



## Taking Pride In Our Stars



May was certainly a great way to gear up for the summer, and here at Centennial Healthcare & Rehabilitation Center we kicked off a full month of celebrations with a Nursing Home Week Carnival and Mothers Day Luncheon.

Paying tribute to our outstanding nurses, we are reminded that the exceptional care they provide goes beyond National Nurses Week and is integral to the **5 Star Rating by the Centers for Medicare & Medicaid** that is our pride & joy.

And from our 5 Stars, we proceeded to celebrate the Stars & Stripes that represent our freedom, and those whose memory we honor on Memorial Day.

Excited about all the great activities and events taking place in our Centennial Community, I invite you to stay connected & involved!

Looking forward to a great summer,

GREG MONROE, ADMINISTRATOR

## Employee of the Month



ROCHELLE JACKSON, CNA

Dependable and respectful are the first traits that come to mind when one thinks of Rochelle. Extremely caring and with a heart of gold, Rochelle has been a part of Centennial for 16 years.



## Celebrating Our Moms AT CENTENNIAL

On Mothers' Day we had a festive luncheon for all the wonderful moms who reside at Centennial. In recognition of the significant role each of these deserving women play in someone's life, all were gifted with their choice of present – from a selection of wallets, perfume, earrings, flowers and teddy bears.

## NATIONAL NURSES WEEK

### Paying Tribute To Our Outstanding Nursing Team

#### DID YOU KNOW?



National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. Events take place across the U.S. to honor nurses for the work they do, and to educate the public about nurses' role in healthcare. This year's theme was "Nurses: Inspire, Innovate, Influence".



Our dedicated nurses are our most valuable asset. Drawn to the nursing profession because of a desire to care and to help, they give their heart and soul to our residents day in and day out. In appreciation, we treated our tireless caregivers with a BBQ lunch – on the house!

***"Nurses dispense comfort, compassion, and caring without even a prescription."***

- VAL SAINTSBURY

# Flowers & The Benefits They Bring To Our Residents

A recent study by Rutgers University indicates that flowers have a positive impact on our emotional health. Flowers are effective in boosting mood, socialization, and overall satisfaction – making floral arranging an ideal activity for seniors.

## The benefits of flower arranging include:

- **Sensory stimulation.** The bright colors, scents, and textures of flowers delight and stimulate the senses.
- **Focus and cognition.** Working on a flower arrangement exercises parts of the brain responsible for spatial awareness (the ability to be aware of oneself in space) – a major cognitive function when recovering from stroke or orthopedic surgery.
- **Preserving dexterity.** The fine motor skills required to manipulate and place each flower gives the hands and fingers a good workout.
- **Sense of accomplishment.** Beyond the activity being a relaxing, low pressure way to socialize and get to know people, the beautiful end result is a very personal accomplishment one can be proud of!



Floral arranging group  
at Centennial

# Recreational Highlights

In the past few weeks, our residents enjoyed a visit from a **traveling casino**, a **carnival** replete with everyone's favorite booths, and a refreshing **trip to Linvilla Orchards** where residents took delight in ice cream and freshly baked pastries from the Farm Market and a picnic lunch overlooking the beautiful grounds.



## RESIDENTS:

William M.	6/3
Amaziah R.	6/7
Mary R.	6/8
Fred V.	6/8
Arthur D.	6/12
Wilbur J.	6/14
Valerie S.	6/16
Evelyn G.	6/18
James K.	6/18
Robert W.	6/21
Ronald D.	6/25
Fredericka N.	6/26
Denise G.	6/27
Pitman R.	6/27
Frank R.	6/28

## ♥ FAVORITE COOKING GROUP RECIPE

# Chicken Taco Bites

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



## Ingredients:

- 1 teaspoon salt, divided
- 1 teaspoon grated lime zest
- 1/2 teaspoon chili powder
- 3 cups shredded cooked rotisserie chicken
- 1 large avocado, diced
- 1 tablespoon lime juice
- 1/3 cup sour cream
- 2 tablespoons chopped fresh cilantro
- 24 tortilla chips scoops

Combine 1/2 teaspoon salt, lime zest, and chili powder in a medium bowl. Add chicken and toss to coat. Set aside. Combine avocado, lime juice, and 1/2 teaspoon salt in a small bowl.

To assemble the bites, place 1 teaspoon of the avocado mixture in a tortilla cup, followed by 1/2 teaspoon sour cream, then top with about a teaspoon of seasoned shredded chicken. Repeat until all tortilla cups are filled. Sprinkle all bites evenly with cilantro. Serve immediately

JUNE 7 | Father's Day Card Making

JUNE 11 | Gardening Group

JUNE 12 | Nail Salon

JUNE 14 | Luau Social

JUNE 17 | Father's Day Luncheon

JUNE 21 | Birthday Party with  
Shu Baby Jazz Band

JUNE 25 | Gardening Group

JUNE 26 | Wii Games

## Cooking Group

Every Wednesday, 2:30 pm

## NA/AA Group

Every Wednesday, 2 pm | Chapel