

MONTHLY NEWSLETTER

VOL. 03
2025



THE NORTH STAR
by Optima Living



OPTIMA LIVING
Let us welcome you home™

<https://optimaliving.ca>

OPTIMA LIVING COMPANY UPDATES

MARCH



Live Authentically: Enhance the life you love!

Senior living doesn't mean changing who you are — it's about enhancing the life you already love!



Living authentically is at the heart of senior living. It's about continuing to do what makes you happy, staying connected to the things that matter most, and creating a space where you can thrive. In a community that values individuality, you can live the way you always have—with joy and confidence. It's about living with purpose, in a place that feels like home.



Golden Pursuits: Goal Setting for a Meaningful Life Episode #14

We explore how seniors can continue to set meaningful goals to enhance their mental, physical, and relational well-being. Whether it's staying active, nurturing relationships, or keeping the mind sharp, it's never too late to aim for growth and fulfillment. Watch this inspiring episode and discover how setting small, achievable goals can lead to a more purposeful and joyful life



<https://optimaliving.ca/>



Hawthorne

An OPTIMA LIVING Community



Welcome March!

As we step into March, we're embracing the renewal and energy that comes with the changing season. This month is all about growth, fresh opportunities, and strengthening the connections that make Hawthorne such a special place.

In this issue, you'll find exciting updates, engaging programs, and special events to look forward to. March brings us moments to celebrate, learn, and create lasting memories together.

We're thrilled to share highlights like International Women's Day Tea, St. Patrick's Day festivities, and a variety of meaningful programs for residents, families, and volunteers.

Here's to another month of connection, joy, and community.

Thank you for being part of it all!

<https://hawthorneseniors.ca/>

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

From the General Manager:



Carmela Dixon

March is Nutrition Month, a time to celebrate the importance of healthy eating and making choices that support overall well-being. Proper nutrition plays a vital role in maintaining energy, strength, and a healthy lifestyle, especially as we age. Our Food Service team is always happy to provide balanced and delicious meals to nourish both body and mind.

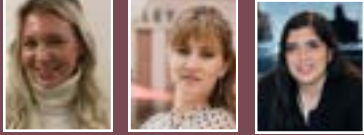
With the arrival of warmer weather, it's also the perfect time to enjoy the fresh air and take a stroll outside - whether it's a short walk around the grounds or simply soaking up the sunshine from a favorite outdoor spot. Staying active and connected with nature is a wonderful way to enhance physical and mental well-being.

I also want to extend my heartfelt thanks to everyone who attended our Town Hall Meeting on February 28th. Your thoughts and feedback are invaluable in helping us improve and create the best possible living experience for our community. Another highlight this past month was my time spent with residents on the outing to William Watson Lodge. It was a pleasure to join you all, share in the experience, and enjoy the wonderful camaraderie. Thank you for welcoming me so warmly.

As we step into March, let's continue to embrace healthy habits, enjoy the changing seasons, and look forward to more meaningful moments together.



From Administration:



Nicole Medland
Administration Manager

Alina Mihai
FT Receptionist
Navneet Warring
CS Receptionist

As Nicole is still on leave, we want to inform everyone that **Alina** is currently covering the Office Manager role, while **Navneet** is stepping in as the Receptionist. Both are available to assist you during this time, so please don't hesitate to reach out with any questions or needs!

Please forward Insurance renewals for 2025 to alina.mihai@optimaliving.ca to add to your file.

Free Income Tax Program

We are pleased to offer a free income tax program for Cochrane residents, provided by retired locals Jerry Koenderink and Janet Watson. If you need assistance with your 2024 tax filing, be sure to sign up at reception before April 20th. Don't miss out on this valuable service!



Optima Living has established a partnership with **BFL Canada** to offer Tenant Insurance.

For more information or to apply, please reach out to the office manager for application details.

