



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.

Check Out



Providing educational resources to help you stay informed, learn new skills, and equipped to handle every scenario.



Happy New Year!

As we welcome a brand-new year, we're thrilled to continue sharing joyful and meaningful moments with all of you. This new year brings a fresh start, packed with opportunities to connect, create, and celebrate together. Whether it's joining your favorite activities, trying something new, or simply sharing a smile, we look forward to making this year unforgettable.

To our new residents and families—welcome! We're delighted to have you here. Our community shines brighter with your presence, and we can't wait to get to know you better.

A Note From Management:

As we step into this exciting new chapter, we want to extend our heartfelt gratitude for being a part of our vibrant community. Your continued engagement and support are what make our community a wonderful place to call home.

This year, we are committed to building on the feedback you've shared, ensuring that our services and amenities not only meet but exceed your expectations. Together, we'll create new opportunities for connection, growth, and enjoyment.

We encourage you to stay involved and share your thoughts with us throughout the year. Your insights are invaluable in shaping our community's future.

Here's to a year filled with happiness, health, and meaningful moments!

Upcoming Events:

January Outings

Currently, we have to postpone outings as we search for an available bus driver.

Important:* For safety reasons, outings will be canceled if the temperature reaches -20°C or lower.

January 6: Epiphany (Three Kings Day)

We invite you to a nativity play performed by our residents. Join the Hamlets Actors Guild on January 6th at 10:30 AM.



Jan 8: Elvis Presley's Birthday

Join us on January 8th at 2:30pm to celebrate Elvis Presley's birthday with a special showing of the Elvis movie.



National Popcorn Day – January 19th

Join us on January 19th to celebrate National Popcorn Day! Experience a delightful assortment of both sweet and savory popcorn flavors.

If you can't make it to the popcorn tasting, don't worry! A variety of flavors will be available during our afternoon movie at 2:30 PM.



January 25: Robbie Burns Day

Join us at **2:30 PM** for a brief celebration of Robbie Burns Day before we settle in for a movie matinee at **3:00 PM**.



Outing Disclaimer:

Please note that outing dates and times may change due to staffing levels and weather conditions. With over 200 residents in our community, we are committed to providing equal opportunity for everyone to enjoy outings. To ensure safety and fairness, we maintain a safe staff-to-resident ratio and must limit spaces. We appreciate your understanding as we do our best to include as many residents as possible while keeping everyone safe and supported during each outing.



December was a truly festive month filled with joy and celebration at our community. We hosted five delightful resident Christmas lunches that brought warmth and cheer to everyone. Each luncheon was an opportunity for residents to share laughter, stories, and the spirit of the season with one another. Additionally, we held a special Christmas dinner for our assisted and independent living residents, creating a cozy and festive atmosphere.

The highlight of the festivities was a surprise visit from Santa Claus himself, who brought smiles and excitement as he posed for photos with residents, capturing precious memories. A heartfelt thank you goes out to all the dedicated staff who worked tirelessly to make this magical season an unforgettable experience for everyone.

Your efforts truly made the season bright!

Happy Birthday

Celebrating Our January Residents!

We are thrilled to honor our amazing residents born in January! Your presence brings warmth and joy to our community, and we are eager to celebrate you on your special day. They are our New Year's babies!

Join Us for a Birthday Celebration

Mark your calendar for the first Tuesday of the month as we raise a toast to you and the happiness you share with everyone around you.

Come indulge in delightful refreshments, enjoy the cheerful company, and create lasting memories with friends and neighbors. Let's make this birthday celebration truly unforgettable!

James J.
Myles L.
Kathy L.
Patrick O.
Gerry S.

Birthday Celebration

January 13 th at 1:30 pm

Grand Hall



January Education:Least Restraint

Do you know what is considered a restraint?

A restraint is any device, or chemical (medication) that is used to control or restrict a resident's movement. If the residents cannot remove it or it would not be removed/discontinued if requested – it is a restraint.

Optima Living is committed to a least restraint environment and state that restraints are not a care option unless an assessment determines that there is no alternative to maintain the safety of:

- A resident in reducing the risk of injury,
- Other residents who may be at risk from another resident.

