



Hawthorne
by Optima Living



Message from The Principals:

Welcome to the **March Edition** of **Optima Daily**.

As we move into a new season, the first hints of spring invite a sense of renewal and brighter days ahead.

This month, we celebrate Employee Appreciation Day, International Women's Day, and Maintenance Worker Day, recognizing the dedicated people who help make our communities warm and welcoming each day.

Many will also observe meaningful traditions such as Holi, Eid al-Fitr, and Nowruz, offering reflection and renewal for those who celebrate.

Ali, Farid, & Karim

Note from the General Manager:

Dear Hawthorne Residents,

I'm excited to share that I officially started at Hawthorne Senior Living Community this month.

I'm so happy to be joining such a dedicated and passionate team. There are many exciting things ahead, including a refresh of our employee appreciation program, Shining Star, and the upcoming rollout of our new payroll system, Dayforce.

I'm looking forward to working together as we move forward and continue building a strong, supportive workplace.

Justine Patricio

Updates from Administration:

Welcome New Residents

Please join us in welcoming **Beverley (Suite 4207)** to our community! We're delighted to have you here.

Tenant Insurance Reminder

Please ensure your tenant insurance is up to date, with a **hard copy provided to the office** for our records.

Tax Forms for 2025

As tax season approaches, please ensure all required forms are completed and submitted. If you need assistance, the Admin team is here to help.

Updates from Wellness:

Upcoming COVID Vaccination Clinic

A vaccination clinic will be taking place in April. More information on dates and times will follow.

CARF Accreditation Visit – March

Our CARF surveyors will be onsite in March. They may request to speak with residents as part of the accreditation process. Thank you in advance for your support and participation!

Updates from Hospitality:

New Dietary Aides

We are pleased to welcome two new team members:

- **Kylee Klassen**, supporting weekends on the 3rd floor
- **Meredith Osborne**, a casual Dietary Aide who will be trained to help cover days off and vacations

Service & Plating Improvements

Kyle and Jennifer will be retraining team members on proper plating to ensure meals are served hot and beautifully presented. Thank you for your patience as we work to enhance meal service!

Updates from Recreation:

Floor-vs-Floor Contest Winner

Congratulations to **3rd Floor**, the winners of this year's Floor-vs-Floor Participation Contest! Your enthusiasm and engagement earned you the top spot—enjoy your Pizza Party in March!

Seasons of Celebration in March

March is filled with meaningful moments and festive fun! We'll be celebrating many events, including **International Women's Day**, **St. Patrick's Day**, and more! We will also be welcoming new entertainment throughout the month. Stay tuned for lively programs and special themed events!

NEW: Floor-Specific Programs

Introducing: **Mondays with MacKenzie!** Each month will feature a new theme—this month is a **Board Game Buffet**. Come join the fun right on your floor!

Resident-Led Programs: Call for Volunteers

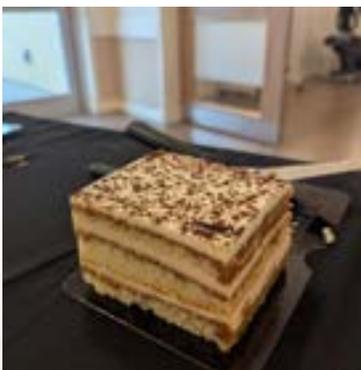
We're excited to offer **Cribbage Club** on Tuesday's at 6:00PM, and **Card Game Club**, on Thursday's at 6:00PM – both led by our very own residents!

If you are interested in running your own program—especially evenings or Saturdays—please contact our Recreation Manager, MacKenzie. We are currently looking for someone to lead a Needlework Club.

Passports to Paradise

Our monthly travel-from-home adventure continues! Passports for residents will be ready soon. This month, we're "traveling" to **Greece and Hawaii** – enjoy themed recreation programs and delicious destination-inspired meals in collaboration with the Kitchen team.

Here's a quick look back at our travels to **Italy** in February. Residents enjoyed lively Italian trivia, refreshing Aperol spritz, tiramisu, and a special viewing of the Winter Olympics Opening Ceremonies from Milan and Cortina d'Ampezzo. Thanks to everyone who joined in the fun!



