



Message from The Principals:

Welcome to the **April edition** of Optima Daily. This month brings a renewed sense of energy and togetherness across our communities.

This spirit of connection comes to life at our Spring Open House: A Taste of Togetherness on April 18. It's a special opportunity to gather, share a meal, and experience the warmth that makes our homes so meaningful.

Throughout the month, we also celebrate Hospitality and Volunteer Appreciation Week, Admin Professionals Day, and Family Caregiver Day. We will also observe traditions such as Passover, Vaishakhi, and Easter.

As April unfolds, we look forward to sharing moments of kindness and togetherness with you.

Ali, Farid, & Karim



Message from the General Manager:

Dear Residents,

Thank you to each and every one of you for your wonderful participation in our Passport to Paradise events. Your enthusiasm, engagement, and joyful spirit truly brought these experiences to life and helped create many meaningful and memorable moments within our community. It has been a pleasure to see so many smiles, shared laughter, and connections formed along the way.

As spring is just around the corner, we look forward to welcoming warmer days and inviting all of you to join us in the exciting community events planned at The Hamlets throughout the month of April. There is much to look forward to as we continue creating opportunities to connect, celebrate, and enjoy time together.

On behalf of our entire team, we wish you a very Happy Easter and a beautiful spring season, filled with joy, renewed energy, and many happy memories.

Sid Singh

Updates from our Teams:

Clinical:

April 8 CareRx will hold a Vaccination Clinic at the Hamlets for:

- COVID-19 (dose is bi-annual- Spring and Fall)
- RSV (one-time dose)
- Prevnar 20 (one-time dose for residents in congregate settings who are at risk for pneumonia)

All levels of care have been given consent forms or Agents have been called for consent. We will let you know closer to the date when the Pharmacists will be in yours or your loved ones areas.

Maintenance:

On April 14th we will be having a parking lot sweep. Please ensure to move your vehicles out of the lot. Further information will be provided in a separate memo.

Kitchen:

The menu is changing to our spring and summer menu. Please see copies of the weekly menu on the hamlet boards or outside the kitchen.

Administration:

- Monday April 6 at 1:30 is our Afternoon Easter Tea and tickets are available at Reception for \$5 each. We will have 50 tickets to sell and will start with 2 tickets per room. No charge for Residents. The Easter Tea will be in the Main Dining Room.
- If you still need to get your taxes done, there will be two volunteers in April 24 to help at no cost. Appointments are booked for 30 minutes each. There is a sign-up sheet at Reception with spaces available yet.
- The Store at Reception now takes Debit & Credit cards as payment. The store is open 10-4.
- If you bring a pet into the Hamlets, please remember to update your Pet's Vaccination records with The Hamlets. Please bring in the newest copy of your vaccination records and fill out the form required by Optima Living.
- We will be hosting a Summer Market Saturday, June 27 from 2-4 in the Main Dining Room. If you are interested in becoming a vendor, please contact Christine.

Resident Meetings:

Resident council: We currently do not have a resident council. Resident council meeting is intended for residents to advocate for their needs and wants without a staff present. If you would like to become a member of this council to get it started please speak with Sid.

Food Committee:

Food Committee meets once a month on the 3rd Tuesday of each month.

April 21st

Start time: 1:00pm

Location: Chapel

Facilitators: Ann and Sid

Health and Wellness:

Health and Wellness meets once every other month on the 4th Thursday.

April 23rd

Start time: 11:00am

Location: Chapel

Facilitators: Recreation Manager Andrea and Clinical Lead Independent Living Bonnie

Town Hall:

Town Hall meets once a month on the last Tuesday of each month.

April 28th

Start time: 12:30pm (Independent Living) 1:30pm (Supportive Living and Memory Care)

Location: Independent Living- Main Dining Room, Supportive Living -Multipurpose Room

Facilitators: Sid and Leadership guests.

Resident Led Activities:

We have some wonderful residents in independent living who lead activities. These activities do not have portering or staff available. Community members are welcome to attend but are to be aware of restrictions such as portering and supervision.

