

# The North Star Newsletter

by Optima Living



LET'S GROW!

## Therapeutic Recreation Awareness Month

*Build, Bloom & Grow*

***February 2024***

**Hawthorne**

60 Fireside Gate, Cochrane Alberta  
(403) – 840 – 0150

# Community News:


Hello Residents, Families and Friends!

## Community Updates:

### Two Pharmacy Community Roots Program:



WE RAISED THE FOLLOWING THROUGH  
OUR DECEMBER COMMUNITY ROOTS  
PROGRAM...

\$1642.32 + \$1000  
IN GIFT CARDS  
(\$50 X 20)  
TOWARDS THE  
COCHRANE  
ACTIVETTES



&

\$2642.32 FOR  
HAWTHORNE'S  
DRUM FIT  
PROGRAM.



Thank you Two Pharmacy for raising **\$2642.32**  
towards our new Movement Matters Class – DrumFit!!

### Musical Journeys:

Please note that our Musical Journeys provider has  
cancelled Spring Classes due to low family registration.



## Optima Living TV

Optima Living supports  
active and healthy lifestyle.

To that end, we are  
launching Optima Living  
TV: episodes of easily  
digestible content full of  
useful and interesting  
information for seniors and  
the people who love them.

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“Be Free, be You”

Each episode will consist of  
an interesting class or  
lesson for seniors to take  
part in, a discussion  
relevant to seniors' life full  
of useful information, and a  
health tip from the  
University of Alberta's  
Division Director of  
Geriatric Medicine Dr.  
Adrian Wagg.

Posted on our Optima  
Living TV YouTube  
channel, you can watch  
episodes as they premiere!

# Menu Preview:

## Menu Preview

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Cereals, Fruit, Yogurt, Milk, Coffee, and Tea available daily						
<b>Lunch</b>							
	Sweet Potato Bisque	Turkey Noodle Soup	Mushroom Soup	Cream of Carrot & Ginger Soup	Cream of Broccoli Soup	Chicken Rice Soup	Cream of Cauliflower Soup
	Baked Pasta with Meat Sauce	Herb & Garlic Baked Chicken	Tuna Melt	Chicken Strips	Egg Salad Sandwich	Honey Mustard Chicken	Breaded Cod W/Tarter Sauce
	Garlic Toast	Broccoli	Hamburger Bun	Potato Wedges	Garden Salad	Cauliflower	Roasted Potatoes
	Caesar Salad	Steamed Rice	Summer Salad	Greek Salad		Steamed Rice	Green Beans
<b>Dessert</b>	Fresh Cantaloupe	Chocolate Mousse	Assorted Danishes	Cherry Cheesecake	Strawberry Mousse	Tropical Fruits	Apple Pie
<b>2 Pm Snack</b>							
<b>Dinner</b>							
	Parmesan Cod Fillets	Swedish Meatballs	BBQ Pork Ribs	Oktoberfest Sausage W/Onions + Peppers	Baked Ham W/ Pineapple	Roast Beef	Quiche Lorraine
	Whipped Potatoes	Mash Potatoes	Rice Pilaf	Mashed Potato	Baked Potato W/ Sour Cream + Cheese	Mashed Potatoes	Hash Browns
	Roasted Beets & Parsnips	Broccoli Florets	Sunrise Vegetables	Spinach Salad	Garden Salad	Yorkshire Pudding + Mixed Veg.	Tossed Salad
<b>Dessert</b>	Ice Cream	Dessert Squares	Honeydew Melon	Chocolate Pudding	Frozen Yogurt Bar	Rice Krispy	Tapioca Pudding

**\*\* Please note that menu may be subject to change\*\***

### Alternatives:

An alternative menu is posted on each cottage beside the menu board. If you wish to order from this menu in lieu of the available lunch – please see the kitchen before 10 am.

### Snacks:

A selection beverages and snack choices are always available in Cottage fridges.

- Juices, yogurt, seasonal fruit and vegetables, muffins

# Upcoming Programs:

## Supportive Living:

### Sound Bath Session

Friday, February 2<sup>nd</sup> at 1:00 PM

Cafe Sanctuary

### Alberta Virtual Symphony Orchestra

Thursday, February 8<sup>th</sup> at 1:30 PM

Cafe Sanctuary

### Lunch Bunch: Chinese Takeout

Friday, January 9<sup>th</sup> (\$20)

Please sign up at Reception.

