



Hawthorne  
by Optima Living



## Message from The Principals:

Welcome to the **January edition** of Optima Daily.

A new year brings fresh beginnings and much to look forward to, and we're happy to welcome 2026.

Thank you to our residents and families for the trust and sense of community you bring to our homes each day. As the year unfolds, we remain committed to creating spaces filled with comfort and care, with plenty of opportunities to enjoy daily life.

We look forward to the months ahead and all they will bring.

**Ali, Farid, & Karim**



## Note from the General Manager:

**“Cheers to a New Year and another chance for us to get it right” – Oprah Winfrey**

As we begin this new year, I want to take a moment to share my heartfelt thanks and best wishes with each of you.

It has truly been an honor to be part of this community.

The residents, families, and dedicated team members make this place special, and I am grateful for the memories, connections, and accomplishments we have shared together.

**Carmela Dixon**

## Update from General Manager Cont'd:

As I say goodbye, I wish everyone a new year filled with love, happiness, and continued success. May this year bring good health, meaningful moments, and new opportunities for growth and joy. My last day will be January 15th, and I leave with appreciation and confidence in the wonderful people who make this community what it is.

I would also like to take this opportunity to welcome two new leaders to our team.

Please join me in welcoming **Rosita Topalian**, who will be joining us as our new **Director of Care** starting January 5th. We are excited to have her bring her experience and dedication to our community. Additionally, **MacKenzie Smrekar** joined us on December 22nd, 2025, as our new **Recreation Manager**. We are thrilled to have her energy and creativity enhancing our programs and activities.

Thank you all for your support, kindness, and teamwork. I wish our residents and team members nothing but the very best in the year ahead.



## Update from Recreation:

### Welcome New Recreation Manager!

We are pleased to welcome **MacKenzie Smrekar** to Hawthorne as our new Recreation Manager, joining us on December 22nd.



MacKenzie holds a degree in Psychology and a Post-Graduate Certificate in Therapeutic Recreation, and is a proud member of the Alberta Therapeutic Recreation Association.

She brings a strong blend of formal training and hands-on experience in creating meaningful recreation programs. Her background includes therapeutic recreation and program coordination across a variety of settings, including community centers, virtual platforms, healthcare environments, and residential care.

Outside of work, MacKenzie enjoys exploring nature, spending time with her cats, and showing a competitive streak during board games. She is passionate about expressive arts and loves using music and dance as tools for connection and storytelling. Having recently relocated to Alberta, MacKenzie is excited to build community and explore all that her new surroundings have to offer. She also enjoys animated movies, musicals, spontaneous adventures - and is rarely without sour candy or chocolate-covered pretzels close at hand!

Please join us in welcoming MacKenzie to the Optima Living family and to Hawthorne. We're excited to have her on our team!

## Updates from Recreation:

### New Memory Care Resource

We are excited to announce that we now have a subscription to **Zinnia TV**, a unique streaming service created especially for individuals living with memory loss.

Zinnia TV features thoughtfully designed programming that includes familiar sights, sounds, and topics from everyday life, helping residents feel comfortable, engaged, and at ease.

The content is intentionally calm and easy to follow, which can help reduce anxiety, encourage positive emotions, and support meaningful moments of connection between residents, families, and caregivers. Programs may include nature scenes, travel, music, simple how-to activities, and reminiscence-based content that supports cognitive engagement without overstimulation.

**Zinnia TV is available for viewing in the Memory Care Cottage B Living Room and in our Café Sanctuary upon request.** Families are welcome to enjoy this programming alongside their loved ones during visits.

### Resident Recreation Surveys

Thank you to everyone who shared feedback on the delivery and content of lifestyle and program experiences at Hawthorne through our secondary survey in December.

Your input is invaluable and will help inform our February calendar and beyond. We look forward to reviewing the results together at our next calendar planning meeting on **Wednesday, January 28th at 10:30 AM.**

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## 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. Our maintenance team will prioritize your request to ensure it's addressed promptly and efficiently. Your comfort is our priority!



