



Hello Friends!

February may be the shortest month of the year, but it's been a bevy of activity from Day 1, as our programs were specially attuned to American Heart Month and Black History Month. We've been focused on heart-centric programming – promoting heart healthy diet and optimal cardiac conditioning, and our residents have enjoyed a daily dose of Black History Trivia and Facts.

The grand finale for this month was our Annual Prom event featuring a Winter Wonderland theme. Our staff outdid themselves in preparation, and the result of their handiwork was on display for all to see on the evening of February 21.

Greg Monroe

GREG MONROE, ADMINISTRATOR

SPOTLIGHT ON: WOUND HEALING



Expert wound care is integral to the clinical excellence delivered at Centennial Healthcare, and it begins at the time of admission with an assessment for the presence of wounds.

Under the expert guidance of our Director of Nursing Eleanor Bullock and Assistant Director of Nursing Henry Boswell, who are both Wound Care Certified, our wound care nurses coordinate the daily wound treatment of our residents, instituting measures to prevent new wounds and to treat existing wounds. A Wound Care Physician conducts weekly rounds to do bedside debridement and monitor the more complex wounds.

"We heal wounds quickly here."

– Eleanor Bullock, DON
Certified Wound Nurse



To accelerate healing, we have implemented strict wound care protocols and infection control – changing wound dressings frequently to maintain a clean and bacteria-free wound bed. Of utmost importance, we encourage and assist our patients to turn as needed.

Our dietitians play an integral role in our wound care program, as proper nutrition is key to the healing process. They ensure our residents receive the precise nutritional elements they need, and sustain continuous interdisciplinary communication with both the nurses and the lab, as protein values are checked frequently.

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 colorful 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 vibrant 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:

| | | | |
|------------|----------|------------|----------|
| Daniel D. | March 15 | Wayne D. | March 28 |
| Charles W. | March 17 | Hampton D. | March 29 |
| Andre S. | March 22 | Eduardo F. | March 29 |
| Ethel G. | March 27 | Willie H. | March 30 |

WHAT'S COOKING? ♥ HEALTHY RECIPES

Tailgate Chili

It's chili season! Warm up with this crowd pleasing recipe that's good for your heart.



Ingredients:

- 1 lb. 95% lean ground beef (or ground white meat chicken or turkey for a healthier option)
- 1 medium onion (chopped)
- 1 medium green bell pepper (chopped)
- 1 medium jalapeño (optional, only if you like spicy chili), chopped
- 4 clove minced, fresh garlic OR 2 tsp. jarred, minced garlic
- 1 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 1/2 tsp. ground coriander
- 15.5 oz. canned, no-salt-added or low-sodium pinto or kidney beans, rinsed, drained
- 14.5 oz. canned, no-salt-added, or, low-sodium, diced tomatoes (undrained)
- 3/4 cup jarred salsa (lowest sodium available)



Spray large saucepan with cooking spray. Cook beef and onion over medium-high heat for 5-7 minutes, stirring constantly to break up beef. Transfer to colander and rinse with water to drain excess fat. Return beef to pan. Stir in bell pepper, garlic, chili powder, and cumin, and cook for 5 minutes, stirring occasionally.

Add remaining ingredients and bring to a boil. Reduce to simmer, cover and cook for 20 minutes. Optional – serve topped with low-fat grated cheese, a dollop of fat-free sour cream, sliced avocado, snipped cilantro or chopped green onions.

Recipe from the American Heart Association
www.heart.org

MARCH 5 | Mardi Gras Celebration

MARCH 7 | Nail Salon, Veterans Group

MARCH 13 | Men's Group

MARCH 14 | Jazz Band

MARCH 19 | Nail Salon

MARCH 20 | Live Entertainment with Doug Jennings

MARCH 21 | Women's Group

MARCH 27 | Cooking Group

MARCH 28 | Live Entertainment with Gregory Samuelian