Updates from Maintenance:

Maintenance Request Reminder

Our Maintenance team continues to work diligently to address ongoing water leak issues throughout the building. As repairs progress, there may be additional water shut-offs required. We truly appreciate your patience, understanding, and cooperation as we complete this important work.

As the weather changes and temperatures fluctuate, some residents have reported that the dining rooms feel cooler than usual. If you notice that your dining space is uncomfortably cold, please let Maintenance know so adjustments can be made promptly.

Updates from Food & Beverage

Coffee & Conversation with Chef Kyle

Please join us on **Tuesday, March 31st at 10:00 AM**, in the **Cafe Sanctuary** for Coffee & Conversation with the Chef. Enjoy a warm beverage and the opportunity to connect, ask questions, and hear directly from our chef in a relaxed, friendly setting.

New Team Member

Please welcome **Joy**, our new casual cook, to the kitchen team!

Breakfast Menu Update

We're excited to share that breakfast will soon be transitioning to a rotating menu system, similar to the format used for lunch and dinner. This change is designed to bring more variety, freshness, and enjoyment to your mornings.

The new rotation will feature a continental-style breakfast, offering a delicious selection that may include:

- French toast
- Pancakes
- Fresh fruit
- Pastries
- Eggs
- Sausage
- Bacon
- And additional rotating options



This enhanced breakfast service will be offered three days each week, with specific dates to be announced soon. More details will be shared as we move closer to launch—stay tuned!

Happy Birthday

Happy Birthday to our wonderful **March birthdays!**
Wishing you a month filled with sunshine, laughter, and all your favorite things.
May your special day be the start of a fantastic year ahead, full of joy, success,
and unforgettable moments.

Have an amazing celebration – you deserve it!

March 2nd - Dwight T

March 3rd - Marvin H

March 9th - Carol Anne M

March 24th - Larry P

March 29th - Pierrette S



Monthly Birthday Celebration

Thursday, March 12th

@ 1:30 PM

Multi-Purpose Room

Entertainment by **Kelly Kalden**



Upcoming Events:



Craft & Co: Bring Your Own Project!

A Cozy Afternoon of Creativity & Connection

On **Monday, March 9th at 1:30PM** in the **Multipurpose Room**, join members of the Cochrane community for a relaxed and social crafting afternoon! Bring along your own project—knitting, painting, sketching, needlework, or anything you enjoy—and spend time creating together.



Cocktail Club: Ireland

Celebrate St. Patrick's Day in Style!

Raise a glass and join us for a festive Irish-themed Cocktail Club! On **Tuesday, March 17th at 2:30PM** in the **Multipurpose Room**, enjoy a special St. Patrick's Day beverage, wear your green, test your knowledge with themed trivia, and share in the lively spirit of the holiday.



NEW: Live Entertainment with The Gifted Sisters

A Musical Celebration for International Women's Day

Join us on **Friday, March 6th at 2:30PM** in the **Multipurpose Room** for a special performance by **The Gifted Sisters**, a talented travelling musical duo known for their beautiful harmonies and classic favourites. This uplifting concert is the perfect way to honour International Women's Day—come dressed up and celebrate the strength, joy, and artistry of women everywhere.

Lifestyle & Programs Retrospect:

Valentine's Day at Hawthorne

This February, Hawthorne was filled with love, laughter, and heartfelt moments as we came together to celebrate Valentine's Day. Residents enjoyed a day wrapped in kindness and connection, beginning with individual Valentine's deliveries—a small but meaningful way to share joy, gratitude, and a sense of community.

The festivities continued with our lively Valentine's Pub & Performance, where music, refreshments, and cheerful conversation created a warm, festive atmosphere. The room buzzed with energy as residents tapped their toes, sang along, and enjoyed an afternoon of entertainment and togetherness.

One of the most touching highlights of the month was having our residents share their love advice—from words of wisdom and long-learned lessons to sweet memories that brought smiles to everyone. These heartfelt reflections added a beautiful, personal touch to the holiday.

To top things off, residents took part in decorating Valentine's crafts, cards, and cookies! It was a series of sweet and engaging activities that brought joy to all. Thank you to everyone who joined in making this year's Valentine's Day celebration a bright and memorable highlight of our February programming.



