



## 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**

## Message from the General Manager:

As the holiday season arrives and we reflect on the year behind us, I would like to extend my heartfelt greetings to all of our residents, families, and team members at The Hamlets at Red Deer.

Thank you for being such an important part of our community throughout 2025. Your trust, kindness, and sense of connection are what make The Hamlets a truly special place to call home. It has been a privilege to share this year with you and to support you in everyday moments and meaningful milestones alike.

I would also like to extend my sincere appreciation to our incredible team members. Your hard work, dedication, and unwavering commitment to caring for and supporting our residents have made a lasting difference throughout the year. Your compassion and professionalism continue to strengthen our community, and I am deeply grateful for all that you do.

As we look ahead to the new year, we remain committed to fostering a safe, welcoming, and vibrant community where everyone feels valued and supported.

On behalf of the entire Hamlets and Optima team, we wish you and your loved ones a joyful holiday season and a healthy, happy New Year.

## **Updates from our Teams:**

### **Maintenance:**

Ed Clark has gone to Inglewood as Full Time Maintenance Worker. We are currently looking for new Part Time Maintenance Worker for hire.

### **Kitchen:**

If you have any comments or concerns, please see Ann either in her office or the Kitchen. We encourage you to attend the Food Committee meeting the 3<sup>rd</sup> Tuesday of every month.

### **Clinical:**

Just before Christmas, The Hamlets at Red Deer was in a Flu-Like Illness Outbreak on the Canyon, Heritage, Sunnybrook and Balmoral Hamlets. Please follow infection prevention and control practices, including wearing a mask at all times. Performing hand hygiene before, during, and at the end of the visit.

Affected residents will be isolated as appropriate and will remain in their rooms. These residents will receive tray service for meals. Any additional residents who develop symptoms will be isolated, and additional precautions will be implemented.

We encourage families to stay connected with their loved ones through telephone calls or other virtual options when possible. Families are encouraged to ensure they are up to date with recommended vaccinations, as eligible.

Check with your LPN if you have any concerns or questions and we thank everyone for your cooperation and patience.

### **Recreation:**

Please note there will be changes made regarding bingo prizes starting January 1<sup>st</sup>. A memo will be distributed.

Staff rotation: Now that the recreation team members have had time to familiarize in each level of care we will be having each team member designated to a level of care on alternating week days. This will mean you will see a little of each full time staff member throughout the week.

If you have any questions about what activities your loved one is doing here at The Hamlets, please reach out to Andrea (Recreation Manager), Richel or Jamie (Clinical Leads for SL4 and SL4D).

## Updates from our Teams:

### Administration:

**Thank you to everyone who donated items & cash for the Two Rounds of Christmas Raffles that raised \$866 to go towards Christmas gifts for the Residents on Christmas Day. On top of this amazing number, we had an overwhelming response to our Angel Tree campaign and received many tangible items that were on the resident wish list! This was a huge undertaking, and it is all worthwhile to know that EVERY resident at The Hamlets at Red Deer had a gift to open on Christmas Day! Also see the winners of the Raffles:**

### Thank you to the following residents and families:

Peggy and Terry S  
Joan & Brian B  
Teresa & Lawrence J  
Lori O  
Kim F  
Floyd & Ruth M  
James L  
Donna A  
Denise B  
Cheryl B  
Doreen G  
Helen's Wreaths  
Red Deer Polytechnic Social Work Students  
Charlene R  
Dan H  
Kimberley & Glenn R  
Eldon A & Family  
Evie R  
George & Vera T & Family  
Tina R  
Kayla T  
Grandma's Traditional Fruitcakes  
And all our anonymous Angel Tree Donors within the Red Deer Area

#### Raffle Winners - Draw 1

Carved Cross & Pencil Holder – Dennis A  
Silverware Windchime #1 – Willie G  
Tree of Life – Lily C  
Quilted Blanket – Audrey S

#### Raffle Winners - Draw 2

Disney House – Ky  
Helen's Wreath – Barb M  
Rose Granny Square blanket – Gerda L  
Carved Cross and Candy Dish – Duncan C  
Silverware Windchime #2 – Brenda S  
Dan's Book – Duncan C

\*\*Full names not listed as written consent was not gathered.

## **Resident Meetings:**

Resident council: We currently do not have a resident council. Resident council meeting is intended for residents to advocate for their needs and wants without a staff present. If you would like to become a member of this council to get it started please speak with Sid.

