



Message from The Principals:

Welcome to the December edition of Optima Daily. As the year comes to a close, this month invites us to reflect, gather, and enjoy the traditions that bring light and meaning to our communities. Whether you celebrate Christmas, Hanukkah, or Kwanzaa, each occasion offers a chance to honour hope, renewal, and togetherness while sharing time with the people who matter most.

Thank you for bringing warmth and kindness to our communities. We wish you a peaceful, joyful December and look forward to welcoming a bright new year with you.



Note from the General Manager:

Dear Hamlets Community Members,

As we welcome the upcoming winter and Holiday season, I want to extend warm greetings to all our residents, families, and team members. This time of year, reminds us of the importance of community, connection, and compassion—values that are at the heart of everything we do at The Hamlets.

I am pleased to share that we have received response letter addressing the concerns and recommendations from our recent Principal Site Visit. These responses reflect our continued commitment to providing exceptional care, ensuring safety, and enhancing the quality of life for everyone who calls our community home. We will be sharing this letter with all community members later this month, so you can remain informed and confident in the steps we are taking.

As the holidays approach, our team is working hard to create a warm, festive atmosphere filled with events, activities, and opportunities to celebrate together. We look forward to enjoying this special season with each of you.

Thank you for your ongoing support and trust.

Updates from our Teams:

Department: Clinical in November

- If you still need to get your flu shot, please contact your local pharmacy. If you need to get your COVID booster, please contact the Johnstone Community Clinic.

Department: Maintenance in November

- The Maintenance team has been changing the lights in the Independent suites for the month of November,
- If you have something that needs the Maintenance team to look at, please talk to a staff member and they will enter your request into our Maintenance Care program and will assist in a timely manner.

Department: Kitchen in November

- Resident Family Christmas Supper is Wednesday, December 17 at 5:00. All levels of care are invited to have guests. Tickets are \$25 each and are limited to two per room. Tickets are available at Reception. Guests will be seated in the Main Dining Room or the Day Program Room.
- Please join Sid and Ann for the Food Committee Meeting December 16 @ 1:00 in the Chapel on the 2nd floor. All levels of care are welcome to attend.

Department: Recreation in November

- Please see your calendar for activity information! December has lots of amazing programs! If you need a larger print calendar please let a recreation team member know, larger print calendars are printed on multiple pages.

Department: Admin in November

- Thank you to our families that donated items or cash for the Christmas Raffles. We will have a full list of donors in the January Newsletter. Each raffle item is \$2 payable at Reception. Our first raffle draw is November 28 and a second raffle will run from December 1-15. The raffle winners will be posted in the building and in the January Newsletter. All the proceeds will go towards ensuring the residents have a stocking on Christmas Day.
- Hamlets Christmas Decoration contest will be December 16. Families and residents are welcome to decorate your doors and take part in your areas festivities!
- **Remember that the WIFI charges will be changing December 1 to \$60 for WIFI alone and if bundled with the landline phone, it will be \$78. Please contact Cheryl Steeves at extension 32108 if you have any questions.**

Upcoming Events:



December is a busy month for our Residents at the Hamlets. As much as our Recreation team tries to get everything on the calendar in advance, there are always extra fun concerts, performances, presentations, etc. that are added last minute. Please watch for new additions to the calendar on your Activity whiteboards.

Every Sunday Morning there will be Piano Hymns in the Main Dining Room from 9:30-10:00. There will be no staff porting for this program. This program is lead by one of our residents!



Wednesday December 3 the Home School Choir and Band will perform in the Main Dining Room at 1:30.

Gingerbread houses will be delivered to each hamlet + Housekeeping + Recreation + Maintenance + Kitchen. Deliveries will be made on Dec 6th. Residents encouraged to help our team decorate the provided houses!



Friday December 5 is International Volunteer Day. Residents that have volunteered in the building have been invited to a luncheon with the Leadership Team to celebrate their contributions!

Friday December 5 @ 6:30 p.m. the Country Pride Dancers will be here for a fun and lively performance in the Main Dining Room.



Saturday, December 6 - Hamlets will have a Christmas Market in the Main Dining Room from 2-4 with local vendors and a free visit from SANTA! Please be sure to notify your families.



Saturday, December 13, the Day Family will present their Strings Recital in the Main Dining Room @ 10:30 am. This Recital showcases mostly new players from quite young to adult!

