



Message from The Principals:

Welcome to the **March edition** of the Optima Daily. As we move into a new season, the first hints of spring invite a sense of renewal and brighter days ahead.

This month, we celebrate Employee Appreciation Day, International Women's Day, and Maintenance Worker Day, recognizing the dedicated people who help make our communities warm and welcoming each day.

Many will also observe meaningful traditions such as Holi, Eid al-Fitr, and Nowruz, offering reflection and renewal for those who celebrate.

As spring opens the door to new beginnings, we're grateful for the ways you make our communities feel vibrant and full of possibility. Wishing you a March filled with lightness and joyfulness ahead.

Ali, Farid, & Karim

Message from the General Manager:

Dear Residents,

As we move through February, I would like to take a moment to thank each of you for your wonderful participation and enthusiasm in our Passport to Paradise program. It has been such a pleasure to see so many residents engaged and excited during our recent France and Italy themed days. From the décor to the cuisine and activities, your energy truly made these events special. We are looking forward to hosting two more Passport to Paradise destinations in March and can't wait to continue exploring together. Your involvement is what makes these programs so meaningful and enjoyable for everyone.

I would also like to share that we have received the 2025 tax letters. Our Administration Team is working diligently to ensure that you or your designated representative receives your letter before the end of February. If you have any questions, please feel free to reach out to Cheryl Steeves or myself Sid Singh.

Thank you for your continued engagement, positivity, and support. It is a privilege to be part of such a vibrant community here at The Hamlets at Red Deer

Sid Singh

Updates from our Teams:

Recreation:

In March, the Recreation Department will be placing an increased emphasis on individualized engagement by prioritizing additional one-to-one interactions. These sessions will appear on the calendar as “Friendly Visits.”

During this time, Recreation team members will circulate throughout the scheduled levels of care to provide meaningful engagement opportunities for residents who may be less inclined to participate in traditional group programming.

The Recreation Department maintains three monthly calendars and remains committed to offering a minimum of three programs per level of care each day. We will continue to provide a diverse range of activities while enhancing personalized support to ensure all residents have opportunities for connection and engagement.

Please note the **Self-Directed Activity Cabinets** located on each hamlet. These cabinets are available for resident use during times when Recreation staff are not on-site or otherwise engaged.

Each cabinet is black and located directly across from the nursing station for easy access and visibility. They are stocked with a variety of independent activity options, including printed crosswords, word searches, and colouring pages. In addition, playing cards and Yahtzee are provided to encourage social interaction and cognitive engagement.

We encourage staff to support and promote the use of these materials to help ensure residents continue to have meaningful activity opportunities throughout the day.

Maintenance:

The boilers have been replaced and are now working properly. Please inform maintenance if you notice a temperature discrepancy. Maintenance will be performing temperature checks on all faucets and showers.

Kitchen:

Spring is coming which means a new menu and new A la carte menu, if you have any suggestions please let Ann know.

Administration:

The General Store has now moved to the front Reception area and the hours will be 10-4 Monday-Saturday. The items are reduced from the store ran by Recreation, but there will be a variety of chips, chocolate bars and soft drinks available to purchase with cash or comfort funds (for now). Christine will assist with items that are available and the store rules regarding amount purchased at a time, resident limits, etc remain in place.

Tax forms are being distributed. We have been unable to source a voluntter tax assistant please seek tax assistance externally.

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.

March 17th

Start time: 1:00pm

Location: Chapel

Facilitators: Ann and Sid

Health and Wellness:

Health and Wellness meets once every other month on the 4th Thursday.

April 23rd

Start time: 11:00am

Location: Chapel

Facilitators: Recreation Manager Andrea and Clinical Lead Independent Living Bonnie

Town Hall:

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

March 31st

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

Location: Multipurpose Room for both

Facilitators: Sid and Leadership guests.

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.

Upcoming Events:



Passport to Paradise: **Hawaii**

Friday, March 6: Hawaii Social in the Main Dining Room @ 1:30.

Passport to Paradise: **Greece**

Wednesday, March 25: Mega Bingo in the Main Dining Room @ 1:30.



