



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

Note from the General Manager:

Dear Hawthorne Residents,

I am very pleased to share that I will officially be joining Hawthorne as your **General Manager** on **Thursday, February 5th**. I am truly looking forward to working alongside everyone—the dedicated management team, our exceptional frontline staff, and of course, our wonderful residents who make this community so special.

Thank you all for welcoming me into Hawthorne and for the opportunity to be part of this incredible home. I am excited for the work ahead and the meaningful connections we will build together.

Justine Patricio

Updates from Recreation:

Therapeutic Recreation Awareness Month!

We are excited to celebrate the meaningful impact of Therapeutic Recreation and the dedicated team who bring energy, creativity, and connection to our community. Recreation supports emotional well-being, social engagement, and overall quality of life—making a difference every single day. To join in the fun, we’re hosting a friendly Floor vs. Floor Participation Contest throughout February. Attend programs, get involved, and help your floor earn points for a prize, and of course, bragging rights! Thank you to our amazing Recreation Team—and to all residents for your enthusiasm and participation!

Passports to Paradise

Get ready to explore the world without leaving home! **Passports to Paradise**, our Optima-wide travel-from-home initiative, invites you to “visit” two exciting destinations each month through themed activities and delicious foods created in collaboration by our Recreation and Kitchen teams. This February, we’re off to **France and Italy**—prepare for delightful flavors, cultural experiences, and plenty of fun along the way! Grab your passport and join the adventure!

Updates from Maintenance:

Maintenance Request Reminder

If you encounter any issues in your suite, please don't hesitate to ask an employee to fill out a **maintenance request form**, available at every Nursing office.

Building Maintenance

We are working diligently to address building concerns such as water leaks, as well as our Shaw equipment - thank you for your patience and cooperation during this time.

Icy Conditions

As winter continues, we want to remind everyone to take extra care when walking around the property. Temperatures can shift quickly, and icy patches may form. If you notice any slippery areas, please let Maintenance know so they can lay down salt promptly. Thank you for helping keep our community safe!

New Hires

Please extend a warm welcome to our new hire, **Craig**, who will be assisting part-time in maintenance.

Updates from Food & Beverage

Coffee & Conversation with Chef Kyle

Please join us on the last Tuesday of the month, **Tuesday, February 24th at 10:00 AM**, in the **Cafe Sanctuary** for Coffee & Conversation with the Chef.

Enjoy a warm cup of coffee and the opportunity to connect, ask questions, and hear directly from our chef in a relaxed, friendly setting.

We look forward to sharing a great morning together!

Menu Update

Thanks to your feedback, we're returning to our original menu format with one main entrée for lunch and dinner, plus an alternative menu for anyone who would like a different option.

If you'd like something from the alternative menu, please let an hospitality aide know ahead of time so the kitchen can prepare it:

- **Lunch orders by 10:00 AM**
- **Dinner orders by 2:00 PM**

We'll also continue to offer snacks at 2:00 PM and in the evening, so there's always something to enjoy throughout the day.

The alternative menu for February will be Cobb Salad **or** Beef Sausages with mashed potatoes **and** mixed vegetables.

As always, resident clinical dietary needs will continue to be taken into account in the main menu.



Happy Birthday

Happy Birthday to our wonderful **February 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! 🎉

February 12th - Andy T

February 13th - Ruby C

February 15th - Ann M

February 15th - Barry G

February 18th - Dan R

February 21st - Diane H

February 27th - Ellen K

February 28th - Nola S

February 28th - Ralph F



Monthly Birthday Celebration

Friday, February 13th

@ 1:30 PM

Multi-Purpose Room

Entertainment by **Kelly Kalden**



Upcoming Events:



Intergenerational Tea with Fireside School

☕ Join Us for a Heartwarming Afternoon!

On **Tuesday, February 3rd at 1:15 PM** in the **Multipurpose Room**, we're welcoming students from **Fireside School** for a special Intergenerational Tea. Enjoy tea, treats, conversation, activities, and meaningful connections as we bridge generations through shared stories and smiles. We hope you'll join us for this uplifting and memorable gathering!