Tuesday, December 16 we will have a Ukulele and Sing Along at 10:30 in the Multipurpose Room.



Tuesday, December 16 we will have a concert band of approximately 40 people come to play Christmas Music. 6:30pm Main Dining Room.

Friday, December 19 we will have a Hot Chocolate Social and judging opportunity for our gingerbread house contest! 1:30pm Main Dining Room.



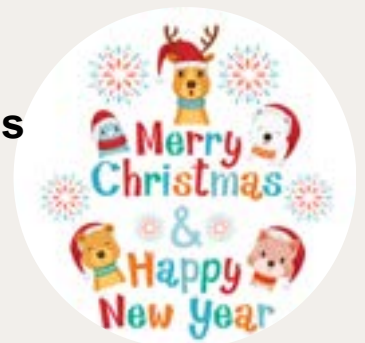
Resident and Family Christmas Supper will be December 17 at 5 p.m. All levels of care will be included. SL4/SL4D residents with guests will be seated in the Main Dining Room or Day Program Room. All residents will have a traditional Christmas Supper this evening. Guest tickets are \$25 each payable at Reception - no charge for Residents. Please see the Menu attached in the Newsletter.

The Christmas Bureau dropped off a box for toy donations for local children's Christmas gifts. Please see their letter and items that are most requested by children in our area. The box is by the large Christmas tree right by the main doors. A Christmas Bureau representative will pick up any items donated on Tuesdays and Thursdays until December 22.



Christmas Eve (December 24) Bible Study with the Calvary Church will be in the Day Program Room (on the first floor) at 6:30pm. This program is resident lead, all are welcome however there will not be portering available.

Leadership and Reception will not be onsite Christmas Day, Boxing Day and New Year's Day. Have a very Merry Christmas and a Happy and safe New Year.



Upcoming Events:

***HAMLETS AT RED DEER
CHRISTMAS SUPPER
DEC. 17, 2025 AT: 5 PM
MENU***



STARTERS

Waldorf Salad

MAIN COURSES

Honey Mastard Glaze

Ham Dinner Rolls

Traditional Roast Turkey

Turkey Gravy

House Made Stuffing

House Made Cranberry Sauce

Roasted Winter Vegetable

Creamy Roast Garlic Mashed Potato

DESSERTS

**Christmas Pudding
with Caramel Sauce**

DRINK

**Tea/Coffee
Assorted Juice**



Outings this Month:



Bus Trips: are indicated on the calendar in purple, we request those who are interested in a trip to sign up prior to the day of. Sign up sheets for SL4/SL4D are found at the nursing desk of their hamlet. IL sign up is at the front reception desk. For bus trips an outing consent must be signed and on file. Typically bus trips are designated to a level of care and will repeat in other levels of care if the trip is appropriate and accommodating.



Supportive Living Bus Trips: 2 Staff will be on the bus
December 15 @ 1:30 for a Scenic Drive.

December 22 @ 6:00 pm Christmas Light Tour.

Memory Care Bus Trips: 2 Staff will be on the bus
December 1 @ 1:30 for a Scenic Drive.

December 23 @ 6:00 pm Christmas Light Tour.



Independent Bus Trips: 1 Staff will be on the bus
**December 5 @ 1:00 Bus Trip to Bower Mall with
pick up at the Mall at 3:00.**

December 19 @ 6:00 pm Christmas Light Tour.

**If you missed your Christmas Light Tour, there will be
another bus December 29 at 6 pm for all levels of care.**



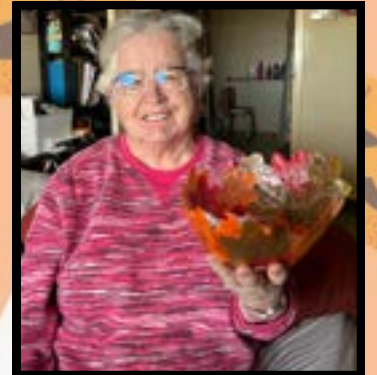
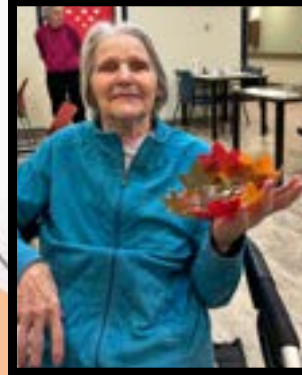
Lifestyle & Programs Retrospect:



