

The Hamlets at Westsyde

January 2024 Newsletter

UPCOMING MEETINGS

AL Resident Meeting

January 7th 11:00am in the Grand Hall

LTC Resident Meeting

January 8th 1:00pm in the Multi-purpose room

Food Committee Meeting

Contact Food Services



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<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



Breakfast Brew

Due to changing staff availability Breakfast Brew Thursday mornings has been changed to 9am and will run until 10am. We hope to see all you regulars and many new faces in the new year!



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.



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

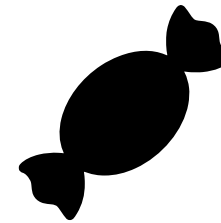
Meeting the spiritual needs of our residents is a priority. Join us in Grand Hall 2 for meditation, grounding, body scanning, gratitude journalling, mindfulness, intrinsic learning and more.

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.

January Zodiac Signs

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.

Aquarius (January 20 – February 22)

Traits: Aquarians are known for their originality, independence, and forward-thinking nature. They are intellectual and curious, often exploring unconventional ideas and perspectives. Aquarians are natural humanitarians, deeply valuing equality, fairness, and community. While they can appear aloof at times, they are deeply caring and loyal to those they hold dear. Their innovative spirit and open-mindedness make them trailblazers in any endeavor they pursue.

Aquarius Horoscope: Your creativity and unique perspective are your greatest assets this month. Trust your instincts, and don't shy away from expressing your innovative ideas. Collaboration may open doors to exciting opportunities, so lean into your connections. Remember to balance your drive for progress with moments of self-care and grounding. Surprising allies and serendipitous events may align perfectly with your vision—embrace them wholeheartedly.

Celebrating our Residents

January Birthdays

- | | |
|-------------|---------------|
| ✚ Violet I. | ✚ Robert J. |
| ✚ James J. | ✚ Myles L. |
| ✚ Graham W. | ✚ Kathy L. |
| ✚ Gerry S. | ✚ Patrick O. |
| | ✚ Lorraine P. |

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

HAMLET NEWCOMERS

- *Isobel L.*
- *Mike B.*

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

~ Unknown

Goodbye December...



Least Restrain Continued...

Do you know why restraints are considered high risk and only used as a last resort?

- MOST Serious - They can cause death (residents can strangle on a restraint).
- They Impede the residents' freedom.
- They Increase skin issues.
- Residents can feel helpless, angry, and scared.
- Restraints can cause physical trauma if the resident tries to get out.

Why do we tie seat belts behind a resident's wheelchair and do not use them on a daily basis?

- Seatbelts are considered a restraint when the resident is not able to remove independently, and we only apply when the resident is going for a vehicle ride or being pushed long distances.
- If a resident is requesting to wear a seatbelt, they must be able to remove it on command. When this is the case, we ensure details are documented in the resident's health care record, and the nurse will review regularly to confirm the resident continues to be able to remove it when they would like.

If you have any questions or concerns about restraints, please reach out to the nurse or Director of Care.

Least Restraint

Do you know what is considered a restraint?

A restraint is any device, or chemical (medication) that is used to control or restrict a resident's movement. If the residents cannot remove it or it would not be removed/ discontinued if requested – it is a restraint.

Optima Living is committed to a least restraint environment and state that restraints are **not a care option** unless an assessment determines that there is no alternative to maintain the safety of:

- A resident in reducing the risk of injury,
- Other residents who may be at risk from another resident.

There is a process we use prior to initiating a restraint and all steps must be taken to ensure the safety of the resident. The Director of Care, Nurses, Occupational Therapist/Physiotherapist (OT/PT), Rehab Aide, Physician, and Resident's Family/Representative are all involved with review of initiating a restraint.

- The Nurses and OT/PT must complete the appropriate restraint assessments.
- The resident's physician is contacted and if in agreement with the restraint they will complete and sign a Safety Device Approval Form.
- We connect with the resident's family/representative, and it is very important families understand that applying restraints are the last resort. We discuss all risks associated with using a restraint.
- The Family/representative must also sign the consent (Safety Device Approval).
- We revise the resident's care plan to include all necessary information.
- Our Care Team members complete Restraint checks on a regular basis to reduce risk and negative impact they can have on residents.



Healthy Brain



Gratitude



Keep a journal



Sleep



Mindfulness



Breathe



New hobbies



Read



Play



Tasks

January's Embrace

January whispers through frosted trees,
With a crisp, cool breath in the winter
breeze.

The world wears a blanket of glittering
white,
A peaceful hush in the soft moonlight.

New beginnings shine in the icy glow,
Promises planted beneath the snow.
Dreams take root as the year unfolds,
In January's hands, the future molds.

The mornings are brisk, the nights are long,
But hearts stay warm where hope is strong.
A time for courage, for plans anew,
January beckons, the bold to pursue.

So, wrap yourself in this wintry charm,
Find joy in the chill, not alarm.
For though it's cold, it holds the key,
To all the magic the year could be.

JANUARY LAUGHS

I'm chilly and white,
I sparkle at night,
But leave me in the sun,
And I'm gone from sight.
What am I?

Answer: A snowman who just got a little too warm!

I'm a resolution setter,
A "new me" go-getter,
But give me a week,
And I'll forget altogether.
What am I?

