



Message from The Principals:

Welcome to the **May edition** of Optima Daily. As spring settles in, May brings a wonderful opportunity to enjoy moments of connection, kindness, and reflection throughout our communities.

This month, we encourage everyone to take time for their health, safety, and overall well-being.

Throughout May, there are also meaningful moments to share together. Vesak invites reflection on peace and compassion, World Laughter Day reminds us of the joy found in simple moments, and Mother's Day offers a chance to celebrate the many forms of care and support that enrich our lives.

We hope this month brings you warmth, comfort, and many small moments of joy.

Ali, Farid, & Karim



Message from the General Manager:

To Our Resident families and Friends

We want to take a moment to extend our sincere appreciation to each of you for being part of our community here at The Hamlets at Red Deer. It is our honour to provide care and support to our residents, and to work in partnership with families who trust us with their loved ones.

Our team remains committed to ensuring a safe, respectful, and comfortable environment where residents are supported with dignity and compassion every day. We also value the open communication and collaboration we share with families, as it is essential in providing the best possible care.

Please know that our door is always open. We encourage you to reach out at any time with questions, concerns, or feedback.

Thank you for your continued trust and support.
Management Team

Updates from our Teams:

Clinical:

- Please note if calling to connect to an LPN from 11pm to 7am there is one LPN per floor during these times.
- From 11pm to 7am please call the extension 32340 for 2nd floor LPN or 32320 for 1st floor LPN.
- From 7am to 11pm the extensions are as follows: SBK/KWD 32212, GAS/BAL 32211, CYN/HTG 32214, PRG/RVB 32213.

Maintenance:

- Windows will be washed on May 27th
- Secure courtyards will be open to all secure units starting May 1st from 6:00am to 9:00pm. Access by pushing the wheelchair button. This year GAS ALLEY residents will have access to the other central court yard, this means the Main Dining Room entrance and elevator entrance will be locked for fob access only. Independent Living residents please utilize the outdoor common space at the front or through the Kerrywood Hamlet.

Kitchen:

- New menu is starting in May.
- Please use the bistro common area when visiting near meal times, rather than the main dining room tables. This helps our kitchen staff properly set and prepare tables for scheduled meals.
- Table side soup will start to be served on Hamlets at staggered times of 11:45 or 12:00. The Health Care Aide staff will be completing this service.

Updates from our Teams:

Administration:

- We will have a Mother's Day photo board at Reception. Christine has your photos from years past to use again in you have already participated. If you are new to the Hamlets and would like to send Christine a photo of yourself as a Mother at any point in your life, we would love to display it. Please bring a photo to be copied to Reception or email to thard.reception@optimaliving.ca. It will stay up the week following Mother's Day so there is lots of time to get your photo in.
- Monday, May 11th will be our Mother's Day Tea from 1:30-3:00 in the Main Dining Room. We will use our fancy cups and make it a special day for our Mom's. Flowers as a favour to give flowers at event to the women and then deliver to all remaining women after event. Family tickets will be \$10 each and you can get yours at Reception. Residents are no charge to attend.
- Watch for Senior's Week email and posters around the building near the end of May. Seniors Week is June 1-5 and we have lots of fun activities planned!

Recreation

- Andrea's last day prior to her maternity leave will be May 21st. Please give congratulations to our team member Jill Decena who will be taking over the position.
- Gluing Puzzles: A memo has been distributed requesting that all residents please only glue puzzles that they own and display their puzzles in their rooms. Our puzzles have been graciously donated and we want to ensure they can be enjoyed by all residents.
- Our team has had some staffing transitions. Please welcome Janet and Judith in a full time role and Shelby into a part time role.

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.

May 19th

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.

June 25th

Start time: 11:00am

Location: Chapel

Facilitators: Recreation Manager Jill and Clinical Lead Independent Living Bonnie

Town Hall:

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

May 26th

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:



Cinco De Mayo Taco in a Bag

Tuesday, May 5 @ 2:30 in the Bistro on the Main Floor
Taco in a Bag will be \$2 each.
Pop will be \$1 each.
Comfort Funds will be accepted.



Mother's Day High Tea

Monday May 11th from 1:30-3:00
Main Dining Room

Families encouraged to attend. Family tickets \$10 per person. See reception for ticket sales.
All women will get a flower at the event.
For those not in attendance, they will be delivered to all remaining women after the Tea.



Evening Concert: Namao School Band

Wednesday, May 13 @ 6:30 in Main Dining Room

We are welcoming a school band on the evening of May 13th. This school is visiting Red Deer from Edmonton. We will be expecting about 20-30 students.



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 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, May 8 to Peter's Drive In. Leaving the Hamlets at 1:30. Comfort Funds can be used.

Monday, May 25 to Parkland Mall. Leaving the Hamlets at 1:30.

Sign up at your Nursing Desk



Memory Care Bus Trips:

Monday, May 4 to Heritage Ranch for a Picnic. Leaving the Hamlets at 1:30.

Friday, May 15 to McKenzie Trail for a Picnic. Leaving the Hamlets at 1:30.

Sign up at your Nursing Desk



Independent Living Bus Trips:

Wednesday, May 20 to Bower Mall. Leave Hamlets at 1:30; pick up at Bower Mall at 3:15

Wednesday, May 27 to McKenzie Trail for a Picnic. Leaving the Hamlets at 1:30.

