



Hawthorne
by Optima Living



Message from The Principals:

Welcome to the **July** edition of Optima Daily. As summer settles in, we hope you're enjoying the sunshine and all that this season has to offer.

This month, we celebrate Canada Day and the diverse communities, cultures, and backgrounds that make Canada home. We also wrap-up our Annual Food Bank Drive and thank everyone for their generosity and support in helping those in need through their contributions.

Whether you're spending time outdoors, enjoying the festivities, or making memories with loved ones, we wish you a happy July filled with joy, connection, and celebration.

Ali, Karim, Farid



Note from the General Manager:

As we welcome the month of **July**, our community is filled with the spirit of summer, celebration, and connection. With warm weather and longer days, there are many opportunities to enjoy time together, participate in meaningful activities, and create lasting memories with friends, family, and neighbors.

This month we look forward to celebrating Canada Day and embracing the excitement of Stampede season with a variety of themed programs and events. From entertainment and community gatherings to resident-led initiatives and volunteer involvement, July is a wonderful reminder of the vibrant and engaged community we continue to build together.

I would also like to extend my gratitude to everyone who participated in our Resident Satisfaction Survey process. Your feedback is invaluable and helps guide our ongoing commitment to providing exceptional care, service, and experiences for all who call Hawthorne home.

Thank you to our residents, families, volunteers, and dedicated team members for your continued support, kindness, and involvement. Wishing you a joyful July filled with sunshine, laughter, and meaningful connections.

Justine Patricio

Updates from Administration:

Welcome New Residents

Please join us in warmly welcoming our newest resident to our community: **Mary** (3108)

Resident Satisfaction Survey Prize Draw

Thank you to everyone who participated in our Resident Satisfaction Surveys. We appreciate the time taken to share feedback and help us continue improving life at Hawthorne.

Completion prize draw items include:

- **A Gift Basket from Lina's Italian Market**
- **\$50 Gift Card – Mamma Mia Italian Kitchen**
- **\$50 Gift Card – for Walmart, from Two Pharmacy**

Congratulations to our winners, and thank you again for your valuable input and participation.

Updates from Wellness:

Immunizations:

Thank you to all residents who participated in our recent vaccination clinic. If you did not receive your vaccination during the clinic, the pharmacy will return to complete the remaining vaccinations. The date will be confirmed and announced once available.

New Hires & Education:

We continue to welcome new team members to Hawthorne. As new team members become familiar with our community and residents, we kindly ask for your patience and support during their onboarding and orientation process.

Welcome to our new team members:

- **Health Care Aides:** Gurpreet
- **Hospitality Aide:** Trisha
- **Housekeeping:** Hadi

Ongoing Initiatives

- N95 Fit Testing – June and July
- MAP Assessments – Ongoing

Education Highlights (June):

- Documentation – Health Care Aides & Licensed Practical Nurses
- Empathy and Conflict Resolution – All Team Members

Upcoming Education (July):

- Resident Rights and Abuse Prevention – All Team Members
- Direct Care/Incontinence Care – Health Care Aides & Licensed Practical Nurses

Updates from Hospitality:

We are pleased to share that the recruitment process for our new Hospitality Manager is progressing well. We appreciate everyone's patience and support during this transition period. An announcement regarding our successful candidate will be shared with the community soon. Thank you to our hospitality team for their continued dedication and hard work in providing excellent service each day.

Updates from Recreation:

Canada Day Celebrations

Join us throughout **June 30th** and **Canada Day** for a variety of festive activities, including live entertainment, themed snacks, trivia challenges, patriotic decorations, and opportunities to celebrate our Canadian spirit together. We encourage everyone to wear red and white and join in the fun!

Recreation Staffing Update

We continue to recruit talented team members to support our growing programs and services. Thank you for your patience and understanding as we work through staffing transitions. A special thank you to our Recreation team for their continued dedication, flexibility, and creativity in supporting resident experiences every day. Please join us in welcoming our newest team members, **Hadi** and **Arsh**, to the Hawthorne family.