Wednesday 6:00pm MPR

Bible Study Live

This bible study is open to everyone. Hosted by members of the Calvary Chapel.

Wednesday 10:00am ITR

Fun and Fitness

This event is an informational get together to discuss a health related topic.

Sunday 9:30am MDR

Piano Hymns

Come enjoy the classic hymns being played in the main dining room. Sing along if you like.

Upcoming Events:



Afternoon Easter Tea

Monday April 6th 1:30-3:00

Main Dining Room

Families encouraged to attend. Family tickets \$5 per person. See reception for ticket sales.



Birdhouse Building

Friday April 17th SL4/SL4D 1:30pm

8 people max - Sign up at [Recreation Office](#)

Birdhouses will be put up for sale for \$15 each after being built. If you would like to purchase the birdhouse built by your loved one please let us know at sign up to allow us to save your birdhouse. All proceeds will go to the Resident Recreation Fund.



Home School Choir and Band

Wednesday April 29th 1:30

A group of homeschool students will be coming to perform for us. They will be starting with a concert band then choir. Their performance will be western themed!



Outings this Month:

Outings are indicated on the calendar in purple, we request those who are interested in a trip to sign up prior to the day of the outing. Sign up sheets for SL4/SL4D (1st and 2nd floor) are found at the nursing desk on their receptive hamlet. IL sign up is found at the reception desk. A signed outing consent must be on file in order for a resident to attend. Typically bus trips are designated to a level or care and will repeat in other levels of care if the trip is appropriate and accommodating. Supportive living and memory care will have 2 staff on board (one being the driver). Independent living will have only one staff on board (the driver).



Supportive Living Bus Trips:

Friday April 10 Donut Mill. Trip is combined with Memory Care. Anticipated cots approximately \$5

Tuesday, April 14 for a Scenic Drive to Canyon Ski Resort. Leave at 1:30.

Sign up at your nursing desk



Memory Care Bus Trips:

Friday April 10 Donut Mill. Trip is combined with Supportive Living. Anticipated cots approximately \$5

Monday, April 20 to Kerrywood Nature Center. Leave at 1:30.

Sign up at your nursing desk



Independent Living Bus Trips:

Wednesday, April 15 to Parkland Mall. Leave at 1:30

Wednesday, April 22 to Kerrywood Nature Center. Leave at 1:30

Sign up at reception

Lifestyle and Program Insights

Date Range: Feb 15 - Mar 15

Resident Attendance: 137 out of 201 residents (68%) attended at least 3 programs.

Average Number of Programs Per Day: 7 group programs, 5 1:1 programs

Average Number of Programs Per Weekend: 8 group programs, 4 1:1 programs.

Number or programs by Dimension of Wellness:

Emotional: 155 (IL 44) (SL4D 50) (SL4 73)

Social: 58 (IL 17) (SL4D 20) (SL4 14)

Physical: 62 (IL 20) (SL4D 31) (SL4 32)

Intellectual: 34 (IL 18) (SL4D 7) (SL4 7)

Spiritual: 28 (IL 27) (SL4D 23) (SL4 27)

Vocational: 8 (IL 5) (SL4D 5) (SL4 4)

For resident specific insight please contact one of the following;
Clinical Lead Richelle, Clinical Lead Jamie or Recreation Manager
Andrea.

Lifestyle & Programs Retrospect:

February Fun

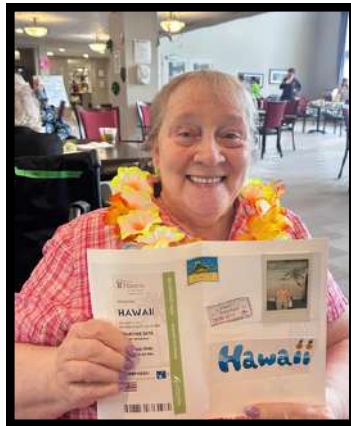


Program Highlight: We also “visited” Italy and enjoyed a very fun game of Mega Bingo as well!



