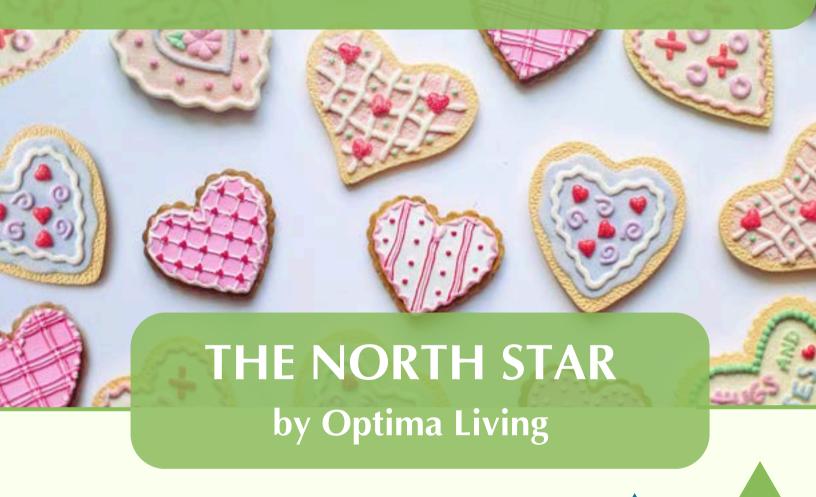
MONTHLY NEWSLETTER

VOL. 02 2025





OPTIMA LIVING COMPANY UPDATES



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





Hello February!

As we move into February, we are thrilled to see our community at Hawthorne thriving with connection, energy, and joy. This month is all about celebrating love, kindness, and the warmth of togetherness—perfect for chasing away the winter chill.

In this issue, you'll find important updates, exciting programs, and special events to look forward to. February offers us fresh opportunities to create lasting memories, strengthen bonds, and share meaningful experiences.

We're excited to share highlights like Valentine's Day festivities, our first Optimal Minds education session, and the many engaging programs lined up for residents, families, and volunteers.

Here's to another month of connection and growth in our vibrant community. Thank you for being part of what makes Hawthorne such a special place.

From the General Manager:



Carmela Dixon

February is a month filled with love, and we celebrate it in many ways—through friendships, family bonds, and the kindness shared in our community. With Valentine's Day just around the corner, keep an eye out for special activities to mark the occasion!

We also have a staffing update to share: **Alina**, our full-time Receptionist, will be stepping in as Interim Office Manager during Nicole's absence. Please join us in offering her your support.

Unfortunately, our anticipated Principal Visit has been postponed. We apologize for any inconvenience and will share the rescheduled date as soon as it's confirmed.



A big congratulations to **Maricel Radaza**, our talented cook, for being recognized as **January's Shining Star!** Maricel embodies our core value of teamwork, always going above and beyond to ensure everyone is taken care of. Be sure to congratulate her when you see her! Additionally, we celebrate our **Peer Shining Star for January— Rutchelle Dacayanan.** Please take a moment to recognize their dedication and contributions to our community.

February is also Recreation Therapy Month, a time to appreciate the incredible work of our Recreation Therapists and the entire Recreation team. Their dedication brings joy, engagement, and well-being to our residents, and we are truly grateful for all they do.

Lastly, we invite all residents and families to our upcoming **Town Hall Meeting on February 28th** in the Multi-purpose Room. This is a great opportunity to stay informed, ask questions, and share feedback. Moving forward, we plan to host Town Hall meetings on the last Friday of every month.

Wishing everyone a February filled with love, kindness, and community spirit!

From Adminstration:









Clina Mihai FT Receptionist Navneel Warring CS Receptionist

Alina Mihai, our full-time Receptionist, will be stepping in as **Interim Office Manager** during Nicole's absence. Please join us in offering her your support.

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

Hawthorne Tuck Shop



Hello Tuck Shop Friends!

Stop by this February for your favorite snacks and drinks - cash only, please!

