



Message from The Principals:

Welcome to the September edition of Optima Daily. As the season shifts, we invite you to mark your calendars for Labour Day celebrations, the start of fall, and our Fall Open House in all communities—an ideal chance to explore, connect, and engage. At Optima Living, we are dedicated to building vibrant communities, and we appreciate your continued participation as we grow together. This month, we also observe Truth and Reconciliation Day, reflecting on our commitment to understanding and respect. Stay tuned for updates, and happy reading.



Note from the General Manager:

To Our Hamlets Community, I would like to extend my heartfelt gratitude to everyone who took the time to join us during the recent Optima Living Principals site visit. Your presence and participation truly made a difference. The Optima Principals shared how impressed they were with the level of engagement, care, and thoughtful feedback demonstrated by our community.

I will continue to keep you informed as I receive any updates following their visit.

Additionally, we are expecting to receive the results of the 2025 Resident Satisfaction Survey in the coming weeks. Once the results are in, I will be hosting a Town Hall meeting to review and discuss them together as a community. Your voice matters, and these discussions help shape the future of our home.

In the meantime, I hope you are enjoying the beautiful, sunny days as we make the most of the final weeks of summer.

Updates from our Teams:

Department: Maintenance in September

- We have two new Maintenance staff - Jean Cadorette (from the Kitchen) and Ed Clark who has been with us for a few weeks already.
- In September, we will be preparing grounds for Fall.

Department: Housekeeping in September

- Housekeeping week is September 14-20!

Department: Recreation in September

- September 1 we will have a Celebration of Life @ 10:30 in the MDR to remember our Residents that passed away in the last 4 months.
- Health and Wellness Meeting will be changed to Thursday September 18th at 11:00am in the Multipurpose Room.

Department: Clinical in September

- Bliss is out of office till further notice. In the meantime, Richel is covering her Hamlets. Karey is temporarily taking over the Charge Nurse position. A memo was sent out in July to families & residents that are affected.
- We will be collecting consent for the COVID-19 and flu vaccines in preparation for the fall clinic. Specific clinic dates will be shared once confirmed.
- For SL4/SL4D residents and families: Additional equipment rental is subject to applicable fees. A consent form will be available for resident /agent to sign, and the cost of equipment will be added to rent.

Department: Admin in September

- Our Resident Satisfaction Survey saw an 85% completion rate! For the size of our building that is great! We gave out paper copies to Independent Living and Supportive Living residents and Memory Care families were emailed a digital copy. Christine made several emails and phone calls and thank you to everyone for doing your part so that we can learn from the information collected!

Congratulations to our winners
who were drawn at the last Town

Hall Meeting:

★ IL/SL4 winner is Noreen F.

★ SL4D winner is Terry R.



Upcoming Events:



**September 5 -
Strawberry Shortcake
Grandparents Day
Social @ 1:30 in Main
Dining Room**



*Pancake
Breakfast*



**September 10 - Pancake Breakfast starting @
8:30 a.m. in the Main Dining Room. All residents
are welcome to attend.**

**September 17 - Mega Bingo @ 1:30 in the Main
Dining Room.**



**September 20 - Hamlets Open House 2-4. If you
know someone who is looking for IL, SL4 or
SL4D, please invite them to come. If you would
like to volunteer, please see Christine or Sid.**

**September 23 Elvis is in the Building!
Elvis and Marilyn (Blaze and Bruce Stewart) are
back to rock the Hamlets @ 6:30 p.m. in the Main
Dining Room.**



**September 30 is National Truth and Reconciliation
Day. Leadership is not on site this day and will
wear orange on the 29th. Please wear ORANGE to
represent truth-telling and healing within the
Indigenous communities.**

Outings this Month:

Bus Trips: are indicated on the calendar in purple, we request those who are interested in a trip to sign up prior to the day of. Sign up sheets for SL4/SL4D are found at the nursing desk of their hamlet. IL sign up is at the front reception desk. For bus trips an outing consent must be signed and on file. 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 Bus Trips: 2 Staff will be on the bus

Scenic Drive Bus Trip: September 15 leaving @ 1:30

Bower Ponds Bus Trip: September 30th leaving @ 1:30



Memory Care Bus Trips: 2 Staff will be on the bus

Scenic Drive Bus Trip: September 1 leaving @ 1:30

Bower Ponds Bus Trip: September 22nd leaving @ 1:30



Independent Bus Trips: 1 Staff will be on the bus

The Dairy Saloon Ice Cream Bus Trip \$5: September 12, leave @ 1:30. This will be only ice cream, no tour is provided.

Sylvan Star Cheese Bus Trip: September 24, leave @ 1:30. The cheese plant no longer does tours however we will enjoy a trip out for cheese.



Lifestyle & Programs Retrospect:



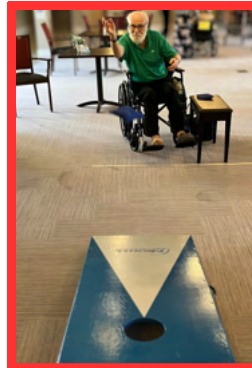
August 6 - Principal Visit & High Tea



Crafting
at
the
Hamlets



Summer Island Party



August 13 -
Police Dog Demo



Spaz the Cockatoo



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.