## Updates from Food & Beverage

### Coffee & Conversation with Chef Kyle ☕👨‍🍳

Please join us on the last Tuesday of the month, **Tuesday, January 27th 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 p.m. and in the evening, so there's always something to enjoy throughout the day.

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



# Happy Birthday

Happy Birthday to our wonderful **January 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! 😊💡

**January 7<sup>th</sup> - Jacci S**

**January 8<sup>th</sup> - Margaret Anne S**

**January 14<sup>th</sup> - Jenny B**

**January 16<sup>th</sup> - Mike D**

**January 19<sup>th</sup> - Michael R**



## Monthly Birthday Celebration

**Tuesday, January 13<sup>th</sup>**

**@ 2:30 PM**

**Multi-Purpose Room**

Entertainment by **Brooks & Kevin**





## Upcoming Events:



### Live Entertainment with Elvis Presley

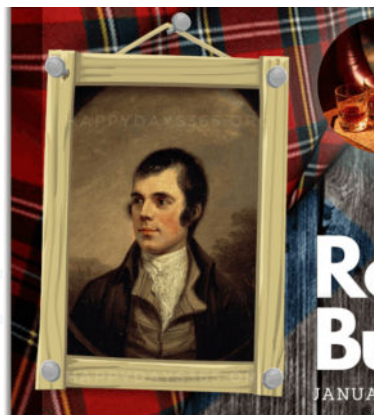
#### 🔑 Get Ready to Rock!

On Tuesday, January 6th at 2:30 PM, we're turning up the volume with Will Reeb and an unforgettable Elvis Impersonator! Come sing along, tap your feet, and enjoy an afternoon of classic hits and live entertainment.



### Coffee & Discussions Group

We are excited to launch Coffee & Discussions, designed to bring people together for meaningful conversation and connection. Our first session, held on **Wednesday, January 7th at 2:30 PM**, will focus on visual impairments - exploring experiences, sharing resources, and discussing strategies for navigating daily life. Whether you are visually impaired, support someone who is, or simply want to learn more, this session offers a welcoming space to connect, ask questions, and engage with others over a cup of coffee. Join us for an afternoon of insight, conversation, and community!



### Robbie Burns Day Celebration

Join us for a Robbie Burns Day Celebration with the Calgary Burns Club on **Wednesday, January 28th at 2:30 PM**. Enjoy traditional haggis, classic Scottish poetry, and a wonderful afternoon celebrating the life and works of Scotland's beloved poet, Robert Burns. Everyone is welcome to attend and enjoy this special cultural event together.

## Sign Up Programs:



### Lunch Bunch: Mucho Burrito Takeout \$20

Time: 11:45 AM | Friday, January 16th | CS

Join us for Lunch Bunch featuring Mucho Burrito takeout for \$20 on Friday, January 16th at 11:45 AM.

We'll enjoy our meal together in the Café, making it a fun and relaxed social lunch without going out.

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



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### Program Spotlight: Cherubim Music Therapy Recital

Each month, under the caring guidance of a music therapy teacher, Nathene, a small group of Cherubim students takes the stage to share their talents in our Music Therapy Recital.

These informal performances create a warm, supportive space for participants to build confidence, strengthen presentation skills, and express themselves through music.

Our recitals feature students of all ages - from young beginners discovering their musical voice to older adults who continue to share their lifelong love of music. Audiences enjoy a delightful mix of piano pieces, vocal performances, and occasionally a heartfelt poem.

Every recital is a celebration of courage, creativity, and community. We're proud of each performer and grateful to Nathene for fostering such an inclusive and encouraging environment.

#### Next Music Therapy Recital:

**Saturday, January 31<sup>st</sup> at 1:30 PM**

Multi-purpose Room





## Lifestyle & Programs Retrospect:

### 👶👶 🎄 Spreading Holiday Cheer at Hawthorne 🎄 👶👶

This past holiday season, Hawthorne was filled with joy as we welcomed a very special guest – Santa Claus! Residents were delighted to see him, share holiday wishes, and even take photos to capture the moment. Laughter, smiles, and festive cheer filled our halls, reminding us all of the magic of the season.