Stampede Month at Hawthorne

July brings **Stampede** excitement to Hawthorne! Residents can look forward to:

- Country music performances and themed entertainment
- Stampede Parade viewing opportunities
- Western themed games and activities
- A Hawthorne Pancake breakfast
- Special treats and decorations throughout the month

Saddle up and celebrate Stampede season with us!

Resident-Led Pancake Breakfast Food Drive

Inspired by residents' commitment to supporting our community, Hawthorne will host a resident-led Pancake Breakfast in support of our ongoing Food Drive on **Friday, July 10th** from **7:00-10:30 a.m.** in the **Multipurpose Room** and all **resident floors**.

Residents, families, and team members are invited to participate and help support those in need while enjoying a delicious breakfast and community connection. Food or money donations will be accepted for participation. Food Drive end date is July 19th.

Updates from Recreation:

Resident-Led Programs

We are excited to continue expanding resident-led opportunities!

Armchair Travel: Resident Spotlight

This month's destination is **Nova Scotia**, where residents will explore the province's rich history, scenic coastlines, culture, food, and traditions through stories, photos, and discussion.

Christian Bible Study Group

A new resident-led Christian Bible Study group has been established and will meet on the **fourth Tuesday** of each month at **1:30 p.m.** in the **Café/Sanctuary**. All interested residents are welcome to attend.

Gardening Committee

We are pleased to launch Hawthorne's newest committee! The Gardening Committee brings together residents, family members, volunteers, and team members who share an interest in beautifying and enhancing our indoor and outdoor plant spaces. If you would like to participate, please connect with the Recreation Team, volunteer Dawn, or Kelly from the third floor for more information.

Updates from Maintenance:

Building Improvements & Maintenance Updates

Dining and laundry area countertop renovations are in progress. Work will be completed floor by floor, and residents may experience some temporary disruptions to dining services and access to certain areas while work is underway. Safety measures will be in place throughout the project.

Education is being arranged for management staff on building systems and equipment resets, including the Cogeneration (Cogen) system.

A proposal for a natural gas/fuel backup generator is also being explored to strengthen emergency preparedness.

Ongoing maintenance work includes:

- HVAC servicing and air handling unit cleaning
- Irrigation repairs
- General building repairs and upkeep

Thank you for your patience and support as we continue making improvements throughout Hawthorne.

Happy Birthday

Happy Birthday to our wonderful **July 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!

July 1st - Harry W

July 5th - Lynne C

July 7th - Jerry E

July 9th - Claire M

July 9th - Eleanor B

July 16th - Jeannie K

July 23rd - Ettore D

July 25th - Ellen H

July 25th - Gary S

July 27th - Dale S



Monthly Birthday Celebration

July Birthdays

Thursday, July 16th

@ 1:30 PM

Multi-Purpose Room

Entertainment by **Kelly Kalden**

Upcoming Events:



Visit from Butterfield Acres Mini Farm

A Hawthorne Barnyard Adventure | Friday, July 10th at 1:00PM

Get ready for an afternoon filled with smiles, laughter, and special animal visitors! **Butterfield Acres Mini Farm** will be bringing a variety of friendly farm animals to Hawthorne for residents to meet, pet, and enjoy. Animal visits provide wonderful opportunities for social connection, reminiscence, and sensory engagement. Families are welcome to join us for this fun and memorable experience.



Reflexology: Education and Mini Sessions

Relax, Learn, and Rejuvenate | Tuesday, July 21st at 10:30AM

Join us for an informative presentation on reflexology and its potential benefits for relaxation, circulation, and overall wellness. Following the educational session, participants will have the opportunity to enjoy complimentary mini reflexology demonstrations. Space may be limited and sign-up may be required.



If The Shoe Fits: Footwear Vendor

Comfort Meets Style | Wednesday, July 29th 10:00AM–2:00PM

We are pleased to welcome **If The Shoe Fits** to Hawthorne. Residents will have the opportunity to browse a variety of supportive and comfortable footwear designed to meet different mobility and wellness needs. Representatives will be available throughout the day to answer questions and assist with fittings and recommendations.