	Personal Property Limit	Personal Liability Limit	Additional Living Expenses <small>In the event a tenant cannot occupy the unit as a result of an insured peril</small>	Deductible Per Claim <small>All selections, except \$2,500 deductible for Earthquake</small>	Personal Liability / Earthquake Deductible	Premium <small>Per month per tenant</small>
Option 1	\$30,000	\$1,000,000	\$8,000	\$1,000	\$2,500	\$22.00
Option 2	\$60,000	\$1,000,000	\$10,000	\$1,000	\$2,500	\$35.00
Option 3	<small>I/we understand the options presented. If it is understood I/we have chosen to obtain a tenant insurance policy from another provider, I/we will submit a copy of this insurance to OPTIMA LIVING and in addition recognize that failure to do so is a breach of the tenancy agreement.</small>					

From the Clinical Team:



Kelly Keeler
Director of Care

Trina Beaudoin
Asst. Director of Care

Caitlyn Demars
Educator

Employee Education Opportunities - March 2025

We are excited to announce the upcoming Employee Education sessions for March 2025:

- All Departments: Nutrition and Hydration - Learn the essential role of proper nutrition and hydration in promoting health and well-being.
- HCAs and LPNs: Skin Integrity and Wound & Pressure Ulcer Prevention - Gain valuable insights into maintaining skin health and preventing pressure ulcers.
- LPNs: Advanced Wound Care - Enhance your skills in advanced wound care techniques for improved patient outcomes.

Code of the Month

PINK

Elevator Emergency

A Code Pink indicates a person trapped in an elevator and requires immediate action. Please follow these safety protocols to ensure everyone's safety:

Upon discovery of a person trapped in an elevator:

1. Reassure the person to remain calm
2. Maintain ongoing communication with the person in the elevator through the emergency elevator communication status
3. Send a second person to call 911 or the elevator service company based on the person's status in the elevator
4. Do not attempt to manually open the doors of the elevator or remove someone from an elevator that is misaligned from the floor

Welcome!

Health Care Aide

Juwerat R

Started Jan 24th

Health Care Aide

Beth R

Started Feb.26th

Health Care Aide

Alicia M

Started Feb.26th

Health Care Aide

Kirstin M

Started Feb.26th

Health Care Aide

Jideofor N

Started Feb.26th

From the Housekeeping Team:



Erlindo Radaza

Housekeeping &
Hospitality Supervisor

Nesvek

Housekeeping

Sidney

Housekeeping/ Hospitality

Armando

Housekeeping

Breck

Hospitality Aide

As we step into March, here are a few important updates from the team:

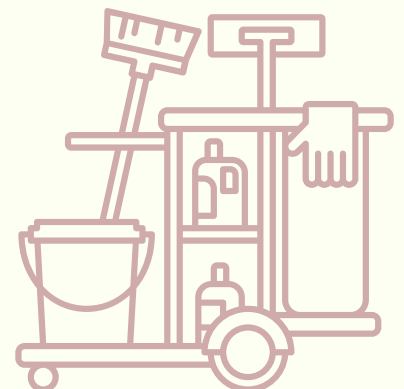
Dishwasher Replacement:

The dishwasher on the 4th floor of Cottage A has been replaced.

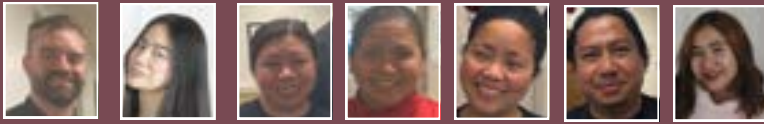
Employee News:

- Erl will be returning from vacation and back to work on March 24th.
- Pauline, from the 4th floor, will be transitioning to a casual role starting March 15th. We are currently seeking a full-time Hospitality Aide (HA) to join our team. If you know anyone who might be a good fit, please let us know.

Thank you for your ongoing dedication and hard work in
keeping everything running smoothly!