Thursday, March 12 is a **Fraud Prevention Class**. 10:00 am in the Main Dining Room. This class is set up like a conference, there will be vendors to discuss different methods or resources to fraud prevention and a guest speaker discussing typical scams to watch for. This program is hosted by Central Alberta FASD Network for fraud prevention month.



Saturday, March 21 **Dance Magic** will be on site for an afternoon performance in the Main Dining Room at 1:30. There will be Intergenerational Games to follow for everyone to enjoy!!



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 (1st and 2nd floor) are found at the nursing desk on their receptive 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 or 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:

Tuesday, March 10 @ 1:30 to A&W - \$5-\$10 needed and comfort fund can be used.

Monday, March 23 @ 1:30 to Kerrywood Nature Center.

Sign up at your nursing desk



Memory Care Bus Trips:

Monday, March 2 @ 1:30 to A&W - \$5-\$10 needed and comfort fund can be used.

Monday, March 16 @ 1:30 to Kerrywood Nature Center.

Sign up at your nursing desk



Independent Living Bus Trips:

Friday March 13, Lunch Club at Blowers and Grafton @ 12:00pm - prices range \$20-\$30.

Wednesday, March 18 @ 1:30 to Bower Mall.

Sign up at reception

Lifestyle and Program Insights

Date Range: Jan 15- Feb 15

Resident Attendance: 143 out of 201 residents (71%) attended at least 3 programs.

Average Number of Programs Per Day: 7 group programs, 7 1:1 programs

Average Number of Programs Per Weekend: 7 group programs, 7 1:1 programs.

Number of programs by Dimension of Wellness:

Emotional: 213 (IL 40) (SL4D 59) (SL4 121)

Social: 59 (IL 11) (SL4D 31) (SL4 17)

Physical: 76 (IL 23) (SL4D 35) (SL4 38)

Intellectual: 46 (IL 20) (SL4D 13) (SL4 15)

Spiritual: 36 (IL 25) (SL4D 21) (SL4 35)

Vocational: 5 (IL 5) (SL4D 1) (SL4 1)

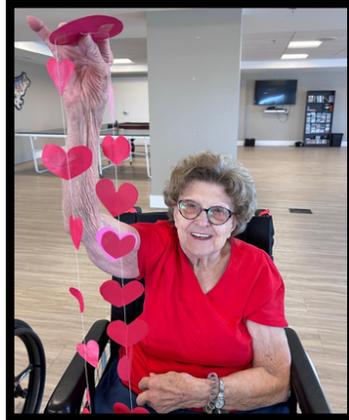
For resident specific insight please contact one of the following;
Clinical Lead Richelle, Clinical Lead Jamie or Recreation Manager
Andrea.

Lifestyle & Programs Retrospect:

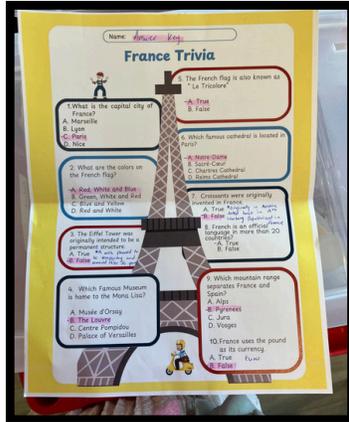
February Fun



Lifestyle & Programs Retrospect: February Fun



Program Highlight: In February we celebrated Valentine's Day with a French Theme for our very first Passport to Paradise!



Hamlets Wedding Photo Display for Valentine's Day

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

Rodello Giron

Recreation Assistant

Criselda Ballesteros

Health Care Aide

Juanito Valdez

Health Care Aide

Richel Milanes

Clinical Lead

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.

March 2, Florence B

March 7, Catie J

March 9, Ella S

March 13, Dave J

March 13, Lyal S

March 16, Betty Anne M

March 23, Rosemarie H

Please note: the birthday list is not a complete list. For newsletter 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

March 26 @ 1:30

Main Dining Room

Tony Connelly Singers to perform.