Through our partnership with the **Cochrane Elves for Seniors Program**, each resident received a carefully chosen Christmas gift. These thoughtful gifts help ensure everyone feels remembered, celebrated, and connected, no matter their circumstances. Many families joined in the excitement, sharing in the warmth and joy of the season with their loved ones.

We are deeply grateful to the Cochrane Elves and our community partners for helping make this tradition possible year after year. Moments like these highlight not only the spirit of the holidays but also the caring, close-knit community that makes Hawthorne such a special place ❤️



## 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:
<i>Dawn G (Family Member)</i>	Memory Care
<i>Vacant</i>	Memory Care
Shawna B	2nd Floor Representation
<i>Dale B</i>	2nd Floor Representation
Jacqueline S	3rd Floor Representation
Colin T	3 <sup>rd</sup> Floor Representation
Kelly L	3rd Floor Representation
Alan H	4th Floor Representation
Lelia R	4th Floor Representation
Carmela Dixon General Manager	Elected Chair
<i>Vacant</i>	Elected Co-Chair

**Next Resident Council Meeting:**

**Thursday, January 15<sup>th</sup> at 1:30 PM**

**Empowering Resident Voices • Enhancing Community Life**

# Six

## effective ways to focus on Health & Wellness

2



### LIMIT SALT & SUGAR



Limit foods and drinks that are high in sodium or added sugar. Try decreasing the amount of sugary & salty snacks/treats, avoid fast foods and highly processed foods

5

### DRINK YOUR FLUIDS



Water keeps every part of your body working properly. It helps your body flush wastes and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day—through your breath, sweat, urine, and bowel movements. You need to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. A common recommendation is to drink six to eight 250 mL (8 fl oz) glasses of water or other fluid every day

1

### COLOUR YOUR PLATE



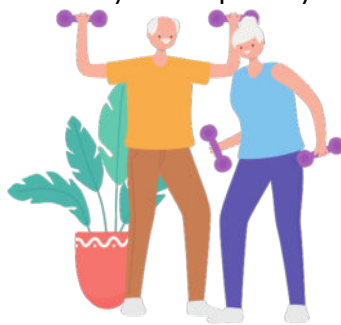
Aiming to have half of your plate filled with colour! Think Fruits & Veggies. Your goal is to fill half of your plate with vegetables and fruit at every meal. Frozen or unsweetened canned fruits or veggies are great alternatives to fresh

3

### LET'S GET PHYSICAL

Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body. This can help bring more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen. It lowers blood pressure and helps to reduce body fat. It also improves blood sugar and cholesterol levels

Walking is a type of aerobic exercise. It's one of the easiest ways to increase your physical activity and improve your health



4



### HOW TO GET THE HEART PUMPING

1. Take part in at least 2.5 hours of moderate to vigorous aerobic activity each week.
2. spread out the activities into sessions of 10 minutes or more
3. it's beneficial to add muscle and bone strengthening activities using major muscles for at least twice a week



6

### FOOD FOR THOUGHT

Ensure to include whole grains and consider meat alternatives for protein. Try to prepare your meals using whole or minimally processed foods. Eat a variety of grain products every day. Include whole grain foods that have lots of fiber and nutrients. For proteins, want to limit highly processed meats that are high in saturated fats. Try to choose the following foods: Lean meats, fish, and meat alternatives like beans or tofu. Heart healthy fats like canola oil, olive oil, avocado, and nuts.

## Health & Safety:

### January's Emergency Review: Code Black (Bomb Threat)

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 Black (Bomb Threat)

#### What Is a Code Black Event?

A Code Black is declared when there is a bomb threat or suspicion of an explosive device within or near the community. This is a serious emergency that requires immediate attention and strict adherence to safety procedures.