There is a process we use prior to initiating a physical restraint and all steps must be taken to ensure the safety of the resident. The Director of Care, Nurses, Occupational Therapist/Physiotherapist (OT/PT), Rehab Aide, Physician, and Resident's Family/Representative are all involved with review of initiating a physical restraint.

- The Nurses and OT/PT must complete the appropriate physical restraint assessments.
- The resident's physician is contacted and if in agreement with the physical restraint they will complete and sign a Safety Device Approval Form.
- We connect with the resident's family/representative, and it is very important families understand that applying physical restraints is the last resort. We discuss all risks associated with using a physical restraint.
- The Family/representative must also sign the consent (Safety Device Approval).
- We revise the resident's care plan to include all necessary information.
- Our Care Team members complete Restraint checks on a regular basis to reduce risk and negative impact they can have on residents.

Do you know why restraints are considered high risk used only as a last resort?

- MOST Serious - They can cause death (residents can strangle on a restraint).
- They Impede the residents' freedom.
- They Increase skin issues.
- Residents can feel helpless, angry, and scared.
- Restraints can cause physical trauma if the resident tries to get out.

Why Do We Secure Seat Belts Behind a Resident's Wheelchair?

- Seatbelts are considered a physical restraint when the resident is not able to remove independently, and we only apply when the resident is going for a vehicle ride or being pushed long distances.
- If a resident is requesting to wear a seatbelt, they must be able to remove it on command. When this is the case, we ensure details are documented in the resident's health care record, and the nurse will review regularly to confirm the resident continues to be able to remove it when they would like.

January Education: Least Restraint Cont...

Chemical Restraints

Definition of Chemical restraint: The use of medications or a chemical substance for the purpose of managing or modifying a person's behaviour, including medications, such as antipsychotics, when prescribed to treat behavioral and psychological symptoms of dementia. A chemical restraint is used to protect patients from harm only after all reasonable alternatives have been identified, evaluated and deemed unsuccessful.

We are working on Quality improvement initiatives that regularly review antipsychotic use (chemical restraints) in residents for appropriateness and to assess for opportunities to implement other strategies or wean the resident from the prescribed medication.

At Optima Living, we are committed to enhancing resident quality of life through evidence-based practices and collaborative improvement projects. Since January 2025, we have proudly participated in the Health Quality BC Appropriate Use of Antipsychotics in Long-Term Care Action Series, and we are excited to enter the next phase in January 2026. This initiative has empowered our teams to adopt person centered care strategies, strengthen medication review processes, and reduce potentially inappropriate antipsychotic use.

In addition, Optima Living is part of the Sparking Change Project through Healthcare Excellence Canada, which runs until February 2026. Our project under this program is called: "Less is Best – Optima Leads the Change".

Over the past year, Optima Living has achieved a 13% reduction in potentially inappropriate antipsychotic use across all homes.

If you have any questions or concerns about restraints, please reach out to the nurse or Director of Care.

Introducing Medline Skin & Wound Care Products

We are standardizing our skin care and wound care products by introducing Medline's trusted line for all residents. This change reflects best practices and ensures consistent, high-quality care across our community. If you have any questions, please contact the Director of Care.

Six

effective ways to focus on Health & Wellness

2

SUGAR

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

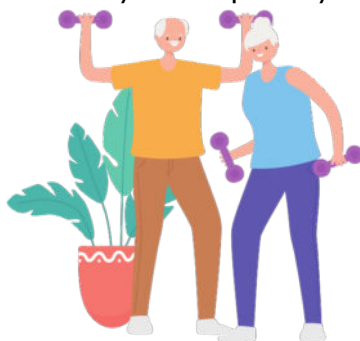


3

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.



Brain Health:

Simple Tips for a Sharp Mind



Incorporate Diverse Hobbies into your Daily Routine

Explore activities such as learning a new language, playing a musical instrument, or gardening. These activities not only enhance cognitive function but also provide a sense of achievement and joy. Embrace the opportunity to learn and grow, which promotes problem-solving skills, creativity, and overall well-being.