Shared Journeys Support Group

💬 Connecting Through Conversation

Our **Shared Journeys Support Group** is moving to a new time this month. Join us on **Tuesday, February 16th at 2:30 PM** in the **Cafe Sanctuary** for an open, welcoming conversation. This gathering offers residents and their family members a supportive space to share experiences, connect about the challenges and joys of having loved ones inside or outside the residence, and strengthen community through understanding. All are welcome to participate in this meaningful discussion.



Live Entertainment with Everything Country

🎸 Kick Back for an Afternoon of Country Favorites!

Join us on **Friday, February 27th at 3:00 PM** in the **Multipurpose Room** for live entertainment by **Everything Country**. Enjoy familiar classics, toe-tapping tunes, and a relaxed, fun atmosphere perfect for a Friday afternoon. We look forward to seeing you there for great music and great company!

Sign Up Programs: **Lunch Bunch: Chinese Takeout \$20**



Time: **11:45 AM | Tuesday, February 24th | Cafe Sanctuary**

Join us for Lunch Bunch featuring Chinese takeout 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.](#)



Program Spotlight: **Good Vibes Memory Choir**

🎵 **Singing, Connection, and Joy—Every Tuesday!**

The **Good Vibes Memory Choir** is returning to its regular schedule: every **Tuesday at 10:00 AM** in the **Multipurpose Room**.

Founded by **Erica Phare-Bergh**, this specialized music program is designed for individuals living with dementia or memory loss, along with their caregivers and volunteers. Through the power of singing, the choir helps boost cognition, reduce stress, encourage self-expression, and build meaningful connections in a supportive, uplifting environment. We invite you to be part of the good vibes each week!



Lifestyle & Programs Retrospect:

Celebrating Robbie Burns at Hawthorne

This January, Hawthorne was filled with Scottish spirit as residents gathered to honour the life and legacy of **Robbie Burns**, Scotland's beloved poet. Lively music, tartan décor, and joyful conversation set the tone for an afternoon of tradition and togetherness. Residents enjoyed classic poetry readings, toe-tapping tunes, and plenty of light-hearted fun as we celebrated this cherished cultural event.

Our Kitchen and Recreation team brought the celebration to life with haggis, shortbread, and traditional highland dancing. A special thank you to the **Calgary Burns Club** for joining us and making the event truly unforgettable.

Thank you to everyone who joined us in making this year's Robbie Burns celebration such a warm, memorable highlight of our January 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, February 12th at 1:30 PM

Empowering Resident Voices • Enhancing Community Life

5 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.



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.



2 Maximize retirement income

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

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.

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!

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.

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

Shakil (HCA), Eric (RA)



Were nominated for upholding our Values of
"Working Together and Doing the Right Thing"

We are proud to recognize two of our team members who recently received the Shining Star award for exemplifying our values of Working Together and Doing the Right Thing. Their dedication, collaboration, and integrity consistently strengthen our community and inspire those around them. Please join us in congratulating them on this well-deserved achievement!

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.

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.

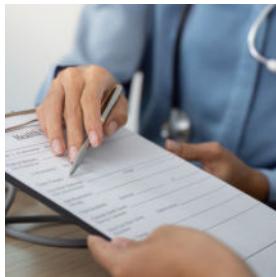
Salon Prices - Ladies

- 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

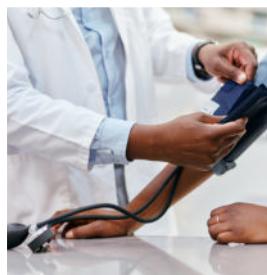
Ext. 1061



Ricardo Zalamea

Case Manager

Ext. 1062



Sara Tysseland

Case Manager

Ext. 1064

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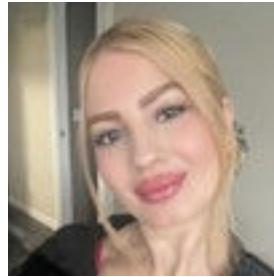
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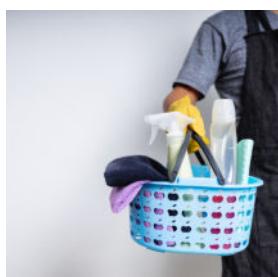
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