

# The Hamlets at Westsyde

## December 2024 Newsletter

### UPCOMING MEETINGS

#### AL Resident Meeting

December 3<sup>rd</sup> 11:00am in the AL Dining room

#### LTC Resident Meeting

December 4<sup>th</sup> 1:15pm in the Multi-purpose room

#### Food Committee Meeting

To be announced...

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Happy Holidays

From The Hamlets Staff



<https://optimaliving.ca/learn/library?topic=optima-living-tv#results>

*Providing educational resources to help you stay informed, learn new skills, and equipped to handle every scenario.*

# Program Updates



## ***Keeping it Crafty***

Join us Saturday evenings for a variety of unique crafts, including light woodworking, painting, and general crafting. Bring your ideas to the table, and we'll help bring them to life! With special guest Deb, who brings her expertise and enthusiasm, there will be something for everyone to enjoy



## ***Spa***

Sign up to reserve your spot at spa on Wednesdays. This program has been incredibly successful, and we want to ensure everyone can enjoy a little pampering. Connect with Nilusha to have your name put on the list. Program will take place in Grand Hall 2 starting in December.



## ***Group Fitness***

We've had a successful turn out for our newly introduced LTC Group Fitness. We want to support residents in staying active by working mindfully on strength, balance, and endurance.



## ***Body & Soul***

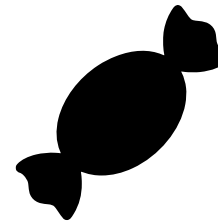
Meeting the spiritual needs of our residents is a priority. Join us in Grand Hall 2 for meditation, grounding, body scanning, gratitude journalling, mindfulness, intrinsic learning and more.

# Our Products & Services



## **Hair Salon**

The hair salon is open Tuesday and Wednesday. Contact Iris by phone or text: (778) 220-8665 or drop in to make an appointment. Iris is sure to help you look and feel amazing.



## **Tuck Shop**

The Tuck Shop is open Monday to Friday. New Prices and New Products. Now taking credit and debit, with all proceeds going to the Resident Enhancement Fund!



## **Westsyde Wardrobe**

The Hamlets has its very own Thrift Store, Westsyde Wardrobe! Friday, Saturday, and Sunday 10-3 Proceeds go to the Resident Enhancement Fund.



## **Mobile Library**

Mobile library service offered by the Thompson-Nicola Regional Library. Choose your genre, print size, and the number of books you wish to receive each month. Then sit back and wait for them to come to you. Talk to the staff to find out more.

# December Zodiac Signs

## Sagittarius (December 22 - December 21)

**Traits:** Sagittarians are known for their adventurous spirit, optimism, and boundless curiosity. This sign embodies a thirst for knowledge and freedom, always seeking to explore new horizons and expand their understanding of the world. Sagittarians are enthusiastic, generous, and open-minded, often inspiring those around them with their sense of wonder.

**Sagittarius Horoscope:** Your energy is focused on future possibilities, and your optimistic outlook fuels your dreams. Be mindful of the balance between lofty aspirations and practical steps. Open yourself to new ideas, but don't rush conclusions. Listen to your intuition and move forward with faith, even if you're not quite sure where the path leads.

## Capricorn (December 22 - January 19)

**Traits:** Capricorns are known for their strong sense of discipline, responsibility, and practicality. They are ambitious and hardworking, often setting high goals and steadily working toward them with determination. Capricorns value tradition, loyalty, and stability, making them dependable friends and partners. Although they may come across as serious, they also have a dry sense of humor and a playful side they share with those closest to them.

**Capricorn Horoscope:** Your focus is on stability and achieving long-term goals, but don't forget to find joy in the journey. Embrace small victories, and don't be too hard on yourself if progress feels slow. Trust in your hard work and perseverance and stay open to unexpected opportunities that may come your way.

# Celebrating our Residents

## December Birthdays

✚ Annette C.	✚ Muriel M.	✚ Edith M.
✚ Marilyn E.	✚ Diane R.	✚ David L.
✚ Bill J.	✚ Bert R.	✚ Leona S.
✚ Gerri M	✚ Dale S.	✚ Don S.
✚ Donna M.	✚ Roger U.	✚ Opal S.
		✚ Evelyn S.