Lifestyle & Programs Retrospect:

March Fun



In March we visited Hawaii and Greece for our Passport to Paradise!



Bus Trip to A&W



Employee Recognition: The Shinning Stars of the Month

Optima Living is thrilled to announce the Shining Star Recognition Program to recognize those who embody the Optima Values and to celebrate the everyday ways our teams live these values that defines our community. Each member plays a vital role in shaping the culture of our organization and the Shining Star Recognition Program is our way of shining a spotlight on the remarkable team members who live and exemplify the company's values.

Congratulations

Jean Cadorette

Maintenance Assistant

Gavino “Jun” Alipan

Health Care Aide

Nely Maramba

Health Care Aide

Gursakhi Othi

Licensed Practical Nurse

Our Values

Respect, Dignity, Collaboration

We Respect You

We actively listen to provide a dignified and welcoming home where everyone feels comfortable and supported to live their best life.

We Uphold your Dignity

We respect what you say and support your right to make choices yourself.

We Work Together

We work with one another to create an empowering, inviting, and person-centred home, uplifted by the diversity we create as a community.

We do the Right Thing

We are passionate about doing right by you every day.

Happy Birthday

Here at The Hamlets at Red Deer, we believe every year is a gift.
Join us each month with a huge, collective Happy Birthday to all our residents who are adding another candle to their cake this year!
We hope your day is filled with joy, laughter, and wonderful memories.

April 1, Carol J

April 5, Jessie R

April 15, Eric F

April 17, Doreen P

April 18, Jack R

April 20, Viki P

April 23, Gail S

April 27, Marion L

April 29, Joyce A

Please note: the birthday list is not a complete list. For newsletter use a signed consent form indicating full consent must be on file. Birthday posters with verbal consent are displayed on the respective hamlet.

Monthly Birthday Celebration

April 30 @ 1:30

Main Dining Room

Sing Along with Sandy to perform.





MENTAL HEALTH MATTERS

Taking care of your mind



MENTAL HEALTH MATTERS AT EVERY AGE

- Your mental health is just as important as your physical health!
- Many older adults experience emotional changes related to loss, illness, changes in independence, or loneliness
- It is normal to need support sometimes. This is true for all of us!
- Talking about mental health helps people feel less alone



REDUCING STIGMA

- Mental health challenges are common and treatable
- Experiencing sadness, anxiety, or stress does not mean weakness
- Many people improve with conversation, support, or professional help
- You are not alone - many people experience mental health challenges
- Seeking help is a sign of strength!

COMMON SIGNS TO WATCH FOR



DEPRESSION

- Feeling sad, empty, or hopeless
- Loss of interest in activities you used to enjoy
- Changes in sleep or appetite
- Feeling tired most of the time
- Withdrawing from others

ANXIETY

- Constant worry or nervousness
- Trouble relaxing
- Difficulty sleeping
- Feeling restless or tense
- Difficulty concentrating



IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING THESE FEELINGS FOR SEVERAL WEEKS OR IT INTERFERES WITH DAILY LIFE, IT MAY HELP TO TALK TO SOMEONE



HELPFUL RESOURCES



- Your care team members are here for you! You can talk to your nurses and practitioners. They are ready to help!
- Spend time with family members, trusted friends, and your neighbours
- Join our fun daily recreation activities and programming. There's something for everyone!
- Spend time outdoors. Nature has a positive impact on our health
- Maintain consistent and quality sleep
- Prioritize proper nutrition and hydration



- Engage in fun hobbies: puzzles, music, reading, art, journaling, knitting, playing boardgames, whatever you enjoy. This can improve mood and reduce stress
- Join social clubs or faith communities to feel connected
- Move your body! Exercise with our recreation team, walk around, do some yoga, stretch, do seated chair exercises. These are great options to maintain your physical health while taking care of your mental health too!

What Is Environmental Sustainability?