From the Food Services Team:



Kyle Klassen
Food Service Manager

Maricel
Cook

Preycy
Cook

Abegial
Cook

Rutchelle
Cook

Joycee
Cook

Albert
Cook

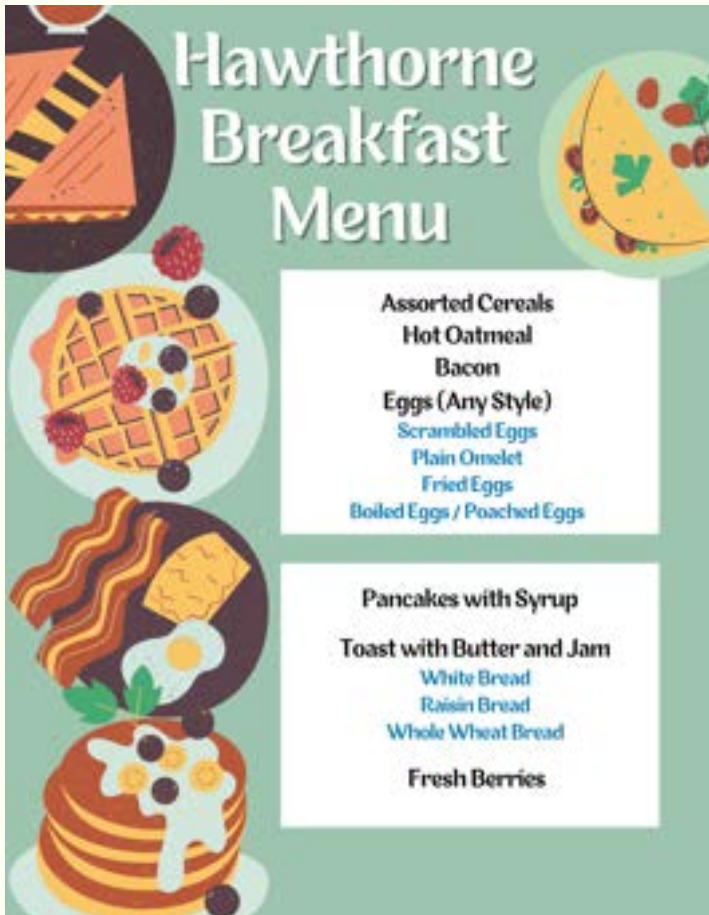
As we move into 2025, we're thrilled to announce an increased food budget for our Food Services Department, ensuring even more delicious meals and innovative dining experiences.

In addition, we've stocked up on new small wares and tabletop items for Hawthorne, now available on the cottages for a more enhanced dining experience.

Optima Living has also created the Culinary Rock Stars team, bringing fresh ideas and special meals that are sure to wow your taste buds. We're all about keeping dining exciting!

Please note, two of our dedicated kitchen team members are currently on vacation and will return by March 25th.

Stay tuned for more updates and delicious news!



Breakfast Offerings Update

We've had some inquiries regarding our breakfast options, and we'd like to remind everyone that we continue to offer cook-to-order breakfasts, which remains a favorite choice among our residents. We're pleased to provide this personalized option to start your day!

Spring/Summer Menu Launching Soon!

Stay tuned for the new spring/summer menu!



From the Maintenance Team:



