

Hello, Friends!

Centennial Healthcare & Rehabilitation Center is proud to offer long term, short term and respite services to Philadelphia and the surrounding communities, and continually strives to meet the needs of our population.

At Centennial, residents are our family – and we treat them as such! Courtesy, dignity and respect are our mandate.

With one of the best Rehabilitation Departments in the area, and constantly looking to improve the services that we provide, we have recently added Respiratory Therapy.

From the distinctive friendliness of our staff to the vibrant Activities Department that engages our residents in hands-on activities and entertainment, at Centennial we endeavor to make every resident's stay with us rewarding. Summer at Centennial is a lively season of outside BBQ's and live entertainment!

Wishing you and your loved ones a safe and fun summer.



GREG MONROE

SPOTLIGHT ON: COPD



Did you know?

- **64 million people** are currently diagnosed with Chronic Obstructive Pulmonary Disease – the term for a group of lung diseases that include emphysema and bronchitis.
- **Signs and symptoms of COPD include** increased breathlessness, frequent coughing (with & without sputum), wheezing and tightness in the chest.
- **Most cases of COPD are caused by inhaling pollutants** – that includes smoking, second-hand smoke, and fumes, chemicals and dust found in many work environments.

To meet the specialized health needs of this growing population, Centennial has created a unique Respiratory Program right here in West Philadelphia.

Our respiratory therapist is at our facility daily, screening all new admissions and providing treatments throughout the day. To help our residents live and breathe easier, we offer many new and innovative therapies including CPAP, BiPAP, trilogy and high flow oxygen.

We are committed to improving our residents' quality of life each and every day.

Generosity That Impacts Our Community



Sreeja Syam, DPT, our dynamic Therapy Program Manager, is a wonderful role model and a true inspiration to us all. Wishing to do something special that would make a real difference in the lives of those who need it most, Sreeja donated her long, silky tresses to Locks of Love – a non-profit organization providing hairpieces to children suffering from long-term medical hair loss. This selfless donation, the second on her part, reveals another facet of her outstanding character and generous spirit. Bringing this same sense of compassion to her job here at Centennial, she supports our residents through their rehabilitation journey with deep empathy and respect.

We are proud to have someone like Sreeja on our remarkable team and compliment her on her new look.

NOTED & QUOTED

“Therapy at Centennial was the best thing that ever happened to me!”

One of my most memorable days here was when they opened the chapel. We now have a beautiful place to worship, and that's the best feeling ever.

“Another thing that's great about Centennial is the interactive recreation. They take us out on trips and do a lot of fun activities.

“The staff here treats me with love and respect. I would love to tell the world how great it is to be here!”

- MOSLEY LILLIAN

Recreational Highlights

There is much going on here at Centennial. Recent exciting events included Carnival Day in celebration of Nursing Home Week, local outings, holiday socials and our eagerly anticipated "Golden Games" Senior Olympics. Residents also enjoyed making jewelry and baking strawberry shortcake.



**Khalila Little,
Patient Concierge**

JULY EMPLOYEE OF THE MONTH

In her role as concierge, Khalila interacts with our residents and families on a regular basis to ensure their needs are met satisfactorily. They all look forward to Khalila's visits and enjoy her delightful smile and perky exuberance. Join us in congratulating Khalila as we recognize her dedication and outstanding work!

AUG 3 | Jimmy Wells

AUG 08 | Nail Salon

AUG 10 | Cooking with Paula

AUG 15 | Veterans Meeting

AUG 16 | Cooking with Paula

AUG 17 | Women's Group

AUG 22 | Nail Salon

AUG 24 | Live Jazz Band

AUG 29 | Resident Council

AUG 31 | Men's Club

NA/AA Group
Every Wed, 2 pm | Chapel

Happy Hour
Every Fri, 2:30pm
Main Dining Room



STAFF:

8/01 Erica Seeney
8/2 Gail Holman-Clayburne
8/12 Verkisha Quartermann
8/12 Angela Sanford
8/14 Jovan Dilmar
8/16 Wanda Watson
8/17 Maryann Foster
8/19 Jeanette Durham
8/20 Melissa French
8/23 Dyona Thompson
8/24 Jamie Twiggs
8/26 Johneta Wood
8/27 Tyanna Couser

8/28 Abdul Salaam
8/31 Chantel Wilson

RESIDENTS:

8/26 William Ballard
8/08 Vivian Garriss
8/02 Harriet Green
8/31 Anna Hansley
8/26 Oliver Lott III
8/20 Nelida Mendez
8/02 Lloyd Miller
8/24 John Murphy
8/11 Eric Stokes
8/17 Cheryl Thurmond
8/18 Leroy Tomlin