Sign Up Programs:



(2025's design)

Stampin' Up Card Workshop

Time: 1:30 PM | Thursday, July 30th | Cafe/Sanctuary

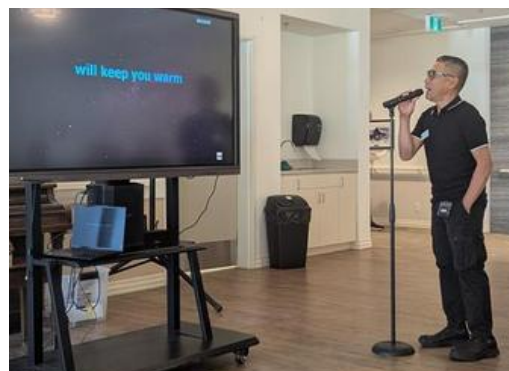
Stampin' Up for Stampede! Join us for a fun western-themed card-making workshop in celebration of Stampede season. Participants will create two handcrafted cards using stamps, embellishments, and creative designs.

Space is limited. Sign up at Reception to reserve your spot.

Lifestyle & Programs Retrospect:

Hawthorne Team Talent Show

Our talented team members wowed residents with an afternoon of music, entertainment, laughter, and creativity. Thank you to everyone who participated and helped make this event such a memorable celebration of the amazing individuals who contribute to our community every day.



Lilac Tree Planting for World Elder Abuse Awareness Day

Residents, families, community partners, and local leaders joined together for our Lilac Tree Planting Ceremony in recognition of World Elder Abuse Awareness Day. The lilac tree serves as a lasting symbol of dignity, respect, and our shared commitment to supporting older adults. Thank you to all who attended this meaningful event.



Lifestyle & Programs Retrospect:

Outing to ROARR

Residents enjoyed another wonderful visit with the ROARR program, offering opportunities for engagement, connection, and meaningful interactions. These visits continue to be a resident favorite and provide enriching experiences for everyone involved.



FIFA Food Drive Watch Party

Our FIFA-themed Watch Party brought residents, families, and team members together in support of the Cochrane Food Bank. Thank you to everyone who attended, donated, and participated in the friendly competition. Your generosity and community spirit made this initiative a great success.



Spa Day: New Monthly Sign-Up Series

Our newly introduced Spa Day series has been warmly received by residents. Participants enjoyed opportunities for relaxation, self-care, and social connection in a calm and welcoming environment. We look forward to continuing this popular program and expanding future wellness-focused offerings.



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.

Calling All Residents! We are looking for 2-3 resident council representatives per floor.

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
<i>Vacant</i>	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, July 9th at 2:30 PM

Empowering Resident Voices • Enhancing Community Life

Health & Safety:

July's Emergency Review: **Extreme Weather**

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.

Loss of Services/Contingency Planning

What Is a Severe Weather Event?

Severe thunderstorms and high winds can develop quickly and may bring lightning, heavy rain, hail, strong winds, power outages, and in rare cases, tornadoes.

Environment Canada may issue:

- Watch – Conditions are favorable for severe weather to develop.
- Warning – Severe weather is occurring or expected soon. Immediate precautions should be taken.

How Residents Can Help

- Stay Informed
- Listen for community announcements and employee instructions.
- Remain Indoors
- During a warning, stay inside the building and avoid going outdoors.
- Stay Away from Windows
- Move away from windows, glass doors, and exterior walls.
- Follow Directions
- If asked, move to a designated shelter area or an interior hallway or room.

Remember: **Get In, Get Down, Get Covered**

- Get In: Move inside immediately.
- Get Down: Go to the lowest level possible.
- Get Covered: Protect your head and body from flying debris.

Our Commitment to You

Optima Living maintains emergency response plans for severe weather events. Employees are trained to monitor conditions, communicate updates, and take action to keep residents safe. Your safety and well-being remain our highest priority.



FALLS PREVENTION

Why Falls Matter

Falls can happen to anyone and small changes can make a big difference

Preventing falls helps you stay independent, active, and confident in your daily routine!