Snack & Drink Highlights:

- Sodas \$1.50 (Coke, Diet Pepsi, Ginger Ale)
- Chips \$1.50 (Lays, Doritos, Miss Vickie's)
- Butterscotch & Peppermints \$2.00
- Werther's & Scotch Mints \$3.00
- Ice Cream \$2.00 (Vanilla Sandwiches, Chocolate Bars, Drumsticks)

Hours:

Monday-Friday: 9:00 AM – 5:00 PM Closed on holidays. Located at the Reception Desk

Thank you for your continued support!
We can't wait to see you soon!

From Recreation:













Jackie S Madeleine G Recreation Aide Recreation Aid

Lindsay B Recreation Aide

Highlights for February

Recreation Therapy Month!

Happy Recreation Therapy Month! This is a time to celebrate the incredible work of recreation therapists & assistants who enhance the lives of individuals through engaging, therapeutic activities. Their dedication helps promote physical, mental, and emotional well-being, bringing joy and improving quality of life for so many. Let's take a moment to recognize their hard work and the positive impact they make in our communities.

Here's to the power of play, creativity, and healing!



Full Time Recreation Aide

Holly M

Starting Feb 3rd.

Important Updates:

Isabella's Office Has Moved!

Just a quick update—I've moved! I'm now located on the main floor, behind reception in the administration offices. If you're passing by, feel free to stop in and say hello!



PEOPLE ON THE GO



Wishing Charlea Success in Her Next Chapter

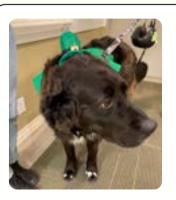
It is with mixed emotions that we bid farewell to Charlea. who has been such a valued part of our Hawthorne family.

Over the years, Charlea has brought warmth, dedication, and a genuine passion for creating meaningful connections with residents, families, and employees alike.

Her contributions to our community have left a lasting impact—from her creative ideas and compassionate care to the countless smiles and moments of joy she has inspired.

While we are sad to see her go, we are excited for the opportunities and adventures that lie ahead for her.

Charlea, thank you for everything you have done to make Hawthorne such a special place. You will always be part of our family, and we wish you all the best in this next chapter.



Farewell to Yoshi: A Heartfelt Goodbye After Two Years of Service

After two years of dedicated service, our beloved therapy dog Yoshi and his owners, Ken and Dulcie, will be moving on to new adventures. Their time with us has been filled with joy, comfort, and healing, and we are incredibly grateful for the love and support they've shared. We wish them all the best in their next chapter!

Thank you, Yoshi, Ken, and Dulcie!

From the Clinical Team:













Optimal Minds Education Series ~ Families Welcome to Attend!

We are thrilled to launch Optimal Minds! Our February session focuses on Fall & Fracture Prevention, offering practical tips and information for residents and families to maintain safety and independence. Join us on **Friday, February 28th at 10:30 AM in the Multi-purpose Room.**



February Employee Education Highlights:

Education Completed in January 2025:

HCAs and LPNs: Safe Medication Administration LPNs: Medication Management Audit Review Code Black for all employees

Education Upcoming in February 2025:

HCAs and LPNs: Medication Storage and Expectation and

Cytotoxic/Hazardous Medications

LPNs: Order Processing, Best Possible Medication History, and MAR

Checks

Code Blue for all employees

Health Care Aide

Marjorie

Starting Jan.24th

Code of the Month

BLUE

Emergency Response/Medical Emergency

A Code Blue indicates a medical emergency requiring immediate attention. Please follow these safety protocols to ensure everyone's safety:

For Residents & Families:

- Ensure Safety Confirm the area is safe for yourself and others.
- Call for Help Alert nearby employees immediately.
- Activate Code Blue Employees will initiate the emergency response if appropriate.
- Stay Calm & Stay Put Remain in your location to avoid crowding the area.
- Give Space Do not approach the individual or the responders.
- Limit Phone Use Keep lines clear for emergency communication.
- Wait for All Clear Follow instructions and stay in place until the situation is resolved.

Your cooperation helps ensure a swift and safe response!



