



Message from The Principals:

Welcome to the **February Edition** of Optima Daily. February invites us to reflect on connection, care, and the relationships that shape our communities.

Throughout the month, we celebrate the bonds that bring people together and the everyday acts of kindness and respect that make a real difference. These moments help our communities feel welcoming and supportive.

What matters most is how those values are lived across our homes each day. Thank you for the warmth and positivity you bring to Optima Living. Wishing you a heartfelt February.

Ali, Farid, & Karim

Message from the General Manager:

Dear Residents of The Hamlets at Red Deer, Over the past month, our community experienced the largest outbreak we have ever faced. While this was a challenging time, I want to sincerely thank our residents, team members, and family members for your diligence and commitment to following all recommended precautions.

Because of your collective efforts, we are very pleased to share that The Hamlets at Red Deer was officially declared out of outbreak as of January 22, 2026. This is a significant achievement, and it would not have been possible without each and every one of you playing your important role in keeping our community safe and healthy.

I am also pleased to inform you that we have formulated and finalized an action plan to address the feedback received in the 2025 Resident Survey. I will be reviewing these action plans in our resident's townhall meetings on a monthly basis as we work through them in the coming months, and we remain committed to continuous improvement and open communication.

Thank you once again for your cooperation, resilience, and support. Together, we continue to make The Hamlets at Red Deer a safe and caring community.

Updates from our Teams:

Recreation:

February and March will see new programming that will encourage our Independent Living prospects to come to The Hamlets at Red Deer to see how we like to have fun! You may see “Passport to Paradise” around the building; We will have Recreation and Kitchen themed days that focus on different vacation destinations. Residents are welcome to attend and mingle with people who are interested in moving into Independent Living.

Maintenance:

Please welcome Peter Noort to the Maintenance Team as our new Part Time Casual Maintenance Assistant . Peter will be working Thursdays, Fridays and Saturdays and can be reached at extension 32252.

Kitchen:

We will be having two themed days with a special menu to go with the Passport to Paradise days. Friday, February 13th we will be having French themed meals! Wednesday, February 25th we will be having Italian themed meals. This is a part of an Optima Living initiative called Passport to Paradise. We hope you enjoy these meals, and look forward to hearing your feedback!

Clinical:

Please welcome Bonnie McCoy as the Clinical Lead for Independent Living. Bonnie’s office is on the 2nd floor with Jamie & Richel. Bonnie is on site Monday and Thursday and can be reached at extension 32132.

We thank everyone for your patience and cooperation during the Outbreak over Christmas and into January. We thank you for wearing a mask, sanitizing your hands, reconsidering your visits, and keeping our Hamlets community safe.

Administration:

We will be doing the Valentine’s Day display again this year. 2025 saw a lot of new residents and we look forward to seeing some new photos mixed in with our ones from the last few years. This is a beautiful display that will go up the beginning of February and stay up just past Valentine’s Day. You can bring a photo anytime before Valentine’s Day. To submit a photo, please send to Christine at thard.reception@optimaliving.ca or have it scanned at the front desk.

You may of already noticed that on Saturday’s one of our Leadership Team Members is sitting at the front desk. We are trying to fulfil a Resident/Family request to have more Reception coverage. There is a rotation list at the desk if you would like to know who will be at the desk next.

Quality Improvements and Accreditation

At Optima Living, we are always looking for ways to enhance the care and services we provide to our residents. Our goal is simple: to continually ask ourselves, *“How are we doing, and how can we do even better?”* Because our residents are at the heart of everything we do, we want to share more helpful information with you and your families. Early Spring, our organization will take part in an accreditation survey through CARF, an internationally recognized independent body that reviews service quality and best practices. CARF accreditation means our community is regularly checked by outside experts to ensure it is safe, clean, and providing the services residents need and want. Surveyors talk with residents, families, and employees to learn whether people feel respected, informed, and supported, and whether they know where to bring questions or concerns.

Being accredited also means the community follows high standards for dignity, choice, and quality of life. CARF encourages ongoing improvements, so residents continue to receive dependable, person-centered care. These standards focus on treating people with respect, giving residents a voice in their care, and making sure services stay effective and up to date.

