- Check walkers & canes — Ensure brakes, tips, and wheels are in good condition
- Bring safe footwear — Supportive, non-slip shoes reduce fall risk

CREATE A SAFE SPACE

- Keep pathways clear — Remove clutter or tripping hazards during visits
- Support vision & hearing — Make sure glasses and hearing aids are available and working

ENCOURAGE SAFE MOVEMENT

- Walk with staff guidance — Always check with staff before assisting with walking
- Promote gentle activity — Light movement helps maintain strength and balance

SHARE WHAT YOU NOTICE

- Report changes quickly — Dizziness, confusion, or new behaviours matter
- Discuss routines — Families often know helpful patterns or habits

SUPPORT HYDRATION & NUTRITION

- Encourage fluids — Prevents dizziness and weakness
- Offer healthy snacks — Supports strength and stability

JOIN THE CARE TEAM

- Participate in care planning — Your insight helps shape safer care
- Review strategies — Staying aligned improves consistency and safety

★ TOGETHER WE CAN REDUCE FALLS ★

FAMILIES, RESIDENTS, AND STAFF WORKING TOGETHER MAKE THE BIGGEST IMPACT. YOUR INVOLVEMENT TRULY HELPS KEEP RESIDENTS SAFE, CONFIDENT, AND SUPPORTED.



Hastings Centennial Manor | 1 Manor Lane | Bancroft, ON K0L 1C0 CA

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