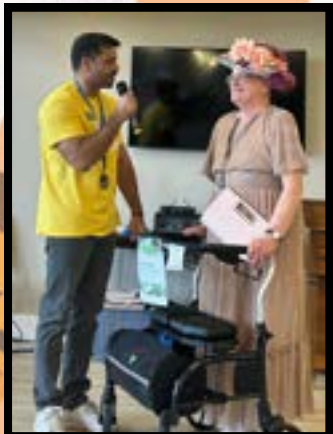
More
Fall
Fun



Leaf
Bowls



Halloween Dress Up



Remembrance Day Ceremony



Lifestyle & Programs Retrospect:

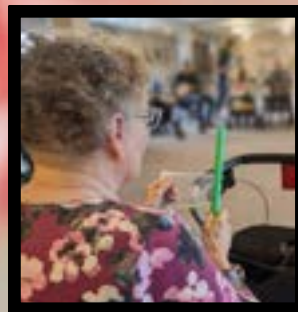


Remembrance Day Crafts

We love when Spaz
the Cockatoo Visits!



Drumming
Circle
with
Sara



Inglewood and
the Hamlets
competed in a
Chili Cook-Off
and the Hamlets
won 1st place!!
Congrats to the
Kitchen Team!

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.



Shining Stars recognized after the Town Hall Meeting as the recipients were off site.

Clinical Shining Star is **Deanna Thomas**, an HCA

Non-Clinical Shining Star is **Teresita Crozier**, a Housekeeper

Leadership Shining Star is **Ann Grant** our Kitchen Manager



Congratulations to **Richel Milanes** for achieving her Five Year Anniversary at the Hamlets at Red Deer. Richel started at the Hamlets on Sunnybrook as an evening LPN, then moved to Canyon Days. Richel came back to the Hamlets after time off to the Charge Nurse position and is now the Care Service Lead for Poplar Ridge, Riverbend, Sunnybrook, and Kerrywood. Congratulations on your Anniversary and we all appreciate your knowledge and amazing teamwork!

Happy Birthday

Happy Birthday Wishes! We extend our heartfelt birthday wishes to all our residents celebrating this month! May your day be filled with joy, comfort, and cherished moments. Please note that not all birthdays are listed, as some residents prefer to not celebrate or have not provided consent to share this information. We honor and respect everyone's personal wishes. All residents celebrating will receive a personalized birthday card, delivered either privately or with a birthday singing group.

December:

December 4 - Bill G
December 5 - Bill G
December 5 - Orral L
December 6 - Phyliss P
December 7 - Beulah K
December 5 - Bill G
December 11 - Gladys S
December 11 - Laurel K
December 17 - Dolores A
December 18 - Della B

December 26 - Betty B
December 29 - Wanda B
December 29 - Eunice R
December 31 - Georgia D

Monthly Birthday Celebration

Friday, December 26

Main Dining Room

**Musical Performance by
"Spectrum"**

**A birthday treat will be served during
the concert.**

Volunteerism:

We are looking for some volunteers to join our team! If you are interested in volunteering please complete a volunteer application, paper copies are provided outside of the recreation office.



Library Assistant



Store Helper



Evening Game Player

We are excited to start some evening games with resident volunteers from Independent Living. We will trial some evenings during December and plan to add these resident led activities to our calendars in January!

Resident Involved Meetings

Food Committee Meeting is hosted by Ann and Sid, this meeting repeats on the third Tuesday of the month in the chapel at 1:00pm. This meeting provides the opportunity for community members to bring concerns or praise about the food being served here at The Hamlets at Red Deer.

Health and Wellness Meeting is hosted by Andrea and Grace, This meeting provides the opportunity for community members to bring concerns, ideas or praise around the recreation and other wellness activities in the building. Hosted on the 4th Thursday of the month in the Chapel. Please note there will not be a health and wellness meeting in December. We will resume back in January!

Town Hall Meeting is hosted by Sid along with all other leadership members. This meeting repeats on the last Tuesday of the month at 12:30pm for independent living or 1:30 for supportive living and memory care. This meeting provides insight to all department updates for the month. To avoid confusion for our Memory Care residents, the SL4D Town Hall is not on the calendar but families are welcome to attend. We will not be conducting a December Town Hall. We will resume in January.

