

Greetings Families & Friends,

Here at Centennial Healthcare & Rehabilitation Center, we pride ourselves on treating each resident, both short term and long term, like family. With a wide range of activities, accommodations, and personal touches of care and love, Centennial is more than a place to get healthier. . . Centennial is home!

We are excited about all the great things happening in our Centennial Community and invite you, via our newsletter, to stay connected & involved!

Warm Regards,



GREG MONROE, ADMINISTRATOR



Rooting for Our Team SUPER BOWL 2018

This year's Super Bowl was a weekend-long event at Centennial with Eagles' pride taking center stage. The hoopla began with a pre-game Eagles' pep rally on Friday that had our staff and residents proudly sporting green attire in support of our hometown team. The drama culminated at our Sunday night Super Bowl Party, where everyone gathered to watch the closely fought game while enjoying the traditional fare of pizza and chicken wings. The Eagles' surprise victory left everyone euphoric!

DID YOU KNOW?

The most popular foods eaten on Super Sunday include buffalo wings, chili, baby back ribs, dipping sauces, pizza, and potato chips. Roughly 28,000,000 pounds of chips, 1.25 billion chicken wings, and 8,000,000 pounds of guacamole are consumed during Super Sunday.



IN CELEBRATION OF BLACK HISTORY MONTH

Meet Nathaniel West

U.S. Army Veteran &
Resident at Centennial



As a young man in the early 1950's, Nathaniel enlisted in the army following in the footsteps of his father – a long-time serviceman – and joined the "Screaming Eagle" unit in Fort Campbell, Kentucky. After completing his training, he was shipped overseas to Bremerhaven, Germany in 1952. In this turbulent post World War II period, his squad was assigned to clean up the area and blow up German "pillboxes" (fortified bunkers) in the mountains. During one such mission, something exploded and Nathaniel and his squad were blown off the mountainside.

"I'm a regular army man . . . we all had to do what we had to do" says Nathaniel reflecting on his years in the military.

Once he fully recuperated from his injuries, Nathaniel was stationed in Bordeaux, France. As part of the "TC" (Transportation Corp), his job was to transport troops all over France in GMC's, jeeps, trucks and weapon carriers. A few years later he returned to Fort Bragg, North Carolina to get his discharge. His next move was to Northeast Philadelphia where he's lived ever since, working first for a pipe supply company and then Caledonian Dye Works.

We salute Nathaniel for serving with great valor and pay tribute to the important contributions he made on behalf of our country's safety.

In October 1951, the all-black 24th Infantry Regiment, which had served during the Spanish-American War, World War I, World War II and the beginning of the Korean War, was disbanded.

This eliminated the last lingering formal practice of segregation in the Army.

Black soldiers now served in all combat service units and were involved in all major combat operations.



L to R: German Pillbox, Army Jeep

'THE SOUNDS OF MOTOWN' COMES TO CENTENNIAL

A Night Out On The Town

Centennial's Annual Prom is the highlight of the year for residents, their families and our staff. Held on November 30, our guests went all out – getting their hair and makeup done and wearing elegant evening attire.

Popular entertainer "Smitty from the City" aka Dwight Smith got the crowd rocking while they enjoyed, a delectable spread of appetizers and pastries. The decor backdrop featured a "Wall of Fame".



♥ FAVORITE RECIPES

Sweet Southern Peach Cobbler

Enjoy this Southern delight shared by Edtwana Harris, a member of our Dietary Team.



Ingredients:

- Sugar
- Corn Starch
- Salt
- Cloves
- Water
- Juice from Canned Peaches
- Lemon Juice
- Peaches
- Biscuit Mix

Blend sugar, corn starch, salt and cloves together. Add cold water and juice.

Blend peaches and lemon juice & pour into pan. Cover pan with biscuit topping. Bake at 375° for 30 minutes .

FEB 2 | Eagles Pep Rally

FEB 4 | Super Bowl Party

FEB 7 | Cooking Group

FEB 8 | Black History Month

FEB 13 | Mardi Gras Celebration

FEB 14 | Valentine's Day Social

FEB 22 | Cooking Group

FEB 23 | Live Entertainment with Smitty from the City

FEB 28 | Pajama Party

FEBRUARY BIRTHDAYS

STAFF:

Derrick Aaron
Artis Cameron
Herma Campbell
Jamilah Cann
Lakisha Greene
Sakeenah Haywood
Ladeesa Lewis
Leonna Lindsay
James Shaw
Patricia Weeks
Dominic Winn

RESIDENTS:

Cerita K.	2/01	William M.	2/14
Wilhelmina G.	2/03	Charles D.	2/14
Curtis M.	2/03	Gladys G.	2/17
Charles N.	2/05	William J.	2/18
Vera C.	2/07	Marion B.	2/18
George S.	2/07	Hattie S.	2/23
Curtis T.	2/08	Arthur W.	2/24
Melvina W.	2/08	Ruben G.	2/26
Richard K.	2/11		
Katie D.	2/12		
Thomas Y.	2/12		