July Shining Stars recognised after the Town Hall Meeting as the recipients were on site.

Clinical Shining Star is **Eurica Ruiz** LPN in PRG/RVB.

Non-Clinical Shining Star is **Denise Goertzen** in Housekeeping.

Leadership Shining Star is **Christine Oakes** at Reception.

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

Happy Birthday Wishes! We extend our heartfelt birthday wishes to all our residents celebrating this month! May your day be filled with joy, comfort, and cherished moments. Please note that not all birthdays are listed, as some residents prefer to not celebrate or have not provided consent to share this information. We honor and respect everyone's personal wishes. All residents celebrating will receive a personalized birthday card, delivered either privately or with a birthday singing group.

September:

September 6 Dan
September 7 Shirley
September 7 Noreen
September 10 Dale
September 20 Florence
September 26 Siona
September 29 Donna
September 30 Les

Monthly Birthday Celebration

Thursday September 25

Main Dining Room

**Musical Performance by "Rolly Cowan" Cake
will be served during the concert.**

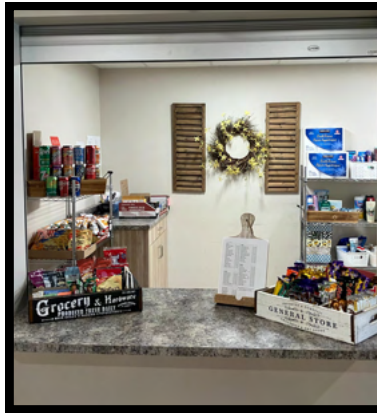


Volunteerism:

We are looking for some volunteers to join our team! If you are interested in volunteering please complete a volunteer application, paper copies are provided outside of the recreation office.



Library Assistant



Store Helper



Evening Game Player

The above examples are opportunities for residents or community members whom complete the volunteer process. For residents whom would like to assist with any of the above opportunities please reach out to Recreation Manager (Andrea). Those whom are external applicants please complete your application and provide to Recreation Manager.

Resident Involved Meetings

Food Committee Meeting is hosted by Ann and Sid, this meeting repeats on the third Tuesday of the month in the chapel at 1:00pm. This meeting provides the opportunity for community members to bring concerns or praise about the food being served here at The Hamlets at Red Deer.

Health and Wellness Meeting is hosted by Andrea and Grace, This meeting provides the opportunity for community members to bring concerns or praise about recreation activities, potential health related learning opportunities or suggestions to further support your health and wellness.

Town Hall Meeting is hosted by Sid along with all other leadership members. This meeting repeats on the last Tuesday of the month at 12:30pm in the main dining room for independent living and 1:30 in the multipurpose room for supportive living and memory care. This meeting provides insight to all department updates for the month. September Town Hall will take place on the last Monday of the month due to Truth and Reconciliation Day.

Resident Council we would like to encourage our residents to create and take part in a resident council meeting. This meeting provides an opportunity for residents to advocate for themselves, voice concerns, offer suggestions, and work in collaboration with our team to enhance their quality of life. If you would like to take part in the creation of a resident council please inform Sid.

Health & Safety:

Join Us for Coffee & Chat!

Connect with Tina Roblee, our Educator on **September 22 at 2PM** in the Day Program Room for a relaxed discussion.

We are doing our August Code Green September 3 starting at 2:00.

Please watch for information on our Full Evacuation,



Code of the Month

Code Yellow signifies a missing person/patient/resident. This code is activated when an adult patient or resident over 18 is not where they are expected to be or has gone missing.

What to do during a Code Yellow

- Observe: Be aware of your surroundings and look for the missing individual.
- Report: If you see the person, report their location to the appropriate authorities.
- Assist: Provide any information you have about the person to assist in the search.

Feeling Your Best: Simple Ways to Manage Pain Every Day

Understanding Pain

Pain becomes more common as we age and can significantly affect our quality of life. Effective pain management can improve mobility, sleep, mood, and overall well-being



Holistic Management Strategies

- **Physical Therapy:** enhances mobility and reduces stiffness.
- **Exercise:** Low-impact activities like walking and stretching improve strength and flexibility.
- **Heat & Cold Therapy:** Helps with inflammation and muscle relaxation.
- **Massage & Acupuncture:** Alternative therapies that promote pain relief.
- **Cognitive Behavioral Therapy (CBT):** Helps with coping strategies and mental resilience.
- **Mindfulness & Relaxation Techniques:** Reduces stress-related pain perception.

Types of pain:

- **Acute Pain** - Short-term: often due to injury or surgery.
- **Chronic Pain** - This lasts longer than 3 months and can include arthritis or nerve pain
- **Neuropathic Pain** – Caused by nerve damage, often described as burning or tingling sensations.

When to Talk to Staff or Your Doctor

- Pain is severe or persistent.
- It interferes with daily activities or rest
- Medications are not effective or cause side effects.
- You experience new or unusual pain

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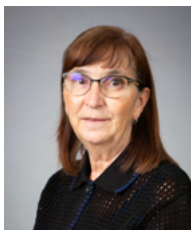
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