Common Causes of Falls

- Rushing to the bathroom or dining room
- Not using walkers or canes when needed
- Poor lighting or cluttered walkways
- Slippery floors (especially in bathrooms) or loose rugs
- Medications that cause dizziness or drowsiness
- Weak muscles or balance changes
- Improper footwear

Simple Ways to Prevent Falls

Use the Supports Around You

- Use your walker, cane, handrails on stairs even for short distances. Use grab bars in the bathroom
- Keep your call bell or phone within reach. Know where the call bells are in the walkways or public areas
- Ask your care team for help when needed, especially at night or when you're not feeling steady

Move Safely

- Take your time when getting out of bed or a chair
- Sit at the edge of the bed for a moment before standing up to avoid getting dizzy from getting up too quickly
- Wear your glasses and/or hearing aids to stay aware of your surroundings

Wear Safe Footwear

- Choose well-fitting, non-slip shoes
- Avoid walking in socks or loose slippers

Keep Your Space Safe

- Keep pathways clear (no cords, bags, clutter, or folded rug corners)
- Turn on lights before moving around, especially at night
- Let your care team know if something needs cleaning (e.g. spills) or fixing (e.g. safety supports)

Stay Strong & Active

- Join exercise or mobility programs (our recreation team has fun activities planned everyday!)
- Even light movement like walking or chair exercises helps improve balance and strength to prevent falls

Know Your Body

- If you feel dizzy, weak, or unsteady, sit down right away and ask for assistance
- Let us know about any new symptoms so we can help you stay safe

If You Do Fall

- Stay calm and call for help using your call bell / phone / watch / etc
- Try not to get up too quickly
- Always report falls to your care team, even if you feel okay

Employee Recognition: The Shining Stars of the Month

We are excited to launch Hawthorne's improved **Shining Star Program**, a meaningful way to recognize team members who go above and beyond in the ways that matter most. Each month, we will celebrate three outstanding individuals—one for exemplary attendance, one for outstanding mentorship, and one for upholding Optima Living's core values. 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

Jessy (HCA) - Mentorship
Joycee (Kitchen) - Values
Jennifer (HA) - Attendance



Our Shining Stars shine through their reliability, willingness to support and guide others, and everyday actions that strengthen our community and enhance the experience of our residents, families, and team members. To our well deserved recipients: thank you for your commitment, compassion, and integrity—you truly make a difference.

Please join us in celebrating our Shining Stars and the positive impact they have at Hawthorne each day!

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.

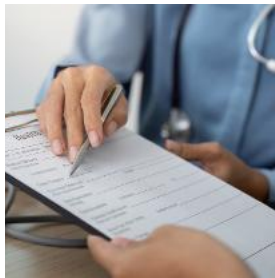
Salon Prices - Ladies

- 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

Ext. 1064

60 Fireside Gate, Cochrane Alberta T4C 2T9

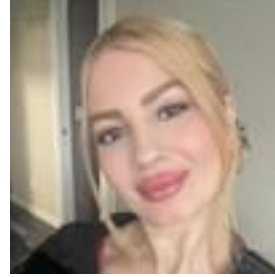
403.840.0150

hawthorneseniors.ca

Leadership Directory:



Justine Patricio
General Manager
Ext. 1009
justine.patricio
@optimaliving.ca



Rosita Topalian
Director of Care
Ext. 1013
rosita.topalian
@optimaliving.ca



Alina Mihai
Office Manager
Ext. 1008
alina.mihai
@optimaliving.ca



Graciella Borja
Asst. Director of Care
Ext. 2023
graciella.borja
@optimaliving.ca



Caitlyn Demars
Employee Educator

caitlyn.demars
@optimaliving.ca



Navneet Warring
Receptionist
Ext.1005
hawthorne.reception
@optimaliving.ca



MacKenzie Smrekar
Recreation Manager
Ext. 1011
mackenzie.smrekar
@optimaliving.ca



Kyle Klassen
Kitchen Manager
Ext. 1030
kyle.klassen
@optimaliving.ca



Recruiting
Hospitality Supervisor
Ext. 7905



Barry Long
Maintenance Supervisor
Ext. 1053
barry.long
@optimaliving.ca

60 Fireside Gate, Cochrane Alberta T4C 2T9

403.840.0150

hawthorneseniors.ca