



Greetings Families & Friends,

Nature is letting us know: the multi-hues of the changing leaves, the fresh bracing wind, the quirky smiles carved on pumpkins everywhere... No doubt about it; all of us at Centennial are getting ready to welcome the holidays. To enjoy the upcoming festivities in good health, and to ensure your own safety and the safety of others – please make sure to get your flu shot.

During National COPD Awareness Month this November, we take pride in our outstanding Respiratory Program that improves the quality of life of individuals with a variety of acute and chronic lung ailments. The presence of our own in-house respiratory therapist is a true game changer, enabling us to treat complex respiratory issues on-site and minimizing rehospitalizations.

We welcome you to stop by for a visit any time.

My Best,

GREG MONROE, ADMINISTRATOR

At Your Service!

MEET OUR PATIENT CONCIERGES KHALILA AND JAMILAH

Thoughtfulness. Connection. Caring.

Individuals thrive when close connections are forged – and understanding how particularly significant personalized attention is to the convalescent is central to the difference our **Patient Concierge Program** makes in the lives of our residents.

Centennial's dynamic Patient Concierge duo, Khalila Little and Jamilah Cann, put everyone at ease. Both CNAs, these two women armed with their spirited personalities and good humor greet every new patient upon admission.

On duty 5 days a week until 9 in the evening, they make frequent bedside visits throughout the day and are ever ready to get a patient anything they need – be it a new item of clothing, their favorite food from a local eatery or the daily paper.

Intimately familiar with every patient in the building, as well as their family members, the two are on hand to guide them through any challenging decision, and to make sure everyone is comfortable at all times.



A REHAB SUCCESS STORY

“When I first came here I couldn’t walk or talk or feed myself. I’ve come a long way at Centennial. The therapists really got me into shape!”

- MR. GAIL FINK
Resident at Centennial

Dapper in his electric blue sport shirt and flashing his signature grin, his cheery countenance brings a smile to everyone he passes. That’s Mr. Gail Fink!

When he first arrived at Centennial from Kindred Hospital following a stroke, he required a trach and a feeding tube, and was unable to do anything on his own. Thanks to the intensive collaboration of our nursing, respiratory and physical therapy staff who never gave up on him, he has made tremendous strides – coming further than he ever thought he would! The staff’s bedrock faith in his recovery supported him through the grueling process of weaning and decannulation, then relearning how to walk, talk and eat on his own. Today he is trach-free and almost fully independent, and hopes to be discharged soon.

Mr. Fink worked as a secretary for a number of Philadelphia Law Firms until his early retirement. A railroad train aficionado, he had an extensive model train collection. His favorite leisure pastimes are watching the clouds (he can recognize the different formations, just ask him to show you a cumulus or stratus!) and keeping up with the news.



Mr. Fink with
Patient Concierge
Khalila Little

BLT Spread



Ingredients:

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- 1/2 tsp. onion powder
- 1 pkg. (3 oz.) OSCAR MAYER Real Bacon Bits, divided
- 1 cup shredded lettuce
- 2 medium tomatoes, chopped (about 1 cup)
- 1 cup KRAFT Shredded Cheddar Cheese
- RITZ Crackers

Instructions:

Mix cream cheese and onion powder. Spread onto bottom of 9-inch pie plate.

Sprinkle with 1/2 cup of the bacon bits; top with lettuce, tomatoes, shredded cheese and remaining bacon bits. Cover.

Refrigerate at least 1 hour. Serve with crackers.

In our weekly cooking group, our residents enjoy some hands-on cooking fun, and a chance to actually make the foods they love!

Recreational Highlights

At Centennial we plan a rich array of activities, outings and events monthly, providing our residents with fresh air, stimulation and opportunity for socialization. Some recent exciting events included our **Labor Day Cookout, Carnival, Luau and Pumpkin Decorating Contest.**

Centennial was proud to send a team of residents to this year's **Senior Golden Games** . . and we came in **4th place out of 13!**



RESIDENTS:

Stephen D.	Nov 01	Doris J.	Nov 08
Johnnie M.	Nov 03	Leroy A.	Nov 09
Eugene J.	Nov 04	Nathaniel W.	Nov 10
Charles F.	Nov 04	Frank G.	Nov 12
Thelma W.	Nov 06	Cliff W.	Nov 26
Benicio R.	Nov 07	George P.	Nov 27
Dorcas D.	Nov 07	Sunshine F.	Nov 30

NOV 1 | Nail Salon

NOV 2 | Live Entertainment with Smitty From the City

NOV 6 | Election Day "Let's Go Vote"

NOV 8 | Women's Group

NOV 9 | Veteran Day Program

NOV 13 | Men's Group

NOV 14 | Birthday Party with Doug Jennings

NOV 15 | Giving Thanks Social

NOV 18 | Football and Snacks

NOV 20 | Nail Salon

NOV 21 | Live Jazz Band

NOV 22 | Thanksgiving Luncheon

NOV 23 | Wear Purple For Alzheimer's Awareness Day

NOV 25 | Football and Snacks

NOV 27 | Resident Council

VENDORS:

11/09	Dollar Store
11/23	Alvina Designs

Cooking Group

Every Wednesday, 2:30 pm

NA/AA Group

Every Wednesday, 2 pm | Chapel