### **Food Committee:**

Food Committee meets once a month on the 3rd Tuesday of each month.

January 20th

Start time: 1:00pm

Location: Chapel

Facilitators: Ann and Sid

### **Health and Wellness:**

Health and Wellness meets once a month on the 4<sup>th</sup> Thursday of each month.

January 22nd

Start time: 11:00am

Location: Chapel

Facilitators: Andrea and IL coordinator (Sid filling in)

### **Town Hall:**

Town Hall meets once a month on the last Tuesday of each month.

January 27<sup>th</sup>

Start time: 12:30pm (Independent Living) 1:30pm (Supportive Living and Memory Care)

Location: Multipurpose Room

Facilitators: Sid and leadership guests.

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## **Resident Led Activities:**

We have some wonderful residents in independent living who lead activities. These activities do not have portering or staff available. Community members are welcome to attend but are to be aware of restrictions such as portering and supervision.

### **Wednesday 6:00pm MPR**

#### **Bible Study Live**

This bible study is open to everyone. Hosted by members of the Calvary Chapel.

### **Wednesday 10:00am ITR**

#### **Fun and Fitness**

This event is an informational get together to discuss a health related topic.

### **Sunday 9:30am MDR**

#### **Piano Hymns**

Come enjoy the classic hymns being played in the main dining room. Sing along if you like.

## Resident Volunteering:

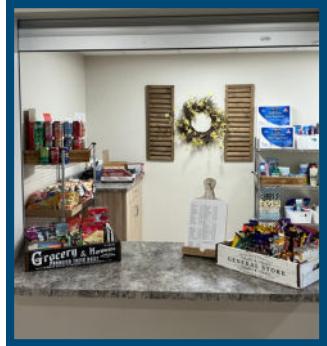
On Dec 5<sup>th</sup> we thanked and celebrated our resident volunteers. Residents help us out with tasks such as delivering the news papers, working in the store, cleaning the coffee machine, helping with Admin tasks, maintaining the library, working the open house, or leading a program.

We want to thank each volunteer who has made a difference in our community this last year. Cheers to the next!

We were not able to get a photo of everyone getting their certificates as it was a quick lunch hour!



Library Assistant



Store Helper



Evening Game Player



Thank You

## Upcoming Events:



Spaz the Cockatoo will be visiting the Hamlets January 23. Spaz starts in the MPR and visits the SL4/SL4D residents at 1:30 and then goes to the Independent Lounge for 2:30. Everyone loves to come visit Spaz!



Every second Saturday at 1:30, the Recreation team hosts a simple cooking class in the MPR where a recipe can be made and eaten within an hour. Cookie Butter will be made on January 10 and Peanut Butter Squares will be made on January 24. All levels of care are welcome to attend.



January 30 - Winter Wonderland Mixer in the Main Dining Room starting at 1:30 for all levels of care.



## **Outings this Month:**

Outings are indicated on the calendar in purple, we request those who are interested in a trip to sign up prior to the day of the outing. Sign up sheets for SL4/SL4D (1<sup>st</sup> and 2<sup>nd</sup> floor) are found at the nursing desk on their respective hamlet. IL sign up is found at the reception desk. A signed outing consent must be on file in order for a resident to attend. Typically bus trips are designated to a level of care and will repeat in other levels of care if the trip is appropriate and accommodating. Supportive living and memory care will have 2 staff on board (one being the driver). Independent living will have only one staff on board (the driver).



### **Supportive Living Bus Trips:**

Friday, January 16 @ 1:30 to the Donut Mill in Gasoline Alley. Please bring at least \$5 (can use Comfort Funds).

Monday, January 26 @ 1:30 for a Scenic Drive.

[Sign up at your nursing desk](#)



### **Memory Care Bus Trips:**

Monday, January 5 @ 1:30 to the Donut Mill in Gasoline Alley. Please bring at least \$5. (can use comfort funds)

Monday, January 19 @ 1:30 for a Scenic Drive

[Sign up at your nursing desk](#)



### **Independent Living Bus Trips:**

Wednesday, January 14 @ 1:30 to the Donut Mill in Gasoline Alley. Please bring at least \$5.