#### How Residents Can Help:

1. **Follow Instructions Immediately** – Listen for announcements from employees or emergency responders. Evacuation or lockdown instructions may be given depending on the situation.
2. **Remain Calm** – Panic can create additional risk. Employees are trained to manage the situation safely and efficiently.
3. **Do Not Touch Suspicious Items** – If you see any unattended package or object that seems out of place, do not touch it and report it immediately to an employee.
4. **Evacuate Only When Directed** – In some cases, residents may need to move to a safe location within the building; in others, full evacuation may be required. Follow guidance from employees precisely.
5. **Stay Informed** – Updates will be provided as soon as it is safe. Do not use phones in areas where electronic devices are restricted, as instructed by employees.

### Our Commitment to You

Optima Living Communities has detailed Code Black protocols in place. These include coordination with local law enforcement and emergency services, ensuring that residents' safety remains the highest priority. Every precaution is taken to protect life, maintain calm, and resolve the situation as quickly as possible.



## 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

**Duane Rosario (HCA) Heiness Ducusin (HCA)  
Yewande Utoh (LPN) Edith O. (LPN)**



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

The team shown compassion and strength on working together when there was a difficult event at Memory Care. 3 Residents were loss at the same night. The team working that night worked together to support each other in this difficult time.

### 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.

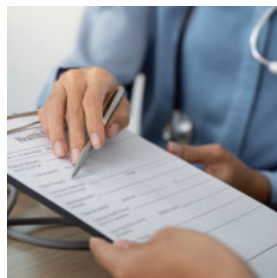
### Salon Prices - Ladies

- 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**

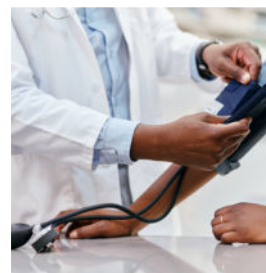
Ext. 1061



**Ricardo Zalamea**

**Case Manager**

Ext. 1062



**Sara Tysseland**

**Case Manager**

Ext. 1064

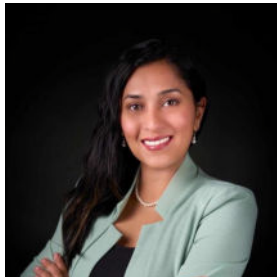
60 Fireside Gate, Cochrane Alberta T4C 2T9

**403.840.0150**

**hawthorneseniors.ca**



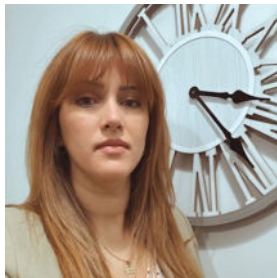
## Leadership Directory:



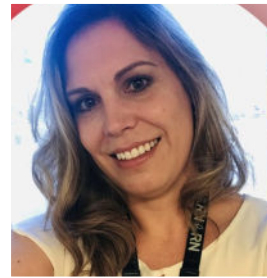
**Carmela Dixon**  
**General Manager**  
Ext. 1009  
carmela.dixon  
@optimaliving.ca



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



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



**Trina Beaudoin**  
**Asst. Director of Care**  
Ext. 2023  
trina.beaudoin  
@optimaliving.ca



**Caitlyn Demars**  
**Employee Educator**  
caitlyn.demars  
@optimaliving.ca



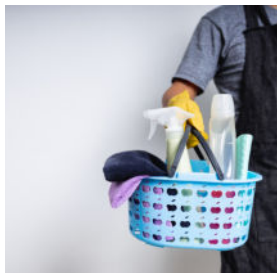
**Navneet Warring**  
**Receptionist**  
Ext.1005  
hawthorne.reception  
@optimaliving.ca



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



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



**Jennifer Dunn**  
**Hospitality Supervisor**  
Ext. 7905  
jennifer.dunn  
@optimaliving.ca



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

60 Fireside Gate, Cochrane Alberta T4C 2T9

**403.840.0150**

**[hawthorneseniors.ca](http://hawthorneseniors.ca)**