Happy moments. Happy thoughts.  
Happy dreams. Happy feelings.  
Happy birthday.

## HAMLET NEWCOMERS

*Big welcome to our fine new resident who moved in in November!*

*"Let us welcome one another with open hearts, warm smiles, and words of kindness."*

*~ Unknown*



# Accessibility

## Goodbye November...



Body & Soul

### What is accessibility?

Accessibility means making sure all residents can access, use, and enjoy their surroundings, no matter what physical, sensory, cognitive, or communication challenges they may have.

It involves creating conditions to reduce or remove barriers that prevent their full participation.

Barriers are the obstacles, difficulties or disadvantages that residents may face when navigating their environment.

### Why is accessibility important?

To ensure all residents, regardless of their abilities or disabilities, have equal access to services and amenities.

To assist with promoting dignity and independence by creating an inclusive environment where everyone can thrive.

### Accommodating accessibility at Optima Living

Residents can make a request for reasonable accommodation by completing the Accessibility Accommodation Request Form and submitting it to the Director of Care.

Continued next page...



**The Director of Care will:**

Review the accommodation request, the needs of the resident and explore possible options in collaboration with the care team, the resident and their representative. Costs, resources and impacts on the operations are all considered.

Review findings with the General Manger and the Operations Director. If approved, resources are provided, the accommodation is put into action and monitored over time for its effectiveness



**Financial Support**

If you are financially assessed by your local Health Authority, you can apply for a temporary rate reduction with the Health Authority. Another option for financial support is a referral to the Public Guardians and Trustee of BC. Our Social Worker can assist with both processes.



**Mural Project**

# December at the Hamlets...

## LTC Christmas Luncheons

- **Date:** December 3<sup>rd</sup>, 5<sup>th</sup>, 10<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>
- **Location:** Grand Hall
- **Time:** 12:00-1:00PM

This holiday season, we are delighted to invite residents to our joyful Christmas Luncheons! Each special day, two of our units will gather to savor a festive holiday meal together, brimming with delicious, traditional Christmas dishes sure to warm the heart and spirit.

## Assisted Living Christmas Dinner

- **Date:** December 19<sup>th</sup>
- **Location:** Grand Hall
- **Time:** 5:00-6:00PM

We are thrilled to invite our Assisted Living residents to a spectacular Christmas Dinner, hosted on a special evening filled with the warmth and wonder of the holiday season. Our Grand Hall will be transformed into a winter wonderland, adorned with glistening lights, elegant holiday decor, and all the charm of Christmas magic.

## Festival of Angels

- **Date:** December 21<sup>st</sup>, 2024
- **Location:** Grand Hall
- **Time:** 2:00pm-3:00pm

This month, we invite you to join us for a heartfelt evening at our Festival of Angels in honor of Joyce and all the cherished residents we have lost this year. This formal event will be a beautiful tribute, transforming the space into a room full of angels and a serene area dedicated to remembering your loved ones. Our evening will be graced by the soothing melodies of a live harpist, creating a comforting atmosphere of reflection and love.

## New Years Celebration

- **Date:** December 31<sup>st</sup>
- **Location:** Grand Hall
- **Time:** 1:30pm-2:30pm

Join us for a festive daytime celebration filled with joy, music, and entertainment as we welcome the New Year together! We'll have a live performance to get everyone in the celebratory spirit, along with tasty treats and a countdown to midday for a cheerful toast. Let's create memories, share laughter, and set our sights on a wonderful year ahead!

# A Little Bit Different

**There was no snow in Bethlehem  
Just shifting desert dunes.  
There was no shining Christmas tree,  
No sparkling sleigh bell tunes.**

**The gifts the wise men gave the babe  
Were frankincense and myrrh,  
No toy train sets or Lego blocks,  
No stuffed animals covered in fur.**

**When we look back at this first Christmas,  
It seems strange, we will admit.  
Christmas today, I am happy to say,  
Looks brighter and quite a bit different.**

**But still, we remember that long-ago desert  
And the baby who was born in a stable  
In celebration of a loving God  
Who gave us all that He was able.**

**God gave us His only Son  
So that we could live forever  
And so, we remember that very first Christmas  
That made all of our lives much better.**