## Memory Care:

### Sing Along with Dave

Tuesday, February 20<sup>th</sup> at 1:30 PM

### Alberta Virtual Symphony Orchestra

Thursday, February 8<sup>th</sup> at 1:30 PM

### Therapy Dog 1:1 Visits (May Change)

Every Tuesday – Yoshi (1:30 pm)

Every Tuesday – Gandalf (2:00pm)

Every 2<sup>nd</sup> Wednesday – Harlie (2:00pm)

Every Thursday – Lily (10:00am)

## Special Days

Therapeutic Recreation Month!

2<sup>nd</sup> – Groundhog Day

10<sup>th</sup> Lunar/Chinese New Year

11<sup>th</sup> Superbowl Sunday

14<sup>th</sup> Valentine's Day

17<sup>th</sup> Random Acts of Kindness Day

### **19<sup>th</sup> Family Day**

23<sup>rd</sup> Hospitality Day

26<sup>th</sup> Johnny Cash Birthday

# February Birthdays:

## **In February we celebrate:**

5<sup>th</sup> – Ann H.

13<sup>th</sup> – Ruby C.

14<sup>th</sup> – Wendy W.

15<sup>th</sup> – Barry G.

18<sup>th</sup> – Dan R.

18<sup>th</sup> – Gary S.

19<sup>th</sup> – Lois T.

23<sup>rd</sup> – Donald J.

27<sup>th</sup> – Ellen K.

28<sup>th</sup> – Ralph F.

28<sup>th</sup> – Nola S.



# Lifestyles:

## **NEW RESIDENTS**

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A very warm welcome to all our new residents!

## **NEW CARE PARTNERS**

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A warm welcome also goes to the people who joined our team in the past few months!

## **IN MEMORIAM**

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

## **CONTINUOUS IMPROVEMENT**

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Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and concerns.

We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

[Hawthorne.recreation@optimaliving.ca](mailto:Hawthorne.recreation@optimaliving.ca)

## **CAN YOU CONTRIBUTE?**

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Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime.

Thank you!

# Lifestyles:

## LIBRARY

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The library is located on the main floor beside the front doors. Please feel free to pick up/drop off reading materials at any time.

## EXERCISE ROOM

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Exercise room located on the main level – beside Multi-purpose Room.  
The exercise room is open during office hours for independent use. The exercise room is equipped with stationary bikes and weights.

## HAIRDRESSER

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We have a hairdresser located on the main floor. Please contact our Hairdresser **Anna Scott** at **905-865-7579** to book.

## TUCK SHOP

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The Cash Only Tuck shop is open from 9:00 am till 4:00 pm Monday to Friday (excluding holidays) at Reception. A variety of items are available for such as pop, candy, chips, and select care items.

## VIDEO VISITS

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Video Visits can be available upon request only. Video visits can include Facetime, zoom, or skype.

## THANK YOU

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We would like to issue a heartfelt thanks to all who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

# Community Resources

- **Alberta Supports Contact Centre 877-644-9992**
  - [www.alberta.ca/alberta-supports](http://www.alberta.ca/alberta-supports)
  - Alberta Supports Contact Centre provides information on social based programs and services offered by the Government of Alberta.
- **Cochrane Family & Support Services (FCSS) 403-851-2250**
  - FCSS provides services for older adults includes information, programs, workshops, supports and referrals. Additionally, we support people experiencing challenges meeting their basic needs, managing finances, or coping with significant changes in their lives or stressors in their personal or family relationships.
- **Connecting DOTS Conversation Group 403-851-6100**
  - For those with a dementia diagnosis and their caregiver 3rd Tuesday of the month at the Royal Canadian Legion Branch.
- **Finding Balance-Fall Prevention 780-492-6019**
  - [www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)
  - Website full of useful information designed to help prevent slips, trips and falls among older Albertans and Canadians.
- **Helping Hands Society of Cochrane and Area 587-580-9448**
  - Individuals and families in need are matched up with volunteers who are willing to lend a hand. Need help with some lawn care? Sidewalk need shoveling. Volunteers are available to help with things like small repairs around the house to getting a ride to the important appointment.
- **Lily's Happy Feet 403-714-4111**
  - Mobile Foot Care Nurse



## Employee Care Partner Directory

General Manager: Heath Miller

Office Manager: Nicole Medland

Receptionist: Aprille Hernandez

Operations Coordinator: Jason Vaillancourt Campeau

Kitchen Manager: Kyle Klassen

Wellness Manager: Kelly Keeler

Asst. Wellness Manager: Trina Beaudoin

Maintenance: Barry Long

Recreation Therapist & Volunteer Coordinator: Isabella Yendt

Housekeeping Supervisor: Erlindo R

Hair Stylist: Anna Scott

Educator: Kome Odoko

Please call (403) – 840 – 0150  
to reach any personnel  
listed above.

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