Resident Council we would like to encourage our residents to create and take part in a resident council meeting. This meeting provides an opportunity for residents to advocate for themselves, voice concerns, offer suggestions, and work in collaboration with our team to enhance their quality of life. If you would like to take part in the creation of a resident council please inform Sid.

Health & Safety:

Join Us for Coffee & Chat!

A date for Coffee and Chat with our Educator Tina is to be determined.

Code of the Month

Code White- What it Means for Residents

What is a Code White?

A “Code White”

A Code White is called when someone in the building becomes very upset or unsafe. Staff respond right away to calm the situation and protect residents.

If you hear a Code White:

- Stay Calm
- Stay where you are, unless staff direct you to move.
- Keep hallways clear for staff and emergency responders.
- Let staff know if you feel worried or unsafe.

If you see someone becoming aggressive, please move away, avoid getting involved, and notify staff immediately.

Your staff is our priority.

Code of the Month

**CODE
White**

**Violent/
Aggression**

MENTAL HEALTH AND WELLNESS

Staying Mentally Strong as We Age

Aging is a natural process that brings both joys and challenges. While physical health often gets attention, mental wellness is just as important.

It helps to promote independence, dignity, and quality of life.

“Mental wellness is not just the absence of illness—it’s the presence of meaning, joy, and connection.”



Common Mental Health Concerns

- Depression - Often underdiagnosed, especially when symptoms are mistaken for "normal aging."
- Anxiety - Can increase with health changes, loss, or financial stress.
- Loneliness & Isolation - A major risk factor for both mental health decline.
- Cognitive Decline - Early signs may include memory loss or confusion.



Recognize the Signs of Mental Health Issues

Recognizing signs can help you seek appropriate support and interventions.

- Be aware of potential warning signs, such as changes in sleep patterns, anger, headaches, unusual behavior, memory loss, and social isolation.

Seek professional help if you or someone you care about:

- Shows lasting sadness/mood changes or hopelessness
- Withdraws from others
- Experiences confusion or forgetfulness
- Has trouble sleeping or eating regularly

Early intervention makes a difference.

Ways to Support Mental Wellness

Stay Socially Connected:

Participate in recreation events and activities. Join social clubs, faith communities. Set up regular calls with family and friends.

Engage in Healthy Habits:

Balanced nutrition, hydration, and good sleep hygiene are essential for emotional stability.

Keep Moving:

Light exercises like walking, stretching, yoga boost both mood and mobility.

Engage the Mind:

Engage in mental activities. Read, do puzzles, learn a new skill, or play a musical instrument. It can help keep the mind sharp and improve cognitive function.

Speak Openly about Emotions:

It's okay to talk about sadness, fear or grief. It's okay to ask for help. If you're feeling down, anxious, or overwhelmed, seek support from a doctor, counselor or peer group support.

Practice Gratitude: Daily reflection on things you're thankful for can uplift your mindset.



Leadership Directory:



Sid Singh

General Manager
32110
Sid.Singh@optimaliving.ca



Kerry Wright

Maintenance Manager
32109
Kerry.Wright@optimaliving.ca



Christine Oakes

Reception
32100
thard.reception@optimaliving.ca



Tanicia Dyer

Director Of Care
32105
Tanicia.Dyer@optimaliving.ca



Jamie Sylvestri

Care Service Lead
BAL/GAS/HTG/CYN
32114
Jamie.Sylvestri@optimaliving.ca



Richel Milanes

Care Service Lead
SBK/KWD/PRG/RVB
32101
Richel.Milanes@optimaliving.ca



Grace Villarico

Lead LPN
Licensed Practical Nurse
32191
Aida.Villarico@optimaliving.ca



Hiring new staff

IL Coordinator
32132
email



Tina Roblee

Regional Educator
32106
Tina.Roblee@optimaliving.ca



Cheryl Steeves

Business Admin
32108
Cheryl.Steeves@optimaliving.ca



Maricel Bolze

Business Manager &
House Keeping Manager
32107
Maricel.Bolze@optimaliving.ca



Harry Numrich

Community Service Coordinator
32113
Harry.Numrich@optimaliving.ca



Andrea King

Recreation Manager
32230
Andrea.King@optimaliving.ca



Maria Peralta

Scheduler
32112
thard.scheduling@optimaliving.ca



Ann Grant

Food Services Manager
32120
Ann.Grant@optimaliving.ca

Liberty Avenue, 338, Red Deer County, T4E 3B9
(403) 986-1250 thehamletsatreddeer.ca