Barry Long
Maintenance Supervisor

Armando
CS Maintenance Worker

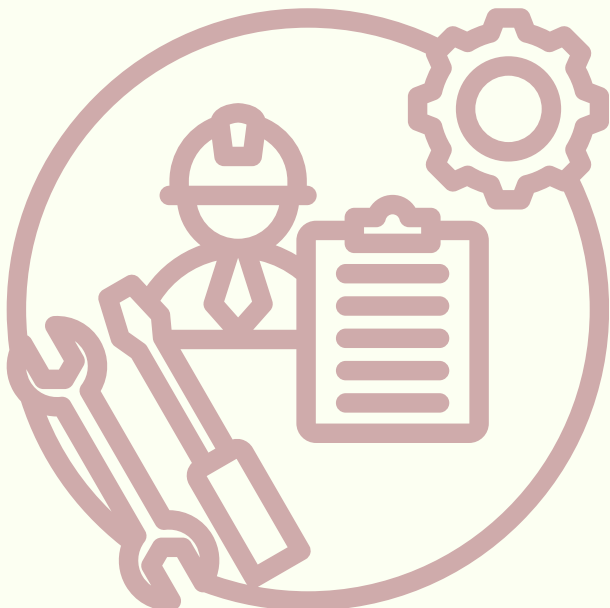
Maintenance Request Reminder

If you encounter any issues in your suite, please don't hesitate to ask an employee to fill out a maintenance request form, available at every Nurse's station. Our maintenance team will prioritize your request to ensure it's addressed promptly and efficiently. Your comfort is our priority!

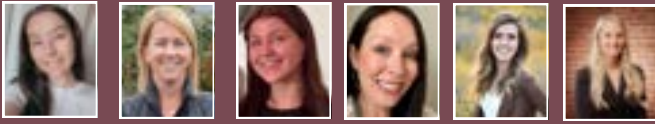
Spring is on the Way!

As we say goodbye to the colder weather, we're excited to welcome the warmer temperatures and the promise of a fresh start. While we did encounter a few hiccups in the mechanical room during the colder months, we're pleased to report that our building equipment is now running smoothly and efficiently.

Looking ahead, we still have a few projects on the horizon. While we haven't set an exact date yet, we're planning for outside window washing to be completed in early June. Thank you for your patience and continued support as we work to keep everything in top shape for the season ahead!



From Recreation:



Isabella Yendt
Recreation Manager

Holly M
Recreation Aide

Rachel D
Recreation Aide

Jackie S
Recreation Aide

Madeleine G
Recreation Aide

Lindsay B
Recreation Aide

Highlights for March

Good Vibes Memory Choir

We would like to extend a heartfelt thank you to **Erica Phare** for hosting our second season of the **Good Vibes Memory Choir** at Hawthorne. This incredible choir provides a space for individuals on a dementia journey to come together and experience the many scientifically proven benefits of singing, including slowing cognitive decline.

The **Good Vibes Memory Choir** is a free, welcoming space where both individuals with dementia and their care partners can join in song and connect with others on a similar journey.

Thank you, Erica and all our volunteers for your continued dedication to this wonderful program!



Bow Valley College - Practicum Student - Welcome Danielle!

We are excited to welcome Danielle from Bow Valley College as she completes her Interdisciplinary Therapy Assistant Diploma Program.

Danielle will be joining our team as a Recreation Aide Practicum Student, contributing 160 hours of field experience from March 3rd to April 1st.



We look forward to working with her and supporting her professional development during this time!

RECREATION RECAP

OPTIMAL MOMENTS

WILLIAM WATSON LODGE

Our residents had an amazing time at **William Watson Lodge**! They were treated to a fascinating **interpretive tour**, where they learned all about the **local wildlife** and the animals that call the land home. From birds to mammals, the presentation provided a deep dive into the ecology of the area, offering an engaging and educational experience for everyone.

It was a fantastic day of learning and connection with nature—thank you to everyone who joined us! We look forward to more exciting adventures ahead.



LIFESTYLE & PROGRAMS

Upcoming Special Events & Activities

Outing: ROARR Lunch Visit

with Robison's Outreach at Rivercross Ranch

Date: Tuesday, March 4th

Time: 11:15 AM

Location: Rivercross Ranch

Transportation: Taxi4u

Cost: Free

Mobility Rating: Moderate, must be able to climb in/out of standard taxi. No wheelchairs spots.

Details:

Join us for lunch at the ranch and a visit with the therapy horses!

Sign up Required

Outing: Grey Eagle Casino

Date: Tuesday, March 25th

Time: 11:15 AM - 3:30 PM

Transportation: Southland Charter

Mobility Rating: Moderate/Some Limitations (1 Wheelchair Spot)

Join us for a fun trip to Grey Eagle Casino! **Sign up is required.** Spots are limited, so reserve your spot soon!