Resident Council:

The Resident Council serves as an essential advisory group - providing a platform for residents and families to share feedback, raise concerns, and collaborate on community initiatives.

Council members work closely with leadership to support a welcoming, respectful, and engaging environment for all.

We encourage residents and families to stay informed and connected.

Please visit the Council Information Board, located across from Reception, for current announcements, meeting minutes, and membership opportunities.

Interested in Joining the Council?

Resident Council membership is by referral or election only.

If you are interested in serving, or would like to nominate a fellow resident, please speak directly with a current Council member for more information.

Resident Council Members	Representation:
Dawn G (Family Member)	Memory Care
<i>Vacant</i>	Memory Care
Shawna B	2nd Floor Representation
Dale B	2nd Floor Representation
Jacqueline S	3rd Floor Representation
Colin T	3 rd Floor Representation
Kelly L	3rd Floor Representation
Alan H	4th Floor Representation
Leila R	4th Floor Representation
Justine Patricio General Manager	Elected Chair
<i>Vacant</i>	Elected Co-Chair

Next Resident Council Meeting:

Thursday, March 12th at 2:30 PM

Empowering Resident Voices • Enhancing Community Life

Community Engagement & Volunteering

To ensure Optima Living Communities provide a variety of lifestyle programs that:

- Are person-centered, respectful, culturally sensitive, and ethical within a flexible socio-recreation environment and developed in alignment with Optima Living's mission, vision, and values.
- Provide life enriching activities that reflect resident interests and a balance of the across the seven (7) dimensions of wellness.
- Activities will be documented and communicated provided to residents to make them aware of lifestyle enrichment programs available to them.
- Provide clear understanding of the expectations set for all program services provided within each community.
- Meet professional standards, applicable legislation, and is evidence-based on best practices and program execution.
- The Lifestyle & Programs function will provide opportunities for all residents to participate in a variety of individual, small, and large group activities designed to ensure a balance of Social, Physical, Intellectual, Spiritual, Vocational and Environmental programs; and reflect person-centered activities based on resident needs, abilities, interests, and habits – a whole person wellness approach.
- Activities must be inclusive and reflect the diverse cultural backgrounds of the community Programs are evaluated regularly for effectiveness and relevance and will be modified as needed to stay relevant to residents' needs, abilities, interests, and habits.
- Adhere to Optima Living Lifestyle & Programs standards of practice.
- Lifestyle & Programs will use an interdisciplinary approach to program provision.



Volunteering with Optima Living

1 Volunteering with Optima Living

Volunteers are an integral part of Optima Living, playing a vital role in providing exceptional services and experiences to our residents. You help enhance their quality of life by supporting them in daily enriching activities and creating meaningful connections. The impact of volunteering is profound, not only for the residents but also for you as a volunteer. Volunteering is a dynamic experience. Resident needs and interests evolve—some activities may fade, while others are revived. Health conditions can also change what’s possible for some residents. Like anyone, residents often seek something new or different. Similarly, your own interests and abilities may change over time, and as your involvement grows, you may find yourself wanting to try new activities as well. It’s common for volunteers to adapt their roles, and this flexibility is essential for a fulfilling experience.

Volunteering Benefits our Residents

2

Volunteers illuminate the journey of our residents, offering companionship, purpose, and a guiding light toward a brighter tomorrow.

Your involvement enriches the lives of our residents, fosters a sense of community, and helps **Welcome People Home**.

Through your gift of time, residents can:

- Stay connected to their community
- Explore diverse cultures
- Discover or rekindle old interests
- Participate in activities they might not otherwise enjoy
- Experience the joy of friendship, connection, and belonging
- Build meaningful relationships with others



3 Volunteering Benefits for you!

“Giving is Receiving”

Volunteering is not only about giving—it is a rewarding experience that brings joy and fulfillment. Research shows that volunteering positively impacts both physical and mental health. It is good for your heart, mind, and soul.