Community Engagement & Volunteering

To ensure Optima Living Communities provide a variety of lifestyle programs that:

- Are person-centered, respectful, culturally sensitive, and ethical within a flexible socio-recreation environment and developed in alignment with Optima Living's mission, vision, and values.
- Provide life enriching activities that reflect resident interests and a balance of the across the seven (7) dimensions of wellness.
- Activities will be documented and communicated provided to residents to make them aware of lifestyle enrichment programs available to them.
- Provide clear understanding of the expectations set for all program services provided within each community.
- Meet professional standards, applicable legislation, and is evidence-based on best practices and program execution.
- The Lifestyle & Programs function will provide opportunities for all residents to participate in a variety of individual, small, and large group activities designed to ensure a balance of Social, Physical, Intellectual, Spiritual, Vocational and Environmental programs; and reflect person-centered activities based on resident needs, abilities, interests, and habits – a whole person wellness approach.
- Activities must be inclusive and reflect the diverse cultural backgrounds of the community Programs are evaluated regularly for effectiveness and relevance and will be modified as needed to stay relevant to residents' needs, abilities, interests, and habits.
- Adhere to Optima Living Lifestyle & Programs standards of practice.
- Lifestyle & Programs will use an interdisciplinary approach to program provision.



Volunteering with Optima Living

1 Volunteering with Optima Living

Volunteers are an integral part of Optima Living, playing a vital role in providing exceptional services and experiences to our residents. You help enhance their quality of life by supporting them in daily enriching activities and creating meaningful connections. The impact of volunteering is profound, not only for the residents but also for you as a volunteer. Volunteering is a dynamic experience. Resident needs and interests evolve—some activities may fade, while others are revived. Health conditions can also change what's possible for some residents. Like anyone, residents often seek something new or different. Similarly, your own interests and abilities may change over time, and as your involvement grows, you may find yourself wanting to try new activities as well. It's common for volunteers to adapt their roles, and this flexibility is essential for a fulfilling experience.

Volunteering Benefits our Residents

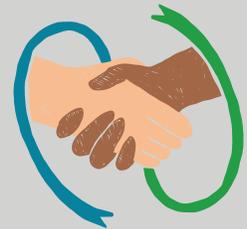
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Volunteers illuminate the journey of our residents, offering companionship, purpose, and a guiding light toward a brighter tomorrow.

Your involvement enriches the lives of our residents, fosters a sense of community, and helps **Welcome People Home**.

Through your gift of time, residents can:

- Stay connected to their community
- Explore diverse cultures
- Discover or rekindle old interests
- Participate in activities they might not otherwise enjoy
- Experience the joy of friendship, connection, and belonging
- Build meaningful relationships with others



3 Volunteering Benefits for you!

"Giving is Receiving"

Volunteering is not only about giving—it is a rewarding experience that brings joy and fulfillment. Research shows that volunteering positively impacts both physical and mental health. It is good for your heart, mind, and soul.

Here's how volunteering benefits you:

- Build relationships and make a tangible difference in someone's life
- Experience a sense of belonging and boost self-esteem
- Enhance communication and organizational skills
- Demonstrate your value to schools and employers
- Share your skills, interests, and hobbies & Foster creativity and personal growth

Health & Safety:

March's Emergency Review: Code Pink (Elevator 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 Pink (Elevator Emergency)

What Is a Code Pink Event?

A Code Pink is declared when there is an elevator-related emergency.

This may include:

- An elevator malfunction or mechanical failure
- Residents or staff trapped inside an elevator
- Sudden stoppage between floors
- Elevator alarms activated

Elevator emergencies require immediate attention from trained staff and, if necessary, emergency responders to ensure everyone's safety.

What you can do:

- Follow Instructions Immediately
- Listen carefully for announcements or directions from employees. You may be instructed to avoid certain elevators or remain in place.
- Remain Calm
- Avoid crowding around the elevator area. Clear access is essential for maintenance teams and emergency responders.

If you are inside an elevator:

- Use the emergency call button
- Stay inside the elevator
- Wait for assistance
- Do not attempt to force doors open or exit between floors

Our Commitment to You

Optima Living Communities has established Code Pink protocols to respond quickly and effectively to elevator emergencies. These procedures include coordination with maintenance teams and emergency services to ensure a safe resolution.

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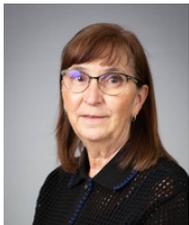
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