Sustainability means living in a way that protects the earth's natural resources - like clean air, fresh water, and healthy soil - so they last for years to come.

Why It Matters:

Protecting our environment helps preserve clean air, water, and land for our children, grandchildren, and future generations. It also supports your health and well-being today.

Easy Things we can all do within our Homes and Communities!

- Turn off lights when you leave a room
- Use reusable shopping bags instead of plastic
- Recycle paper, cardboard, cans, and bottles
- Avoid wasting water - turn taps off when brushing teeth
- Unplug small appliances when not in use

Small Actions, Big Impact:

- Plant a flower or tree - it helps bees and clean air
- Share or donate items instead of throwing them away
- Walk or carpool, when possible, reduce emissions to reduce air pollution



Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally through earthday.org including 1 billion people in more than 193 countries.

Final Thought:

Every **small step** makes a difference. Living **simply, sharing, and reducing waste** are ways seniors have been supporting sustainability for years-now it's time to keep it going.

Let's care for our world, one thoughtful choice at a time.

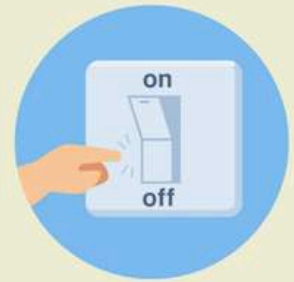
ENVIRONMENTAL SUSTAINABILITY

SUSTAINABILITY MEANS LIVING IN A WAY THAT PROTECTS THE EARTH'S NATURAL RESOURCES--LIKE CLEAN AIR, FRESH WATER, AND HEALTHY SOIL--SO THEY LAST FOR YEARS TO COME.

REDUCE & REUSE

Easy Things we can all do within our Homes and Communities!

- Turn off lights when you leave a room
- Use reusable shopping bags instead of plastic
- Recycle paper, cardboard, cans, and bottles
- Avoid wasting water - turn taps off when brushing teeth
- Unplug small appliances when not in use



Reusable bottle and bag

SMART SHOPPING TIPS

- Choose locally grown fruits and vegetables
- Look for refillable or recycling containers
- Buy products and items with less packaging
- Share or donate items instead of throwing them away.
- Walk or Carpool when possible, reducing emissions to reduce air pollution

FUN FACTS

- If every Canadian household switched one light bulb to LED, we could save enough energy to power over 30,000 homes for a year!
- Recycling one aluminum can saves enough energy to run a TV for 3 hours.
- Trees not only provide oxygen--they cool the air and help reduce noise pollution
- Seniors Create less waste on average than younger generations



Health & Safety:

April's Emergency Review: Code Purple - Hostage

At our Optima Living Communities, the safety and well-being of our residents is always our highest priority. Each month, we highlight one emergency code to ensure everyone is informed and prepared should a situation arise.

Code of the Month

Code Purple - Hostage

What Is a Code Purple Event?

A Code Purple is declared when there is a hostage or active threat situation within the community. This could involve:

- A person holding someone against their will
- A violent or threatening individual in a common area
- Situations where employees or residents may be at risk

Immediate action is critical to ensure safety.

What You Can Do

If you are in the building:

- Follow instructions immediately: Listen to employees or security announcements. Directions may include locking doors, staying in a safe location, or evacuating certain areas.
- Stay calm and quiet: Avoid drawing attention to yourself or moving toward the threat.
- Lock and barricade: If possible, secure yourself in a room or apartment.

If you are outside or can safely leave:

- Evacuate if directed: Use safe routes away from the threat.
- Avoid the area: Do not attempt to confront the individual or enter affected areas.

If you witness the event:

- Do not intervene directly unless instructed by trained personnel.

Our Commitment to You

Optima Living Communities have a Code Purple protocol to respond quickly and effectively to hostage or threat situations. Employees are trained to guide residents safely, coordinate with local law enforcement and emergency services, and keep everyone informed. Your safety is our priority—stay calm, follow instructions, and trust our trained employees.

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