Engage in Mindful Practices

Incorporate mindfulness techniques into your daily routine, such as meditation, deep breathing exercises, or yoga. These practices help reduce stress, enhance concentration, and promote emotional well-being. By calming the mind and focusing on the present moment, you can improve your overall brain health and resilience.

Engage in Daily Mental Exercises.

Just like physical exercise strengthens your body, mental exercises can boost your brain's health. Try activities like puzzles, reading, or learning a new language. These activities stimulate cognitive functions, improve memory, and enhance your problem-solving skills. Dedicate a few minutes each day to challenge your mind and keep it sharp.

Prioritize Physical Activity.

Regular exercise boosts brain health by improving memory and cognitive function. Physical activity increases blood flow to the brain, reduces stress, and enhances mood. Consistent exercise can also improve sleep quality and overall mental well-being.

2026



NEW YEAR WORD SEARCH

B	H	E	J	A	A	I	N	Y	R	A	U	N	A	J
A	D	A	S	F	E	S	T	I	V	E	B	S	P	O
L	O	I	T	A	C	E	O	L	I	W	K	L	A	R
L	M	N	U	M	F	T	V	D	C	N	I	M	R	A
D	Y	G	C	I	S	N	F	R	O	U	S	O	A	E
R	E	S	O	L	U	T	I	O	N	E	S	G	D	Y
O	E	V	E	Y	O	L	R	J	F	A	C	L	E	W
P	T	A	T	R	N	D	E	Y	E	T	N	N	I	E
U	H	J	A	H	S	N	W	T	T	L	O	K	T	N
L	G	D	R	K	I	A	O	L	T	C	A	T	O	Y
O	I	C	B	E	L	G	R	M	I	Y	U	T	A	P
R	N	B	E	V	E	H	K	S	N	F	T	W	Y	P
A	D	B	L	D	S	E	S	H	N	L	B	R	I	A
S	I	T	E	R	F	S	I	R	U	H	T	J	A	H
E	M	L	C	O	U	N	T	D	O	W	N	L	D	P

Ball Drop
Celebrate
Confetti
Countdown
Eve

Family
Festive
Fireworks
Happy New Year
Hat
January

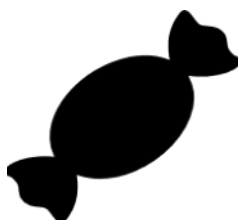
Kiss
Midnight
Parade
Party
Resolution

Products & Services



Westsyde Wardrobe

The Hamlets has its very own Thrift Store, Westsyde Wardrobe, run by our dedicated resident volunteers! Westsyde Wardrobe is open Friday, Saturday, and Sunday 10-2pm. All proceeds go to the Resident Enhancement Fund, supporting the quality of life of all our residents.



Tuck Shop

The Tuck Shop is open 8am-4pm . New prices and new products available. Now taking credit and debit, with all proceeds going to the Resident Enhancement Fund!



Registered Massage Therapist

Feeling Stiff or Sore? Book a Massage with Brenda, RMT! Did you know that regular massage therapy can help reduce pain, improve circulation, increase mobility, and promote overall relaxation? Whether you're feeling tense, stiff, or simply need a moment of calm, Brenda is here to help. (778)257-1121



Hair Salon

The hair salon is open Tuesday and Wednesday. Contact Iris by phone or text: (778) 220-8665 or drop in to make an appointment. Iris is sure to help you look and feel amazing.



Mobile Library Service

Mobile library service offered by the Thompson-Nicola Regional Library. Choose your genre, print size, and the number of books you wish to receive each month. Then sit back and wait for them to come to you. Talk to the staff to find out more.

Leadership Directory:



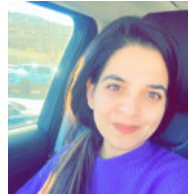
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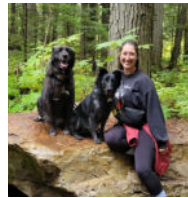
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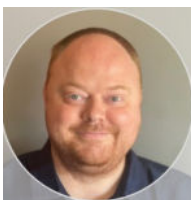
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