



Centennial Manor Newsletter

July 2026



Summer Sounds & Fireside Moments at Centennial Manor



July has arrived, bringing sunshine, music, and meaningful moments here at Centennial Manor. As we welcome the heart of summer, our home continues to come alive with opportunities for residents to enjoy the season in ways that are both comforting and joyful.

Last month, we were thrilled to be entertained by a special Elvis performer who had everyone tapping their toes and singing along to familiar favourites. The energy, smiles, and shared memories created during the performance were a wonderful reminder of how powerful music can be in bringing people together. Looking ahead, we are excited to continue the summer spirit with outdoor live entertainment and scheduled campfires. These gatherings offer residents a chance to relax outdoors, enjoy fresh air, and connect with one another in a warm and inviting setting. Whether it's listening to live music, sharing stories, or simply enjoying the glow of a campfire, these moments help create a sense of comfort, community, and belonging.

At Centennial Manor, it is often the simple pleasures—a song, a laugh, a quiet evening outdoors—that make the biggest impact. This July, we look forward to many more of these special moments shared together.





Hastings County
June 9 at 2:26 PM · 🌐

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Centennial Manor residents enjoying an Italian-themed meal, North Side Mario's.



136



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HELP US CREATE A RECIPE BOOK

Frugal Foodies

Our Easy & Inexpensive Recipe Collection



Use link to
submit, or drop
off recipe to
front reception
or in gold box.



Share your favorite quick, easy,
and budget-friendly recipes



Help fellow staff discover delicious
meals that won't break the bank



The Wellness Committee is creating a Frugal Eats Recipe Book, and we'd love your help!

Do you have a favourite budget-friendly recipe that's delicious, easy, and kind to your wallet? Whether it's a family classic, a creative leftovers makeover, or any budget meal that magically feeds a crowd for \$20. We would love to to see it!



The Heart of the Home

We recognize **RICHARD BENTLEY**, key part of the Maintenance staff. He is always smiling, eager to assist and has an upbeat attitude. His dedication to the home, residents and coworkers is shown through the effort he puts into his daily tasks.



BPSO CHAMP

We recognize **LORRIE FITZGERALD** for her dedication as a Recreation Aide and Resident Safety Co-Lead. Lorrie was instrumental in the *Falling Star Program* and in other best practice guidelines. Her determination, team work, and commitment to resident safety are impactful every day.



CHEERS 4PEERS

We recognize **LORRIE FITZGERALD**, the latest Cheers4Peers winner from Centennial Manor. This Recreational Aide's sweet and caring demeanor is always present when she greets residents coming through the door. Cheers Lorrie!



GLANMIRE AT A GLANCE

We recognize **EDITH HALES**, a long-standing Dietary Aide who "is really nice and works well with the team. Her hard work is much appreciated by the residents."



Cheddar Street Beat Where life is Gouda!

We recognize PSW **KIM SICKER**. She has good, unique ideas and thinks outside the box when it comes to different approaches. Friendly with the residents, she makes them laugh.



Hybla Highlights

We recognize PSW **JOANNA WINDSOR**. We know she loves to garden and share her plants & veggies. She is a compassionate team member who is a great listener.



The Thanet Gazette

We recognize PSW **TANVI BARIA**. In a short time she has become an integral part of the team. "She is very sweet and really has the residents' best interests at heart."

*Actual photo unavailable

Fascinating Summer Trivia

- The Eiffel Tower grows: The extreme summer heat causes the iron structure in Paris to expand, making it grow up to 6 inches taller than in the winter.
- Watermelon is a vegetable: Often enjoyed as a refreshing summer fruit, it is technically a member of the cucumber and pumpkin family.
- You can soak up more sun: There are 300 more hours of daylight in the summer than in the winter, providing ample opportunity for a natural vitamin D boost.



