



## Hello Friends!

Spring has finally arrived, and with the warmer weather we look forward to scheduling more trips and outdoor activities. Our Annual Prom event was the grand finale of the winter season. Our staff outdid themselves in preparation, and the result of their handiwork was on display for all to see at our Winter Wonderland.

The week of March 10-16 has been designated as National Pulmonary Rehabilitation Week to bring awareness to the significant role that Respiratory Therapists play in the lives of residents with lung disease. We took the opportunity to learn more about Centennial's very own Respiratory Therapist who serves as a bulwark for our residents and their families.

My Best,

GREG MONROE, ADMINISTRATOR

## FACE TO FACE WITH OUR RESPIRATORY THERAPIST

**Jim Bundalion,**  
**our Respiratory Therapist,**  
**is the mainstay of our**  
**Respiratory Care program**  
**and onsite at Centennial**  
**Healthcare 5 days a week.**



### Hi Jim, what drew you to this field?

Honestly, I never dreamed of becoming an RT since I never knew such a medical field existed. I was just 18 years old when I started working as an orderly in a Philadelphia hospital and I noticed a Respiratory Therapist treating a patient. That really piqued my interest. I was fascinated by the complexity of respiratory care.

**How many years have you been doing this?** As an RT for more than 20 years, I have worked in various hospital settings such as the ICU, PICU, ER and Recovery Room. I have been at Centennial for 2 years and I just want to say that the team here is really supportive and a pleasure to work with!

### What do you love most about being an RT?

I love the challenges it brings. It gives me a chance to interact with residents and make a real difference in their lives. You know, many of us take our ability to breathe and speak for granted. Working with others who struggle in these areas gives me renewed appreciation for these tremendous gifts. Being an RT inspired me to become an EMT as well.

### What does your role as Respiratory Therapist entail?

I do an initial assessment or pre-admission screening to clarify the patient's diagnosis and needs. I check if they had a tracheostomy, if they require continuous oxygen, CPAP or BiPAP etc. I then recommend a treatment plan that is initiated only after receiving physician approval. And then I am here to make sure treatment is administered properly. Significantly, to help prevent pneumonia I make sure to exercise the lungs with coughing and deep breathing exercises.



## Happy 100th Birthday May!

Celebrating one's 100th birthday is a mammoth milestone – and when it's Ms. May Adams – you have to pull out all the stops! This December, May enjoyed a gala party surrounded by her loving Centennial family and dear friends from the neighborhood.

Born in Philadelphia a century ago, May's vibrant life spans many states and many eras. She was raised in Florida by her West Indian mother, who made sure to instill some of her Indian spunk in her daughter. She spent years living in Winston-Salem, North Carolina where she worked for R.J. Reynolds Tobacco Company making Camel Cigarettes. Way back when—as she likes to say—before social security even existed, she earned \$7.75 a week shaking the tobacco and pulling the stems out. Other jobs she filled over the years included housework, sewing upholstery for living room and dining room sets, and being a nanny. In her later years May returned to live in the North Philly area.

**The secret to her longevity:**  
**Eating fresh fruits and**  
**vegetables every day.**  
**Apples, oranges, bananas**  
**grapefruits and tangerines**  
**are her favorites.**

Exuding a vivacious spirit and passion for living, May is fond of dancing (she's one of Centennial's best dancers), chewing gum, pepsi and sewing, to name a few. But smoking has always been a no-no, something her years at R.J. Reynolds taught her to stay far way from.

We are blessed to have May with us at Centennial since December 2016. She is currently our oldest resident, and we wish her many more years of health and happiness.



# Dedicated To Our Veterans

Proud to have many veterans call our VA contracted facility home, we take our responsibility for their wellbeing very seriously. Our veterans meet on a regular basis in our dedicated Veterans Lounge to reminisce about their army days and enjoy each other's company. Once a month we schedule a larger-scale Veterans Group in our Dining Room featuring a special program and refreshments. At this year's Veteran's Day Event, cadets from Valley Forge Military Academy and College in Wayne, PA came down to share their military school experiences.



Centennial veterans bonding with visitors from Valley Forge Military Academy and College

## Centennial Healthcare Transformed Into A Winter Wonderland

Our **Annual Prom** – the highlight of the year for Centennial residents, their families and our staff – was a resounding success! We rolled out the red carpet on both our 1st and 3rd floors to accommodate all our residents, and relished the delectable menu, rich entertainment, and great prizes raffled off every 20 minutes to another lucky winner!



### RESIDENTS:

Mary A.	Apr 02	James B.	Apr 20	Annette S.	Apr 23
Carolyn B.	Apr 02	Wheeler H.	Apr 21	John H.	Apr 24
Garry M.	Apr 03	Carol B.	Apr 21	Mack W.	Apr 24
Thelma L.	Apr 08	Johnny B.	Apr 22	Mary P.	Apr 24
Melvin B.	Apr 08	Roscoe S.	Apr 22	Mary T.	Apr 30
Charles J.	Apr 10	Samuel D.	Apr 23		
James C.	Apr 11				
Freddie G.	Apr 20				

### WHAT'S COOKING? ♥ HEALTHY RECIPES

## Blueberry Mango Smoothie



**Spring is in the air!**  
Enjoy this refreshing and heart healthy smoothie with family and friends.

### Ingredients:

- 3/4 cup plain, fat-free Greek yogurt
- 3/4 cup fat-free milk
- 3/4 cup frozen, unsweetened blueberries
- 3/4 cup frozen mango chunks
- 1 tablespoon honey
- splash vanilla extract

Add all ingredients to a blender. Process until the mixture is completely smooth. If the smoothie is too thick, add additional milk. Pour and serve immediately.

**Calories:** 188 Per Serving

**Protein:** 13g Per Serving

**Fiber:** 3g Per Serving

*Recipe from the American Heart Association  
[www.heart.org](http://www.heart.org)*

APRIL 3 | Veterans Group

APRIL 4 | Nail Salon

APRIL 5 | Live Entertainment  
with Patricia Hawthorne

APRIL 9 | Women's Group

APRIL 10 | Cooking Group

APRIL 11 | Live Entertainment  
with Marvin Diamond

APRIL 17 | Live Entertainment  
with Doug Jennings

APRIL 19 | Good Friday Service

APRIL 23 | Nail Salon

APRIL 24 | Cooking Group

APRIL 26 | Ice Cream Party

APRIL 30 | Birthday Party with Jimmy Wells