Sign up at Reception

Lifestyle and Program Insights

Date Range: Mar 15 - Apr 15

Resident Attendance: 151 out of 198 residents (76%) attended at least 3 programs.

Average Number of Programs Per Day: 7 group programs, 8 1:1 programs

Average Number of Programs Per Weekend: 7 group programs, 3 1:1 programs.

Number or programs by Dimension of Wellness:

Emotional: 237 (IL 40) (SL4D 88) (SL4 125)

Social: 118 (IL 37) (SL4D 40) (SL4 33)

Physical: 71 (IL 24) (SL4D 35) (SL4 36)

Intellectual: 50 (IL 36) (SL4D 5) (SL4 7)

Spiritual: 29 (IL 28) (SL4D 23) (SL4 28)

Vocational: 6 (IL 3) (SL4D 3) (SL4 2)

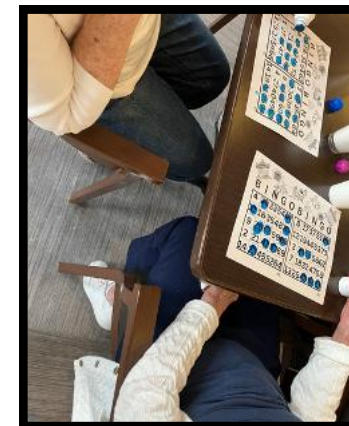
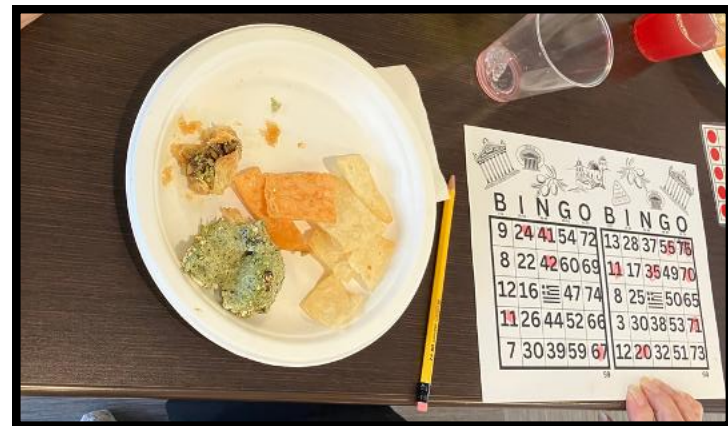
For resident specific insight please contact one of the following;
Clinical Lead Richelle, Clinical Lead Jamie or Recreation Manager
Andrea.

Lifestyle & Programs Retrospect:

March Fun



Program Highlight: We also “visited” Greece and enjoyed a very fun game of Mega Bingo as well as got started on some Easter crafts!

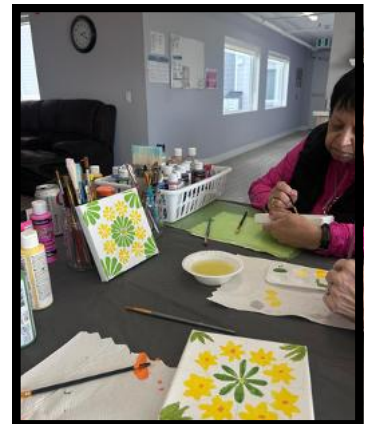


Lifestyle & Programs Retrospect:

April Fun



In April we had a wonderful Easter Tea that was enjoyed by everyone and plenty of Spring crafts!



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

Marion Stewart

Dietary Aide

Connie Perry

Health Care Aide

Adeola Olaniran

Health Care Aide

Edgardo Padual

Health Care Aide

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.

May 3, Gordon Mc

May 5, Betty K

May 6, Shelly S

May 7, Sandra U

May 8, Pat K

May 8, Myrna D

May 10, Barbra P

May 13, Eileen P

May 19, George T

May 30, Shirley W

May 31, Pauline S

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

May 28 @ 1:30

Main Dining Room

Spectrum to perform.

Health & Safety:

May's Emergency Review: Code Grey - Shelter in Place / Air Exclusion

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 Grey - Shelter in Place / Air Exclusion

What Is a Code Grey Event?

A Code Grey is declared when there is a situation affecting air quality or an external environmental hazard that requires residents and employees to remain indoors.

This could include:

- Hazardous materials release or chemical spill nearby
- Smoke, fire, or poor air quality conditions outside the building
- Severe weather or environmental contamination
- Any situation where outside air may pose a risk to health and safety

What you can Do:

If you are inside the building:

- Stay inside: Remain in your suite or designated safe indoor area.
- Close openings: Shut windows and doors. Turn off fans, HVAC intakes, or systems that draw in outside air if instructed.
- Follow instructions: Listen for announcements from employees

If you are outside or can safely enter the building:

- Go indoors immediately: Enter the nearest safe building or facility.
- Avoid exposure: Do not remain outside or attempt to investigate the situation.
- Follow employee direction: Proceed to designated safe areas if instructed.

If you notice unusual air, odors, or smoke:

- Report it immediately to a team member.
- Do not attempt to locate the source yourself.
- Follow all emergency instructions without delay.

Our Commitment to You

Optima Living Communities have a Code Grey protocol in place to respond quickly to environmental and air quality emergencies. Employees are trained to implement shelter-in-place procedures, coordinate with emergency services, and provide clear communication throughout the event.

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