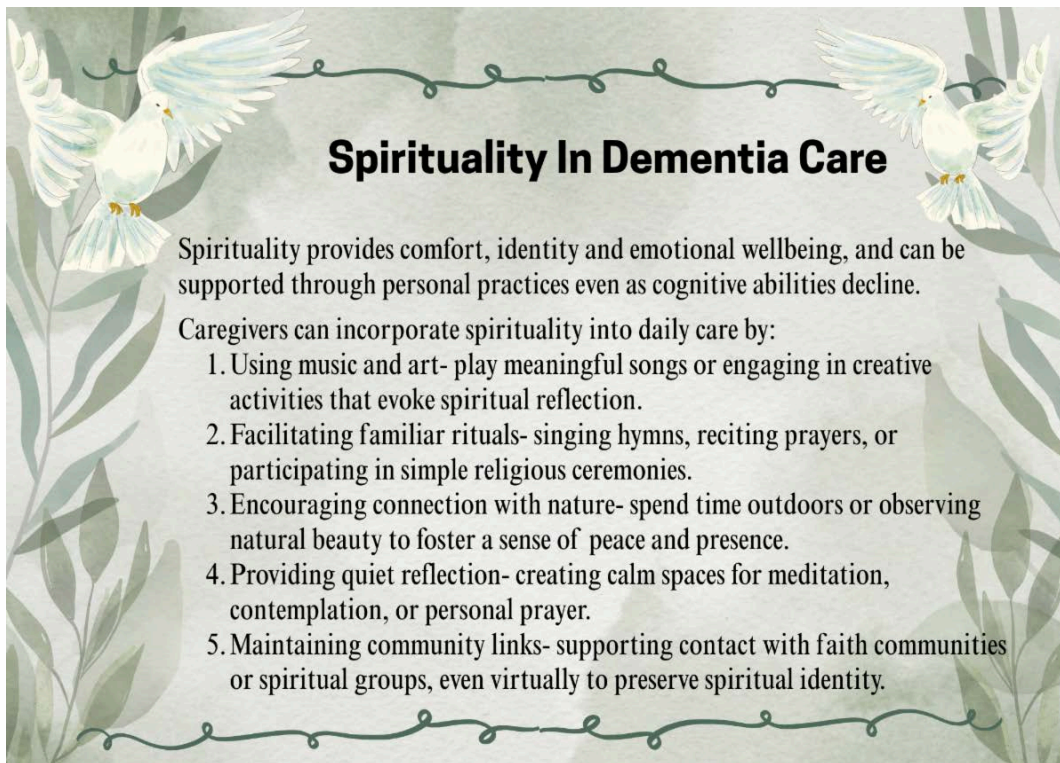
Hand Hygiene Success

Clean hands are one of the most effective ways to prevent the spread of infection and protect the health of our residents, staff, and visitors. We are proud to share that in June, Centennial Manor exceeded its hand hygiene target of 80%, achieving an impressive 84.6% compliance rate.



Hand hygiene may seem like a small action, but it plays a critical role in keeping our community healthy. By continuing to prioritize proper hand cleaning practices, we help reduce the risk of infection and create a safer environment for everyone who calls Centennial Manor home. Thank you to all staff for making hand hygiene a daily priority.





Spirituality In Dementia Care

Spirituality provides comfort, identity and emotional wellbeing, and can be supported through personal practices even as cognitive abilities decline.

Caregivers can incorporate spirituality into daily care by:

1. Using music and art- play meaningful songs or engaging in creative activities that evoke spiritual reflection.
2. Facilitating familiar rituals- singing hymns, reciting prayers, or participating in simple religious ceremonies.
3. Encouraging connection with nature- spend time outdoors or observing natural beauty to foster a sense of peace and presence.
4. Providing quiet reflection- creating calm spaces for meditation, contemplation, or personal prayer.
5. Maintaining community links- supporting contact with faith communities or spiritual groups, even virtually to preserve spiritual identity.

Falls Prevention

O L K H Y P O T E N S I O N I Q L
S O C E X Y R E N D Y Z U H N Q I
T O S B Q E O N H J T B P A O B G
E S H A Q R M N E O Q P O N N O H
O E O L F H Z F P Y U P O D S R T
P C W A Y Y M P H I N A R R K Z I
O A E N K N V S D Q Z Z V A I N N
R R R C C T V D Z R I M I I D G G
O P B E C L U T T E R F S L S R B
S E A K T T E S P T Q E I S O R X
I T R F M M R U G S W S O U C K M
S L S D I U I Y O J F E N G K U X
M E D I C A T I O N S S U X S I V
F F Q Z L R S K A E X E R C I S E
Z P C G J P P N E K B U H G M G F
U U N Q O M A Q Q A G E R Y I M S
U C O N F U S I O N Z N Y W B N Y

nonskid socks
shower bars
hypotension
exercise
clutter

osteoporosis
poor vision
hand rails
lighting
rugs

loose carpet
medications
confusion
balance
age

Staying ON OUR FEET

Beat the Heat: Stay Hydrated, Stay Steady

Summer is a wonderful time to enjoy sunshine, fresh air, and seasonal activities, but warmer temperatures can also bring hidden health risks for older adults. One of the most important ways to stay healthy and prevent falls during the summer months is to stay hydrated. As we age, our sense of thirst naturally decreases, making it easier to become dehydrated without realizing it. Hot weather can increase fluid loss, which may lead to dizziness, weakness, fatigue, confusion, and poor balance—all factors that can increase the risk of falls. Simple steps can help keep everyone safe this summer:

- Sip water throughout the day, even if you don't feel thirsty.
- Enjoy hydrating foods such as watermelon, berries, oranges, and cucumbers.
- Wear light clothing and spend time in cool, air-conditioned areas when temperatures rise.
- Rise slowly from chairs or beds to prevent lightheadedness.
- Let staff know if you feel dizzy, tired, or unsteady on your feet.

At Centennial Manor, staff monitor residents closely during hot weather and offer regular opportunities for hydration throughout the day. Together, we can help ensure everyone enjoys a safe and healthy summer.

**TRISHAW
BIKE RIDES**

♥ Cycling Without Age Program ♥

✓ **SIGN-UP IS NEEDED**

📅 **SCHEDULE BEING PREPARED**
Weather Permitting

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Please see recreation staff or reception regarding bookings. 🧑🧑♥

The poster features an illustration of a woman in a purple shirt and helmet riding a purple trishaw with two elderly men in purple shirts and helmets. They are on a path with a lake and trees in the background. The text is in purple and white, with a heart icon and a calendar icon. A small icon of two people with a heart is at the bottom.

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