Wednesday, January 28 @ 1:30 to Parkland Mall

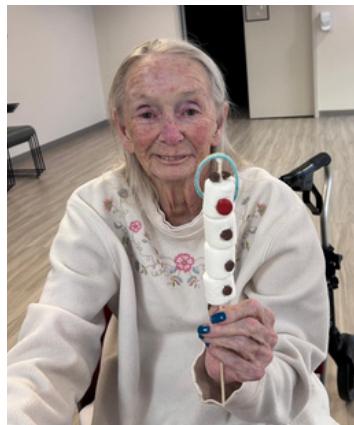
[Sign up at reception](#)

## Lifestyle & Programs Retrospect:

### End of November



Program Highlight: Movember social! We had a blast showing off our moustaches!



## Lifestyle & Programs Retrospect: Beginning of December



Program Highlight: Santa visited us during our Christmas Market December 6, 2025.



# Lifestyle & Programs Insights

Date Range: Nov 15-Dec 15

## Resident Attendance

134 out of 201 residents (67%) have attended at least 3 programs.



## Average Number of Programs per Day

 **6** group programs per day

 **5** 1-on-1 programs per day

 **0** self-directed programs per day

 **11** total programs per day

## Average Number of Programs per Weekend

 **6** group programs per weekend

 **2** 1-on-1 programs per weekend

 **0** self-directed programs per weekend

 **8** total programs per weekend

## Average Number of Programs Attended per Resident

 **9.35** Programs Attended per resident

## Memory Care

### Dimension of Wellness + Amount of programs

**Emotional** = 95

**Physical** = 31

**Spiritual** = 19

**Social** = 11

**Intellectual** = 3

## Supportive Living

### Dimension of Wellness + Amount of programs

**Emotional** = 132

**Physical** = 28

**Spiritual** = 20

**Social** = 9

**Intellectual** = 8

## Independent Living

### Dimension of Wellness + Amount of programs

**Emotional** = 41

**Physical** = 21

**Spiritual** = 22

**Social** = 17

**Intellectual** = 11

For Specific Resident updates  
please contact your Clinical Lead  
Richelle or Jamie or contact the  
Recreation Manager Andrea

## 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



**Jill Decena**  
Recreation Assistant



**Jun Sarza**  
Health Care Aid



**Andrea King**  
Recreation Manager

### 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.

# Happy Birthday

Here at The Hamlets at Red Deer, we believe every year is a gift.  
Join us each month with a huge, collective Happy Birthday to all our residents who are  
adding another candle to their cake this year!  
We hope your day is filled with joy, laughter, and wonderful memories.

January 6, Jean S

January 16, Gilles L

January 17, Jeanette Y

January 20, Janet R

January 21, Hank B

January 23, Wilma H

January 28, Ron M

Please note: the birthday list is not a complete list. For news letter use a signed consent form indicating full consent must be on file. Birthday posters with verbal consent are displayed on the respective hamlet.

## Monthly Birthday Celebration

January 29 @ 1:30

Main Dining Room

The All Sorts to perform.



## Health & Safety:

### **SAFETY CORNER: WHAT TO DO IF YOU HEAR “CODE RED”**

(Fire Emergency)

**Code Red** means there is **smoke or fire somewhere in the building**. Staff are trained to respond immediately to keep everyone safe.

**If you hear “Code Red” announced:**

- Stay calm
- Remain in your suite or current area
- Close your door and keep it closed
- Do not use elevators
- Wait for staff instructions

**If smoke or fire is in your area:**

- Leave the area only if directed by staff
- Follow staff directions right away
- If safe, bring your walker or mobility aid with you
- 

**Important reminders for residents:**

- Do **not** open doors if you smell smoke on the other side
- Do **not** try to investigate or put out a fire
- Staff and emergency responders are on the way
- You will be told when it is safe after the “All Clear” is announced

**Your safety is our priority. Please follow staff directions at all times during a Code Red.**

# 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

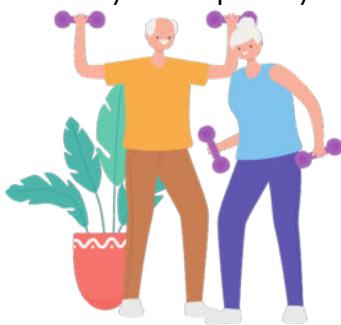


Aiming to have half of your plate filled with colour! Think Fruits & Veggies. Your goal is to fill half of your plate with vegetables and fruit at every meal. Frozen or unsweetened canned fruits or veggies are great alternatives to fresh

## 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.

## Leadership Directory:



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