We look forward to showcasing our programs and continuing to improve together. More details will be shared as we get closer to the survey.

Resident & Family Council

Optima Living encourages residents and families to participate in our Resident/Family Council—a supportive space where everyone can come together to share ideas and strengthen the community.

Here’s what the Council can do:

- Bring forward resident and family ideas, concerns, and suggestions to Management for discussion.
- Explore ways to enhance residents’ quality of life in the home.
- Organize activities and projects that benefit residents.
- Provide educational opportunities through guest speakers and shared information.
- Help welcome new residents and families into the community.

If residents or families would like help starting a Council or running meetings, our team is happy to offer support. There is also a Provincial Regional Resident/Family Council through Alberta Health that can provide additional resources.

Councils are encouraged to select a Chair and Co-Chair and maintain a standing agenda, Terms of Reference, and a Code of Conduct. Management may attend meetings when invited by the Council.

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.

February 17th

Start time: 1:00pm

Location: Chapel

Facilitators: Ann and Sid

Health and Wellness:

Health and Wellness meets once a month on the 4th Thursday of each month.

February 26th

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.

February 24th

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

Location: Multipurpose Room for both

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.

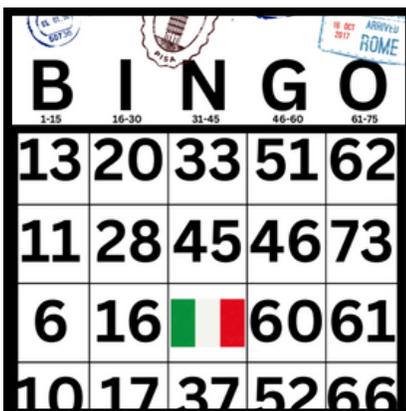
Upcoming Events:



Passport to Paradise is an Optima Living initiative to invite Independent prospects to the Optima communities to "travel" the world by enjoying themed meals, destination inspired activities and enjoy community connection. The Hamlets at Red Deer will tour France on February 13 in conjunction with our Valentines Day Social. We will tour Italy February 25 during our Mega Bingo. All residents are welcome to attend these events and mingle with people from the community. The Armchair Travel activities will focus on France & Italy as well. There will be 2 more destinations in March.



February 13 will be our Valentine's Day Social in the Main Dining Room starting at 1:30. We will have RSVP guests from the community share in our celebration of love and explore France, one of the most romantic countries.



Wednesday, February 25 will be an extra special Mega Bingo where we will welcome RSVP Community members to our Passport to Paradise to experience Italy through play, food and community connections!



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:

Tuesday, February 10 @ 1:30 o Sylvan Lake for a Scenic Drive

Monday, February 23 @ 1:30 to the Donut Mill ~ \$5

Sign up at your nursing desk



Memory Care Bus Trips:

Monday, February 2 @ 1:30 to the Donut Mill - \$5

Monday, February 16 @ 1:30 to Sylvan Lake for a Scenic Drive

Sign up at your nursing desk



Independent Living Bus Trips:

Friday February 6 @ 1:00pm drop off at the Gasoline Alley Farmers Market. Pick up at 3:00pm

Wednesday, February 11 @ 1:30 to Parkland Mall - residents will be dropped off and picked up at an agreed on time and place - must be on time!

Sign up at reception

Lifestyle and Program Insights

Date Range: Dec 15-Jan 15

During this time frame we were on outbreak. Recreation adapted programs to be small group programs on singular hamlets or 1:1 programming. All large group programming was cancelled.

Resident Attendance: 133 out of 199 residents (67%) attended at least 3 programs.

Average Number of Programs Per Day: 8 group programs, 13 1:1 programs

Average Number of Programs Per Weekend: 6 group programs, 18 1:1 programs.

Number of programs by Dimension of Wellness:

Emotional: 307 (IL 47) (SL4D 70) (SL4 155)

Social: 136 (IL 17) (SL4D 47) (SL4 52)

Physical: 88 (IL 17) (SL4D 35) (SL4 37)

Intellectual: 87 (IL 15) (SL4D 21) (SL4 47)

Spiritual: 20 (IL 9) (SL4D 6) (SL4 20)

Vocational: 19 (IL 2) (SL4D 12) (SL4 5)

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

Lifestyle & Programs Retrospect: End of December



Program Highlight: All Hamlets and Departments took part in the Annual Gingerbread House contest. See winners below.

