

in this issue >>>

- *Upcoming events*
- *Birthday/Welcomes/In Loving Memory*
- *Monthly special events*
- *Volunteer opportunities*



A Monthly Insight into what's happening at

The Hamlets at Penticton

Message from the GM

Warm welcome to 2024. It has been one month since I started in the General Manager position, and have felt nothing but kindness, appreciation and outpouring of love and support from staff, Families, and residents. I am looking forward to getting to know everyone in the Hamlet's Family more and to keep popping into the fun activities the recreation team has in store for you. Keep your eyes open in the events calendar for Talk with Tawny.

On another note, what an unexpected snow fall we had for the end of January. Please don't forget that sidewalks can be slippery and to wear safe footwear and use your cane and walkers accordingly.



Much Respect and appreciation,

Tawny

Did you know.... That February is Heart Health Month

What can I do to Prevent Heart Disease?

Try to be more [physically active](#). If possible, aim to get at least 150 minutes of physical activity each week. Every day is best. It doesn't have to be done all at once.

Start by doing activities you enjoy—brisk walking, dancing, bowling, bicycling, or gardening, for example. Avoid spending hours every day sitting.

If you smoke, quit. [Smoking is the leading cause of preventable death](#). Quitting, even in later life, can lower your risk of heart disease, [stroke](#), and [cancer](#) over time.

Follow a heart-healthy diet. Choose foods that are low in [saturated fats](#), [added sugars](#), and [salt](#). Eat plenty of fruits, vegetables, and foods high in fiber, like those made from whole grains. Get more information on [healthy eating](#) from NIA.

Keep a healthy weight. Balancing the calories you eat and drink with the calories burned by being physically active helps to maintain a healthy weight.

Some ways you can maintain a healthy weight include [limiting portion size](#) and being [physically active](#).

Keep your [diabetes](#), [high blood pressure](#), and/or [high cholesterol](#) under control.

Don't drink a lot of [alcohol](#). Men should not have more than two drinks a day and women only one. One drink is equal to:

Manage stress. Learn how to manage stress, relax, and cope with problems to improve physical and emotional health. Consider activities such as a [stress management program](#), [meditation](#), [physical activity](#), and talking things out with friends or family. To learn more about stress management techniques, visit the [National Center for Complementary and Integrative Health](#).





In January we had Joanne from the RCMP do a presentation for staff and residents about Fraud and Prevention. We live in a world where we might not be able to spot a scam when we see one, yet she gave use some tips in order to empower us to not be afraid but know what to look for.

Here are some tips:

What is the potential impact on victims? Damage to credit history status; refusal of credit; assumed identity

What information is sought out by the fraudster:

What information is sought out by the fraudster: Full Name,; date of birth; SIN; full address; mother’s maiden name; username/password; DLN; bank account #; PIN; credit card information; signature; passport #.

How is the information use? Access to bank accounts; open new bank accounts;

How to protect yourself:

- Do not leave your purse or wallet out in plain view while at home, work, during creation time or in an unattended vehicle.
- Memorize your passwords and pin’s (or keep in a written book at home).
- Do not carry important personal information documents with you unnecessarily.
- Deposit outgoing mail in post office mailboxes or at your local post office
- Remove mail fom your mailbox promptly
- Ensure you file a change of address notification with Canada post and advise all your financial institutions of your change of address before you move.
- When unable to pick up your mail for any
- Be careful what you throw out in the trash (rather shred it)
- Be careful what information you put on the computer



A Family that Celebrates Together

A few of the staff at the Hamlets got together to celebrate the soon coming birth of one of our nurses, Mandeep. They decorated a section of the Recreation Room and, and surprised Mandeep with gifts and food (pizza and samosas – you can’t get better than that. Congratulations Mandeep on your up and coming bundle of joy.



LEADERSHIP TEAM

- General Manager: Tawny Gibb**
- Support Service Manager: Robert J.**
- Recreation Manager: Carolyn H.**
- Director of Care: Jyoti S.**
- Clinical Leads**
- Alysha L.**
- Hershey O.**
- Admin Team**
- HR: Tracy T.**
- Business Admin: Deb F.**
- Scheduler: Graham G.**
- CLC: June D.**
- Confidential : Cindy D.**



Resident Highlight



One of our residents, Mary Ellen Sommerville, has been featured in a magazine through the Down Syndrome Resource Foundation. In an interview with Glen Hoos, he states ... "a healthy and vibrant 77 years, Mary Ellen Somerville is thought to be one of the oldest living Canadians with Down syndrome..... born on September 21, 1946 she grew up with her sister Roseanne in their home." Roseanne went on to explain that although it was common in those days to institutionalize children with disabilities, her parents were adamant that she would be raised and taken care of in their loving home. See here for the full article

[Sisters - Down Syndrome Resource Foundation \(dsrf.org\)](http://dsrf.org)



February birthdays

Elsie Glavind – February 9

Donna Garward – February 10

Michiko Mishima – February 12

Terry Brown – February 12

Doreen Casselman – February 12

Anne Samson – February 13

Francis Tulk – February 15

Judi Bedard – February 21

John Sera – February 25

Milli Apperley – February 25

Health and Wellness

At the Hamlets at Penticton we encourage Health and Wellness to be part of the language and care of our residents and tenants. While we have an exercise program 3 days a week for the Assisted Living Tenants, we have included an independent exercise area. We will be holding a once a month orientation and info session with qualified staff.