# DECEMBER LAUGHS

**Riddle:** What do snowmen eat for breakfast?

**Answer:** Frosted Flakes!

**Riddle:** Why was the snowman looking through the carrots?

**Answer:** He was picking his nose!

**Riddle:** What do you call Santa when he loses his pants?

**Answer:** Saint Nicker-less!

**Riddle:** What do you call a cat sitting on the beach at Christmastime?

**Answer:** Sandy Claws!

**Riddle:** What do you call a snowman with a six-pack?

**Answer:** An abdominal snowman!

**Riddle:** What's every elf's favorite type of music?

**Answer:** Wrap music!

**Riddle:** How does a sheep say, "Merry Christmas"?

**Answer:** Fleece Navidad!

**Riddle:** What do you call an elf who sings?

**Answer:** A wrapper!

## WHAT'S HAPPENING IN KAMLOOPS



### Disney's Beauty and the Beast

- **Presented By:** Western Canada Theatre
- **Dates:** November 21st - December 8th, 2024
- **Location:** Sagebrush Theatre
- **Time:** Evenings 7:30pm | Weekend Matinees 2:00pm
- **Price:** Starting at \$20.00

### Stars on Ice 2024 Holiday Show

- **Presented By:** Presented by Stars on Ice
- **Date:** December 13<sup>th</sup>, 2024
- **Location:** Sandman Center
- **Time:** 7:00PM
- **Price:** Starting at \$25 +fees | Meet and Greet \$75 (does not include entry to the show).

### Valley Markets - Fall & Winter Markets

- **Presented By:** Valley Markets
- **Dates:** Saturdays in, December
- **Location:** Sahali Mall  
945 Columbia Street West
- **Time:** 10:00am - 3:00pm
- **Price:** Varies by vendor

# Christmas

word search puzzle

W	T	Q	D	E	C	E	M	B	E	R	M	A	A
P	A	K	B	Q	L	K	V	O	N	B	V	W	F
V	S	J	I	W	P	Y	H	Z	P	R	P	I	E
Q	N	O	R	C	E	O	Y	S	P	I	A	N	H
U	O	Y	T	S	A	N	T	A	F	G	M	T	G
Z	W	X	H	M	J	T	A	B	D	H	Z	E	K
H	O	L	L	Y	M	R	E	S	Q	T	B	R	B
L	N	Y	A	Y	C	H	R	I	S	T	M	A	S
G	H	T	R	E	E	Z	N	X	E	B	E	K	Z
G	X	B	Q	P	Y	I	T	A	W	L	D	H	E
I	E	W	E	M	C	F	H	A	P	P	Y	V	O
E	L	M	K	L	L	K	N	G	H	X	E	C	H
G	C	E	W	E	L	N	B	C	O	O	K	I	E
J	E	S	U	S	U	S	I	R	X	P	S	F	H

CHRISTMAS  
JESUS  
HAPPY  
JOY  
BRIGHT  
WINTER  
HOLLY  
SNOW



DECEMBER  
ELF  
EVE  
SANTA  
COOKIE  
BELLS  
BIRTH  
TREE



## SELF-CARE BINGO

REST AND  
GIVE  
YOURSELF  
BREAKS.

TAKE A  
WALK  
OUTSIDE.

EAT WELL.  
DON'T  
OVER-  
INDULGE  
EVERY DAY.

DON'T  
OVERFILL  
YOUR  
SCHEDULE.

TAKE  
NAPS TO  
RECHARGE.

TAKE  
BREAKS  
FROM  
TECHNOLOGY.

DON'T  
SAY YES TO  
EVERYTHING.

BE  
INTENTIONAL  
WITH YOUR  
TIME.

TAKE LONG  
BATHS.

LIGHT YOUR  
FAVORITE  
SCENTED  
CANDLES.

BE CREATIVE.  
TRY A NEW  
CRAFT OR  
RECIPE.

LET GO  
OF  
UNNECESSARY  
GUILT.

BE GRATEFUL  
FOR THE  
BLESSINGS IN  
YOUR LIFE.

JOURNAL  
MORE.

SPEND A FULL  
DAY DOING  
ONLY WHAT  
YOU WANT.

CURL UP  
WITH A  
GOOD BOOK.