Please bring your own money.

Outing: Warm Water Therapy Pool

at the Cochrane SLS Centre

Date: Thursday, March 27th

Time: TBD

Location: Cochrane SLS Centre

Transportation: Colt Bus

Cost: Free

Mobility Rating: Moderate, 1 wheelchair - Must be able to transfer to water wheelchair independently.

Details:

Join us for a relaxing swim in the Warm Water Therapy Pool at the Cochrane SLS Centre! This is a wonderful opportunity to enjoy the soothing, therapeutic benefits of warm water in a calm and comfortable environment. It's the perfect way to unwind and gently exercise. **Sign up Required**

LIFESTYLE & PROGRAMS

Upcoming Special Events & Activities

Entertainment Schedule

Brooks & Kevin

March 11th @
2:30 PM



Kelly Kalden

March 13th @
1:30 PM



MACK

March 17th @
2:00 PM



Walkin on Sunshine

March 21st @
2:00 PM



SAUCIE

March 26th @
3:00 PM



Cherubim Music Therapy

March 29th @
2:00 PM



Special Days in March

- March 1st - Ramadan Begins
- March 4th - Mardi Gras
- March 5th - Ash Wednesday
- March 8th - International Women's Day
- March 9th - Daylight Savings Begins
- March 10th - Ramadan Begins
- March 14th - Purim
- March 17th - St. Patrick's Day
- March 20th - Spring Equinox
- March 31st - Eid al-Fitr



Shining Star Recognition Program

February Recipients

Team Member Award:

Julie Ha

Health Care Aide

Peer Award:

Merlyn Sanico

Health Care Aide



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.

Our Values

Respect You

Uphold Your Dignity

Work Together

Do The Right Thing

March Birthdays

HAWTHORNE

2025

MAKE A WISH

In March we Celebrate:

- ✦ Rita S - March 1st
- ✦ Dwight T - March 2nd
- ✦ Marvin H - March 3rd
- ✦ Carol-Anne M - March 9th
- ✦ Gladys M - March 10th

Birthday Celebration

Thursday March 13th at 1:30 PM

in the Multi-Purpose Room

Entertainment by Kelly Kalden



Happy
Birthday




Hawthorne


An OPTIMA LIVING Community

Employee Directory

General Manager	Carmela D carmela.dixon@optimaliving.ca	ext. 1009
Director of Care	Kelly K kelly.keeler@optimaliving.ca	ext. 1013
Asst. Director of Care	Trina B trina.beaudoin@optimaliving.ca	ext. 2023
Office Manager	Alina M alina.mihai@optimaliving.ca	ext. 1008
Recreation Manager	Isabella Y isabella.yendt@optimaliving.ca	ext. 1011
Kitchen Manager	Kyle K kyle.klassen@optimaliving.ca	ext. 1030
Maintenance Supervisor	Barry L barry.long@optimaliving.ca	ext. 1053
Receptionist	Navneet W hawthorne_reception@optimaliving.ca	ext. 1005

 60 Fireside Gate, Cochrane Alberta, T4C 2T9

 403-840-0150

 <https://hawthorneseniors.ca>



239 Griffin Rd E | Cochrane, AB, T4C2B9 | 403-907-1386

A Special Thank You to Dollar Tree

We want to thank you for your continued support with Valentine's Day décor. Your generosity has truly brightened our space and brought extra joy to our residents. Thank you for making a difference and helping brighten our community!

Resident & Family Council

We're pleased to introduce our Resident & Family Council members for this term:

1. Colin T
2. Jacqueline S
3. Alan H
4. Shawna B
5. Marian K
6. Finn H
7. Kelly L
8. Carrie G (Family)
9. John S

These dedicated individuals play an important role in representing the voices of our residents and their families, ensuring their needs and concerns are heard.

Stay tuned for upcoming meetings and updates from the Council!