



From The Administrator's Desk

It's hard to believe Fall is here! You may already know that November is Lung Cancer Awareness month, but did you know that lung cancer is the leading cause of cancer death and the second most common cancer among both men and women in the United States?

That's why the exceptional work being done in our specialized Respiratory Care Program is so important. We're proud to be one of the few centers that offers a suite of specialized pulmonary services. Our Respiratory Care Program is under the direction of our in-house respiratory therapist and our dedicated physicians and nurses who are committed to improving the lives of our residents who have complex respiratory needs.

Centennial Healthcare is continuing to work diligently to keep our community safe, and I would like to extend my sincere gratitude and admiration to all our dedicated staff who have helped us navigate through this pandemic. Our team has done everything possible to keep our residents healthy and happy. Thank you!

While it has been difficult to come to terms with the fact that families are unable to visit in-person, we are ensuring lots of face time with loved ones and doing everything possible to keep our residents upbeat as we begin to prepare for the holidays. We're fortunate to care for many Veterans here at Centennial, and we're used to hosting several celebrations to show our gratitude and support to these special residents. This year we will mark Veteran's Day safely by delivering room-to-room certificates and pins to our residents.

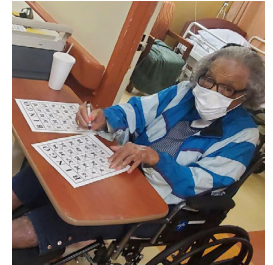
Wishing everyone a Healthy and Happy Holiday Season,

BARBARA MOTT, ADMINISTRATOR

Daily Highlights

Our Activities Team has been keeping our residents occupied with coffee cart visits, in-room manicures and crafts, doorway Bingo, birthday celebrations, book carts, and much more!

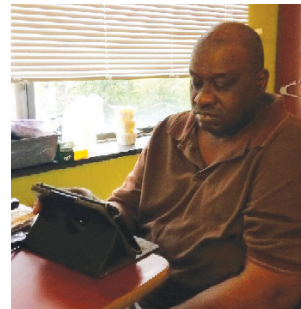
We're so grateful for technology, which has helped our residents keep in touch with their loved ones while in-person visits remain unsafe.



Playing Bingo in the hall.



Getting her nails spiffed up.



Enjoying a FaceTime visit with family.



Water Ice on Wednesdays are a favorite treat!

Remember to follow our Facebook page to see how our residents are staying busy!



NOTED & QUOTED

Marcella Dennis came to Centennial Healthcare for wound care and physical therapy. With our Nursing and Therapy Team at her side, she made excellent progress over the course of her 3-month stay and was excited to return home independent once again!



I feel great now, a lot stronger and healthier. I am able to do a lot more for myself thanks to the rehab team. I actually enjoyed my time here. I was able to build great relationships with staff and fellow residents. My activity aide kept me active doing arts & crafts, decorating masks, playing bingo, listening to music, and just making my stay pleasant!

- MARCELLA DENNIS
Subacute Resident



Butternut Squash With Pasta & Sage



Here's a delicious way to enjoy butternut squash, but you can also use other winter squash like kabocha or pumpkin. The rich fall flavors will make this pasta dish a seasonal favorite.

- 1 medium butternut squash, about 2 pounds
- 1 large sweet onion (coarsely chopped)
- 1 scant tsp. kosher salt, plus more to taste
- 1/8 tsp. freshly ground black pepper, plus more to taste
- 3 to 4 Tbs. extra-virgin olive oil
- 8 oz. rombi, farfalle, or other pasta
- 1/4 c. (1/2 stick) unsalted butter
- 2 dozen fresh sage leaves
- 2 medium cloves garlic (minced)
- 1/2 c. shredded Parmesan, plus more for garnish

Heat oven to 375° F.

Use a vegetable peeler to peel the squash. Scoop out the seeds and cut into 1/2- to 1-inch cubes. Combine squash, chopped onion, 1 scant teaspoon kosher salt, 1/8 teaspoon pepper, and olive oil. Toss to coat and spread out in a large jelly roll pan or roasting pan.

Roast for about 30 to 35 minutes or until tender and lightly browned, turning about halfway through the roasting time.

Meanwhile, cook pasta as directed on the package; drain and rinse with hot water. Set aside.

In a large saucepan or skillet over medium-low heat, cook butter and sage leaves until the butter begins to brown. Add the garlic and continue cooking for about 1 minute. Make sure to not let the butter burn. Remove from heat and remove the sage with a slotted spoon; crumble the sage with a spoon.

Add the cooked and drained pasta to the butter mixture along with the crumbled sage and roasted butternut squash and onions. Put back on the heat and continue cooking, stirring, until pasta and squash are hot.

Taste and add salt and pepper, as needed. Toss with the 1/2 cup of shredded Parmesan cheese just before serving. Garnish with more Parmesan if desired.

Credit: www.thespruceeats.com



Celebrating Resident **Christine Kelly's 95th birthday** in style with cake, flowers and her loved ones on the screen!

HABBY BIRTHDAY TO OUR RESIDENTS:

Sarah L.	Oct 2	Stephen D.	Nov 1
James B.	Oct 3	Robert J.	Nov 2
Charles T.	Oct 3	Charles F.	Nov 4
Willie G.	Oct 4	Thelma W.	Nov 6
Anthony W.	Oct 7	Dorcas D.	Nov 7
Robert R.	Oct 7	Nathaniel W.	Nov 10
Elease L.	Oct 13	Saul G.	Nov 11
Robert H.	Oct 13	Frank G.	Nov 12
Thomas M.	Oct 19	Cliff W.	Nov 26
Alice K.	Oct 21	George P.	Nov 27
Ridart F.	Oct 25	Beatrice S.	Nov 28
Edward C.	Oct 27	George T.	Nov 30
Lawrence B.	Oct 28		
Ruth G.	Oct 29		



FUN TIMES Halloween Recap

We had some SPOOKtacular fun at our Halloween Masquerade, and Kaneesha Cameron as an angel, and Dana Hennigan as Wonderwoman were voted best costumes by our residents!



Witches & Goblins & Ghosts Oh My!

NOV 1 | Mind Joggers

NOV 3 | Manicures

NOV 6 | Coffee Cart Visits

NOV 9 | Sensory Stimulation Room Visits

NOV 11 | Honoring Our Veterans / Coffee & Donuts

NOV 13 | Happy Hour / Snack Cart

NOV 14 | Book Cart

NOV 17 | Manicures

NOV 20 | Happy Hour / Snack Cart

NOV 21 | Dear Abby

NOV 25 | Sensory Stimulation Room Visits

NOV 26 | Thanksgiving Crafts / Sweet Potato Snack Cart

NOV 28 | Jewelry Making

NOV 30 | Coffee Cart Visits

