



## Hello Friends!

It's been an incredibly eventful summer at Centennial Healthcare, and we hope everyone has been enjoying the hot weather!

I'd like to take a moment to thank our devoted staff for continuing to create dynamic programs and special events that are inclusive of all our residents. Resident participation is so important, especially in a close-knit community like ours. Our activities and entertainment help us build a warm and welcoming atmosphere that's active and inspiring for everyone who lives here and visits us.

Thank you to our hardworking staff and our many smiling residents for continuing to make this summer so amazing!

My Best,

GREG MONROE, ADMINISTRATOR

## SUMMER HEALTH TIPS

At Centennial, we love to spend time outdoors in the summer but it's important to remember to take health precautions when it comes to the heat regardless of how long you're planning to enjoy the sunshine.



**Stick to these key safety tips to enjoy all of your summer activities:**

**1. Stay hydrated.** Often, we don't recognize the signs of dehydration until we're already dehydrated. Plan to drink more water than usual before and during your time outside to help you stay cool.

**2. Stay covered.** This includes carrying and applying sunscreen frequently, wearing light, loose layers on your arms and legs, and using a hat or umbrella to stay protected.

**3. Stay cool.** Take frequent breaks indoors with air conditioning or fans, or use a handheld fan if possible. Ice packs or cold washcloths can also provide temporary relief.

**4. Stay aware.** Review any medications that may make you more susceptible to the sun and also review the symptoms and warning signs of heat related illnesses. Ask someone to keep an eye out if they notice you experiencing anything unusual and can help you get somewhere cool and safe.

## Up Close with Resident Evelyn D. Greenlee

When it came to choosing a community that would support her throughout her recovery, Centennial Healthcare made all the difference for Evelyn Greenlee.

Growing up in Georgia, Evelyn took a teaching course in school and worked as a teacher's assistant, eventually raising two beautiful daughters. She spent some time in Jacksonville, Florida but found the heat taxing on her health and made the switch to Philadelphia to be closer to family. When Evelyn's health began to deteriorate, she required a pacemaker and time in rehab. However, she was not improving.

Upon a recommendation to her daughter, Evelyn was transferred to Centennial. At first, Evelyn wasn't able to walk and needed a wheelchair to get around, relying solely on others to do everything for her. When she began therapy, she gradually progressed from one exercise to another as she started to improve and regain her strength and mobility. She practiced folding laundry and hanging things up, relearning to feed herself and using a walker to get around.

Although she no longer needs regular therapy, Evelyn still enjoys restorative care to continue building and maintaining her health. She loves that Centennial has all kinds of activities, music, trips, and a beautiful chapel on-site.

Music is a huge part of who Evelyn is; she was a choir member with her church and loves live entertainment. She regularly sings with the Christmas choir at Centennial and goes to chapel every Sunday she is able, which is much more often these days.

With the support of the staff here at Centennial, Evelyn was not only able to regain her strength but also rediscover her passions, and we're so grateful to have her spend time with us!





FUN TIMES

## Summer Event Recap

At Centennial, our residents have been busy creating fun summer memories . . . In July, we gathered for our festive **Fourth of July Cookout Lunch** with delicious food, live music and refreshing water ice. Some of our residents love to cook and got together to make red, white and blue yogurt parfaits to celebrate the good old US of A. Our **Cooking Groups** meet at least two or three times a month so don't fret if you missed out – join us next time!

We kept the good times rolling with our **Doo Wop Beach Party**, transforming the dining room into a beachy, breezy paradise with seashells and beach balls, doo wop music, and plenty of sunshine-themed games to give everyone a taste of summer.

Want to challenge your brain? Our residents recently participated in an all-out **Trivia War** and had an absolute blast. If you're interested in activities like these or have other ideas for events you'd like to see, please let our activities staff know so that we can include your suggestions next time.



## Meet Our Resident Council President CAROL BELL



An active member of the Centennial community since 2017, Carol Bell is proud to serve as our residents' voice in her role as Resident Council President. Carol has brought fresh ideas for our community and acts as a strong and clear communicator for other residents' concerns.

Carol routinely participates in annual CARIE meetings for area council presidents and keeps track of all Centennial's meeting minutes. She is a trusted, dependable and integral part of our community.

Our council meets monthly, giving residents an open forum and an opportunity to effectively improve their quality of life.



Carol enjoying the dining experience at Centennial

AUG 1 | Veterans Group

AUG 2 | Live Entertainment with Patricia Hawthorne

AUG 7 | Men's Group

AUG 8 | Jewelry Making

AUG 14 | Live Entertainment with Jimmy Wells

AUG 15 | Centennial County Fair

AUG 20 | Nail Salon

AUG 21 | Live Entertainment with Doug Jennings

AUG 27 | Women's Group

AUG 28 | Live Auction

AUG 29 | Live Entertainment with Greg Albert

### RESIDENTS:

Nora S.	July 1	Rickie B.	July 30
Edward F.	July 1	Lloyd M.	Aug 2
Ernest J.	July 3	Dorothy K.	Aug 2
Calvin W.	July 3	Pearl S.	Aug 10
Joe G.	July 7	Eric S.	Aug 11
Phyllis H.	July 8	Cheryl T.	Aug 17
Roselyn P.	July 8	Nelida M.	Aug 20
Pearl S.	July 9	Hameed A.	Aug 21
Gloria B.	July 10	Marlene B.	Aug 23
Dorothy M.	July 12	Suzette A.	Aug 24
Claire P.	July 13	Mary C.	Aug 26
Richard M.	July 23	William B.	Aug 26
Nicholas R.	July 27	Oliver L.	Aug 26
Gail F.	July 28	Mamie T.	Aug 31