Some comments from tenants: "I'm feeling so much stronger and think I lost a little weight."

"It's really keeping me aware of my posture."



Welcome

Mary and Mortenson

Alice Reid

In loving memory of

Manuel Ajoula

Anne Wallace

Hans Wagner

Riddle: Answers on last page

1. I can be stolen or given away and you'll live, but you can't live without me. What am I?
2. When you buy me, I'm expensive, but the only use I have is just hanging. What Valentine's Day gift am I?
3. What type of flower is kissable?
4. What travels around the world for Valentine's Day, but just stay in one corner?



February is Recreation Appreciation Month

Nadine



Carolyn



Jane



Paul

Stephanie

Celebrate Your RECREATION TEAM



Cindy



Michelle



Rhea

EMILY MACDONALD SCHOOL OF HIGHLAND DANCE



LEIF DAVID THE MAGICIAN

Quality Improvements & Accreditation

Optima Living strives to consistently demonstrate a commitment to providing quality care and services to our residents. Continuous quality improvements is our approach to enhancing quality care and outcomes as we continually ask ourselves “How are we doing and can we do it better”.

Because our residents are the center of the service delivery process, we recognize the need to provide more education to our residents and their families. To that end, please look for this space on the monthly newsletter for information sharing. Feel free to provide us with suggested topics!

Later this year, the organization is participating in an accreditation survey conducted by an independent body called CARF that is guided by internationally recognized service standards and best practices. We are proud to share our service delivery and business processes with CARF to support the continual improvements to the quality of our programs. More details on the survey to follow later in the year!

The Resident/Family Council

Optima Living promotes and encourages residents and families to develop and maintain a Resident/Family Council. Did you know:

- The care home will provide a supportive and collaborative forum where residents, families and resident representatives can meet to promote the collective interests of residents.
- Management can provide support and assistance to help residents and families set up and operate a Council if requested.
- A Provincial Regional Resident/Family Council set up by the Ministry of Health is also available to provide support and resources in establishing a Council.
- A Resident/Family Council can:
 - Discuss ways of maintaining and enhancing the residents’ quality of life in the home.
 - Present any resident and family requests, concerns and proposed solutions to Management for review and consideration.
 - Provide opportunities for the residents and families to develop and participate in projects for the residents’ benefit.
 - Provide educational opportunities to council members through guest presentations and information sharing.
 - Welcome new residents and families.
- The Council is encouraged to appoint a Council Chair and Co-Chair and maintain a meeting standing agenda, Terms of Reference and Code of Conduct for its members.
- A care home representative may attend Council meetings by Council invitation.

Volunteer Program

Imperdiet doming id quod mazim placerat facer minim veni am ut wisi enim ad minim niam, quis erat nostr uexerci tation ullamcorper nostru exerci tation ullam corper et iusto odio dig nissim qui blandit praesent lupta tumber delenit augue dui dolore.



We are so blessed to have some wonderful people from the community come and join our team; from church services, sing-alongs, outings, bingo calling and one to one visits. This program has proven to be vital to the mental health and well being of our folks as well as contribute to building our activity calendar.

Here are some of our current needs:

- Bingo calling
- Walks and Talks
- Seasonal Decorating
- Knitting/Crochet Group
- Baking Group
- Tuck Shop (T, Th – 2 hours)

If interested in volunteering, contact...

Carolyn H.

Recreation Manager

250 490 8503 (21230)

For further information about the Volunteer Program or Recreation

Contact us at **250 490 8503**
info@optimaliving.ca



103 Duncan Ave. West
Penticton, B.C.

GUEST SUITES NOW AVAILABLE!!!!



If you are from out of town and would like to come visit your loved one at the Hamlets, we now have a beautiful Guest Suite available for rent.



\$125 a night for 2 people and \$25 each additional person. Breakfast included!!!

WELCOME HOME!

Attention all Community Support Workers and Family Members. If you are taking your family member off the premises, please sign them out at in the binder by reception Thank you.



Upcoming Events

- Feb. 6 – Chinese New Years
- Feb. 9 – Presentation on Healthy Heart and Brain
- Feb. 13 – Pancake Social
- Feb. 14 – Valentines Social

BELTONE HEARING CLINIC

Belton Hearing Clinic will be setting up a Hearing Clinic at the Hamlets the First Friday of every month starting in March. Hearing Tests Adjustments Batteries. Sign up On sheet in foyer or call reception to sign up.



1. Your Heart
2. Earrings
3. Tulips
4. A stamp