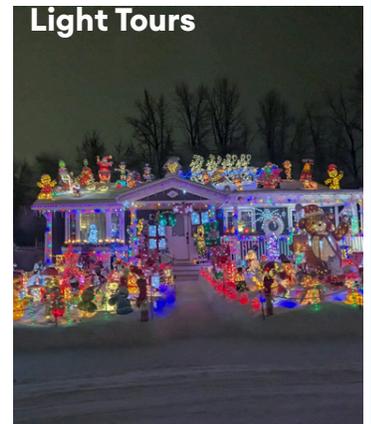
Hamlets Gingerbread House Contest Winners!!



Florence won the 4th Floor Door Decorating contest!



Christmas



Light Tours

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



Sakshi Manro

Health Care Aid
Team Work & Respect



Erwin Francisco

Dietary Aid
Team Work



Tanicia Dyer

Director of Care
Do The Right Thing

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.

February 2, Ed E
February 7, Doreen R
February 10, Dale M
February 11, Ross R
February 15, Wes S
February 15, Pat L
February 23, Selma W
February 25, Marjory M
February 26, Wendy M
February 27, Vera T
February 27, Dorothy J
February 27, Darryl S
February 28, Carol S
February 28, Darline K

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

February 26 @ 1:30

Main Dining Room

Penny Marks Band to perform.



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Things to know about managing your finances

1 Estate Planning

Having a will and a Power of Attorney helps you plan for the distribution of your assets and protect your legacy. Appoint someone you trust to follow your wishes to act as your power of attorney when needed.



2 Maximize retirement income

Understand your retirement funds, investment options and optimize your Social Security in order to sustain a comfortable lifestyle.

3 Refresh your budget

Keep detailed records of your income and expenses for a clear understanding of your financial situation. Review your budget regularly and adjust it when there are changes. Unexpected things happen, so try to keep some funds set aside just in case!



4 Be aware of financial abuse

If you know or suspect financial abuse, contact the Family Violence Info line at 310-1818 (Alberta) or Seniors First BC at 1-866-437-1940 (BC). Remember, financial abuse is not your fault, and you can get help.

5 Beware of scams!

There are many different ways criminals will try to steal your information and your money. Learn how to spot them and protect yourself! Never give personal information over the phone, email or text. Your financial institutions would never contact you to ask for details about your accounts, passwords or credit cards.

More Information

[Financial Literacy Resources for the Elderly - NICE Canada](#)

[Your Money: Seniors Canadian Bankers Association](#)

[What every older Canadian should know about : Frauds and scams](#)



Health & Safety:

February's Emergency Review: Code Blue (Cardiac Arrest / Medical Emergency)

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 Blue (Cardiac Arrest / Medical Emergency)

What Is a Code Blue Event?

A Code Blue is declared when a resident or staff member is experiencing a medical emergency, such as a cardiac arrest, severe injury, or sudden illness requiring immediate medical attention. This is a serious situation that demands quick action and clear communication.

How Residents Can Help:

- **Follow Instructions Immediately**
 - Listen for announcements from employees or emergency responders. Guidance may include staying in place or assisting in a safe way.
- **Remain Calm**
 - Panic can slow emergency response. Employees are trained to handle medical emergencies efficiently.
- **Do Not Interfere**
 - Let trained employees and emergency responders manage the situation. Only assist if specifically instructed.
- **Provide Information**
 - If you witnessed the emergency or know relevant medical details about the resident, share this with staff promptly.
- **Stay Informed**
 - Updates will be provided as soon as it is safe. Avoid crowding the area, as this can impede emergency response.

Our Commitment to You

Optima Living Communities has detailed Code Blue protocols in place. These include coordination with medical personnel and emergency services to ensure residents receive rapid and effective care. Every precaution is taken to protect life, maintain calm, and resolve the situation as quickly as possible.

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