Here’s how volunteering benefits you:

- Build relationships and make a tangible difference in someone's life
- Experience a sense of belonging and boost self-esteem
- Enhance communication and organizational skills
- Demonstrate your value to schools and employers
- Share your skills, interests, and hobbies & Foster creativity and personal growth

Health & Safety:

March's Emergency Review: Code Pink (Elevator 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 Pink (Elevator Emergency)

What Is a Code Pink Event?

A Code Pink is declared when there is an elevator-related emergency.

This may include:

- An elevator malfunction or mechanical failure
- Residents or staff trapped inside an elevator
- Sudden stoppage between floors
- Elevator alarms activated

Elevator emergencies require immediate attention from trained staff and, if necessary, emergency responders to ensure everyone's safety.

What you can do:

- Follow Instructions Immediately
- Listen carefully for announcements or directions from employees. You may be instructed to avoid certain elevators or remain in place.
- Remain Calm
- Avoid crowding around the elevator area. Clear access is essential for maintenance teams and emergency responders.

If you are inside an elevator:

- Use the emergency call button
- Stay inside the elevator
- Wait for assistance
- Do not attempt to force doors open or exit between floors

Our Commitment to You

Optima Living Communities has established Code Pink protocols to respond quickly and effectively to elevator emergencies. These procedures include coordination with maintenance teams and emergency services to ensure a safe resolution.

Employee Recognition: The Shining 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

Holly & Jackie - Recreation Aides



Were nominated for upholding each of the **Optima Living Values**

We are proud to celebrate Holly and Jackie, who have been nominated as Shining Stars for truly embodying our core values of **Respect, Dignity, Working Together, and Doing the Right Thing**. Their compassion, integrity, and commitment to supporting both residents and colleagues shine through in everything they do. Their daily efforts strengthen our community, uplift those around them, and reflect the very best of who we are as an organization.

Please join us in congratulating them on this well-deserved recognition!

Our Values

Respect, Dignity, Collaboration, Doing the Right Thing

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.

Supporting Services



Anna Scott

Hair Design at Hawthorne

905-865-7579

annscott11@gmail.com

Hair Design at Hawthorne

Open Thursdays & Fridays

Appointment Required

Visit Hair Design at Hawthorne, where style meets value! Our experienced stylist offers a full range of services for both ladies and gentlemen, all in a warm and welcoming atmosphere.

Please note: Appointments must be made directly with the stylist, as Hawthorne does not manage bookings.

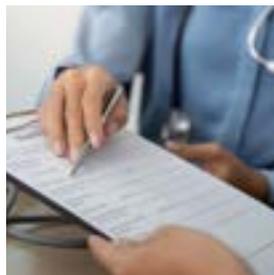
Salon Prices - Ladies

- Cut Only: \$25.00
- Cut & Blow Dry (No Curl): \$30.00
- Cut & Set: \$40.00
- Set: \$25.00
- Perm Only: \$65.00
- Perm Cut & Set: \$100.00
- Colour Only: \$60.00
- Colour Cut & Set: \$90.00
- Shampoo Only: \$10.00

Salon Prices - Men

- Cut Only: \$15.00-\$25.00
- Beard Trim: \$10.00
- Neck Trim: \$5.00
- Shampoo Only: \$6.00

Alberta Health Services - Case Managers



Tia Shell

Case Manager

Ext. 1063



Kerrie Wynnchuk

Case Manager

Ext. 1061



Ricardo Zalamea

Case Manager

Ext. 1062



Sara Tysseland

Case Manager

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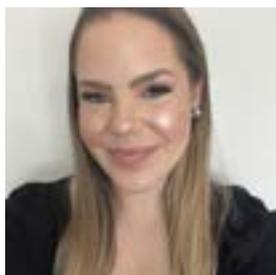
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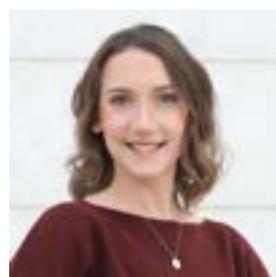


Caitlyn Demars
Employee Educator

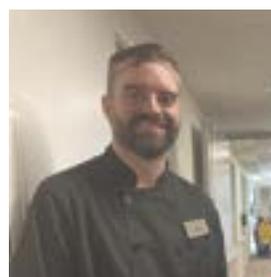
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