



Hawthorne  
by Optima Living



## 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**



## Note from the General Manager:

As we welcome the month of **May**, there is a sense of warmth and renewal throughout our community. With longer days and signs of spring all around us, it's a wonderful time to appreciate the moments that bring us together.

May offers many meaningful opportunities for connection and celebration, from Mother's Day to occasions like World Laughter Day and Vesak—each reminding us of the importance of kindness, joy, and reflection.

This month, I will also be attending the Optima Living Summit, where leaders come together to share ideas and strengthen our commitment to exceptional care. I look forward to bringing back new insights to support our community here at Hawthorne.

Thank you to our residents, families, and team members for all that you do. Wishing you a beautiful May filled with connection and joy.

**Justine Patricio**

## Updates from Recreation:

### Activities & Seasons of Celebration in May

May is brimming with meaningful moments and uplifting celebrations! We'll be recognizing special occasions such as **Mother's Day, National Nurses Week, and Mental Health Awareness Week**, along with many other engaging events throughout the month.

Our **Good Vibes Memory Choir** will be wrapping up the season with a special concert at Hawthorne on **Saturday, May 23rd at 2:00 PM**. Friends and family are warmly invited to attend!

Last month, we launched our **Resident Spotlight: Armchair Travel** program with a wonderful journey to Austria. Thank you to everyone who helped make this experience so memorable! This month, we'll be travelling to the **Northwest of British Columbia** to explore its unique landscapes, culture, and stories. If there's a destination that holds special meaning to you, we'd love to hear your ideas—please connect with the Recreation Team.

We're also excited to welcome new entertainment from the **These Boots** line dancers. Be sure to check out our monthly calendar—you might just discover a new favourite way to celebrate, connect, and have fun!

### Resident-Led Programs: The Call Continues!

We encourage residents to share their talents and passions by leading programs of their own. If you're interested in hosting or helping with an activity, or getting more involved in your community, please connect with the Recreation Team—we'd love to support you! We are currently calling out for residents to host games, needlework, and a welcoming committee!



# Happy Birthday

Happy Birthday to our wonderful **May 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!

**May 2<sup>nd</sup> - Bob A**

**May 8<sup>th</sup> - Sheila P**

**May 24<sup>th</sup> - Fred Q**

**May 2<sup>nd</sup> - John S**

**May 10<sup>th</sup> - Barry K**

**May 30<sup>th</sup> - Ardelle P**

**May 3<sup>rd</sup> - Retta P**

**May 16<sup>th</sup> - Wendy V**

**May 30<sup>th</sup> - Don M**

**May 4<sup>th</sup> - Bruce N**

**May 20<sup>th</sup> - Donella S**

**May 30<sup>th</sup> - Marilyn M**

**May 7<sup>th</sup> - Betty B**

**May 23<sup>rd</sup> - Edmond D**

**May 31<sup>st</sup> - Roberta S**

**May 7<sup>th</sup> - Lorna K**



**Monthly Birthday Celebration**

**Thursday, May 14<sup>th</sup>**

**@ 1:30 PM**

**Multi-Purpose Room**

Entertainment by **Kelly Kalden**

## Upcoming Events:



### Mother's Day Tea

#### A Celebration of Love and Tea

Our Mother's Day Tea will be a special opportunity to celebrate and honour the wonderful mothers in our community. Two seating times will be available on **Friday, May 8<sup>th</sup> at 10:00AM and at 1:00PM**, and sign-up is required to reserve your spot. Maximum two guests per resident, \$10 per guest. We look forward to sharing an elegant and memorable afternoon together with residents and their loved ones.



### Hangar Museum Traveling Exhibit

#### Exploring Memories of Flight

We are pleased to welcome the Hangar Museum Silver Darts Traveling Exhibit: History of Commercial Aviation – Memories of Flight on **Wednesday, May 6<sup>th</sup> at 1:30PM**. This engaging exhibit offers a fascinating look into the evolution of aviation, sparking stories and memories of travel through the years. Everyone is encouraged to stop by, explore, and enjoy this unique learning experience.



### Live Entertainment with Brooks & Kevin

#### A Musical Mother's Day Special

Join us for a Mother's Day Special Performance featuring Brooks & Kevin on **Tuesday, May 12<sup>th</sup> at 2:30PM**. This lively musical event will bring great energy, familiar tunes, and a joyful atmosphere as we celebrate together. We hope you'll come out to enjoy the entertainment and make the day even more special!

## Sign Up Programs: Lunch Bunch: TacoTime \$20



Time: **11:45 AM | Tuesday, May 5<sup>th</sup> | Cafe Sanctuary**

Join us in celebrating **Cinco de Mayo** during Lunch Bunch featuring TacoTime for \$20. We'll enjoy our meal together in the Cafe Sanctuary, making it a fun and relaxed social lunch without going out.

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



## Lifestyle & Programs Retrospect:

### 3, 2, 1...Action!

Our community has been full of energy lately, with residents embracing the fun and benefits of active games like bowling and ring toss. From friendly competition on the bowling lane—complete with impressive strikes and plenty of cheers—to the focus and precision shown during ring toss, these activities have brought both excitement and a sense of accomplishment. Beyond the fun, these games help build strength, coordination, and meaningful social connections among residents. With warmer days ahead, we're especially looking forward to taking these activities outdoors and enjoying even more opportunities to stay active, engaged, and connected in the sunshine!



## 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
<i>Vacant</i>	3 <sup>rd</sup> 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, May 14<sup>th</sup> at 2:30 PM**

**Empowering Resident Voices • Enhancing Community Life**

## 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.

## 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.

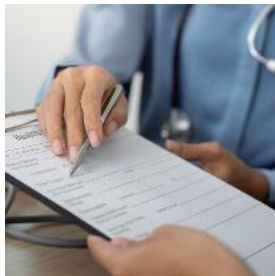
### Salon Prices - Ladies

- 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



**Alberta Health  
Services**

**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

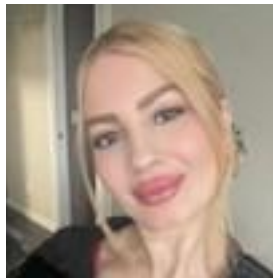
**403.840.0150**

**hawthorneseniors.ca**

## Leadership Directory:



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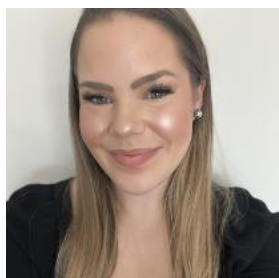
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