Answer: A January gym membership! 😊

YOU-fit: Exercises for EveryBODY





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Location Legend Grand Hall (GH) Grand Hall 2 (GH2) Multi-purpose Room (MPR) Crafters Corner (CC) Assisted Living Dining Room (ALDR)</p>			10:30 Sit-Fit (GH) 1 1:30 Spa Team 1 (MPR) 3:00 Music Therapy (B2)	1:30 Crib Club- Self Directed (MPR) 2 1:30 Task and Craft Group (CC) 3:00 Floor Games- Self Directed (GH) 6:00 Billiards- Self Directed (GH2)	10:30 Sit-Fit (GH2) 3 1:30 Active Games (MPR) 3:00 Body & Soul (GH2) 6:00 Shuffle Board Club- Self Directed (ALDR)	10:30 Pet Therapy (ALL) 4 1:30 Suzie Q Sing- Along (GH) 3:15 Prayer Group (GH2) 6:00 Keeping it Crafty (CC)
10:30 Board Games -Self Directed (MPR) 5 1:30 Crib Club- Self Directed (MPR) 3:30 Baptist Church (GH)	10:30 Sit-Fit (GH) 6 10:30 Day Care Visit (MPR) 1:00 Ice Cream Social (ALDR) 1:15 Bingo (GH) 2:30 Mind Challenge (GH2)	11:00 Assisted Living General Meeting (GH) 7 1:30 Happy Hour- Birthday Bash with John C. (GH) 6:00 Board Games (GH)	10:30 Sit-Fit (GH) 8 10:30 Day Care Visit (DayC) 1:30 Spa Team 2 (MPR) 1:30 Bingo (GH) 3:00 Music Therapy (ALDR) 6:00 Poker (ARC)	9:00 Breakfast Brew (MPR) 9 1:30 Task and Craft Group (CC) 2:30 Book Reading- Author Ronnie Shuker (GH) 6:00 Billiards- Self Directed (GH2)	10:00 Catholic Mass (GH) 10 10:30 Sit-Fit (GH2) 1:30 Active Games (MPR) 3:00 Body & Soul (GH2) 6:00 Shuffle Board Club- Self Directed (ALDR)	10:30 Pet Therapy (ALL) 11 1:30 Suzie Q Sing- Along (GH) 6:00 Keeping it Crafty (CC)
10:30 Board Games -Self Directed (MPR) 12 1:30 Crib Club- Self Directed (MPR)	10:30 Sit-Fit (GH) 13 10:30 Day Care Visit (MPR) 1:15 Bingo (GH) 2:30 Mind Challenge (GH2)	1:30 Happy Hour- Gary Mockford (GH) 14 6:00 Board Games (GH)	10:30 Sit-Fit (GH) 15 10:30 Day Care Visit (DayC) 1:30 Spa Team 1 (MPR) 1:30 Bingo (GH) 3:00 Music Therapy (ALDR) 6:00 Poker (ARC)	9:00 Breakfast Brew (MPR) 16 1:00 Movie (GH) 1:30 Crib Club- Self Directed (MPR) 1:30 Task and Craft Group (CC) 3:00 Floor Games- Self Directed (GH) 6:00 Billiards- Self Directed (GH2)	10:30 Karaoke (GH) 17 10:30 Sit-Fit (GH2) 1:30 Active Games (MPR) 3:00 Body & Soul (GH2) 6:00 Shuffle Board Club- Self Directed (ALDR)	10:30 Pet Therapy (ALL) 18 1:30 Suzie Q Sing- Along (GH) 3:15 Prayer Group (GH2) 6:00 Keeping it Crafty (CC)
10:30 Board Games -Self Directed (MPR) 19 1:30 Crib Club- Self Directed (MPR) 3:30 Baptist Church (GH)	10:30 Sit-Fit (GH) 20 10:30 Day Care Visit (MPR) 1:00 Ice Cream Social (ALDR) 1:15 Bingo (GH) 2:30 Mind Challenge (GH2)	1:30 Happy Hour (GH) 21 6:00 Board Games (GH)	10:30 Sit-Fit (GH) 22 1:30 Spa Team 2 (MPR) 1:30 Bingo (GH) 3:00 Music Therapy (ALDR) 6:00 Poker (ARC)	9:00 Breakfast Brew (MPR) 23 1:00 Movie (GH) 1:30 Crib Club- Self Directed (MPR) 1:30 Task and Craft Group (CC) 3:00 Floor Games- Self Directed (GH) 6:00 Billiards- Self Directed (GH2)	10:30 Sit-Fit (GH2) 24 1:30 Active Games (MPR) 3:00 Body & Soul (GH2) 6:00 Shuffle Board Club- Self Directed (ALDR)	10:30 Pet Therapy (ALL) 25 1:30 Suzie Q Sing- Along (GH)
10:30 Board Games -Self Directed (MPR) 26 1:30 Crib Club- Self Directed (MPR)	10:30 Sit-Fit (GH) 27 1:00 Ice Cream Social (ALDR) 1:15 Bingo (GH) 2:30 Mind Challenge (GH2)	1:30 Happy Hour (GH) 28 6:00 Board Games (GH)	9:30 Walmart Trip (Bus) 29 10:30 Day Care Visit (DayC) 1:30 Spa Team 1 (MPR) 1:30 Bingo (GH) 3:00 Music Therapy (ALDR) 6:00 Poker (ARC)	9:00 Breakfast Brew (MPR) 30 1:00 Movie (GH) 1:30 Crib Club- Self Directed (MPR) 1:30 Task and Craft Group (CC) 3:00 Floor Games- Self Directed (GH) 6:00 Billiards- Self Directed (GH2)	10:30 Music Trivia (GH) 31 10:30 Sit-Fit (GH2) 1:30 Active Games (MPR) 3:00 Body & Soul (GH2) 6:00 Shuffle Board Club- Self Directed (ALDR)	