Health Care Aide

Rhealyn

Starting Jan.24th

Health Care Aide

Ricardo

Starting Jan.24th

Health Care Aide

Marsa

Starting Jan.24th

From the Housekeeping Team:













Housekeeping & Hospitality Supervisor

Mesvek Housekeeping

*Crmanda*Houskeeping

Sidney
Housekeeping/Hospitality

Brack
Hospitality Aide

A Friendly Reminder from Housekeeping:

We want to remind everyone about the importance of keeping our community safe from trips, slips, and falls. Many falls can be attributed to simple housekeeping hazards.



Here are a few common reasons why falls happen:

- Clutter and Waste Piles of items can create tripping hazards.
- Spills Unattended spills can lead to slippery floors.
- Cords and Cables Cords left in hallways can be dangerous obstacles.

By staying aware and maintaining a clutter-free and clean environment, we can all help prevent accidents and keep everyone safe!

Hospitality Aide

Brock

Annual Deep Cleaning & Routine Cleaning

Each suite receives routine cleaning on a weekly basis to maintain a clean and comfortable living space. Additionally, a deep cleaning is done once per year to ensure your suite stays fresh and well-maintained.

Residents may also request additional cleaning services throughout the year. These requests will be assessed and granted on a case-by-case basis depending on availability, and are subject to fees.

If the resident is present during the deep cleaning or any additional service, housekeeping will check if it's okay to proceed at that time or if another time would be more convenient. Privacy will always be respected, and if a resident declines the service, it will be documented.

To request additional cleaning or if you have any questions, please contact the housekeeping team.





From the Food Services Team:















Maricel Rutchelle

Precu

Albert

Abegial

Love is in the air this February, and we're cooking up some delicious treats to celebrate!

For Valentine's Day, we'll start off with a savory brunch of **Eggs Benedict**, served with fresh fruit on the side—perfect for a romantic or relaxing morning. And for dessert, we're treating you to the sweet and indulgent **Strawberry Shortcake**, a fan favorite that's sure to bring smiles all around. Light, fresh, and bursting with flavor, it's the perfect way to end your Valentine's meal!

Also, in honor of National Fettuccine Alfredo Day on February 7th, we'll be serving up a comforting plate of Chicken Fettuccine Alfredo for lunch, accompanied by garlic bread and Caesar salad—delicious, hearty, and just right for the occasion.

We can't wait to share these tasty dishes with you this month!

February Menu Highlights









From the Maintenance Team:









Important Reminder: Thermostat Settings in Your Suite

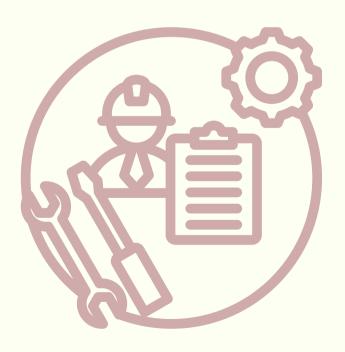
Dear Residents,

We'd like to remind everyone to please avoid adjusting the thermostat settings in your suite. The heating and cooling systems are carefully regulated to ensure optimal comfort for all, and frequent changes can disrupt this balance.

If you feel that your suite is too warm or too cool, please contact the maintenance team, and we will be happy to assist you with adjustments or check the system for any issues.

Thank you for your cooperation in helping us maintain a comfortable living environment for everyone!

Sincerely, The Maintenance Team



RECREATION RECAP

OPTIMAL MOMENTS

Rockin' the King: Celebrating Elvis Presley's Birthday with Will Reeb

Last month, we had the pleasure of celebrating
Elvis Presley's birthday in style! On January 8th, Elvis
Impersonator Will Reeb joined us for a fantastic afternoon
of entertainment. Will, with his uncanny resemblance and
incredible talent, brought the King of Rock 'n' Roll to life,
performing some of Elvis' most iconic hits.

From "Heartbreak Hotel" to "Suspicious Minds," the crowd was all smiles, clapping and singing along.

It was a memorable way to honor Elvis's legacy and make his birthday extra special for all who attended.









ROBBIE BURNS DAY CELEBRATION

We were delighted to welcome the Calgary
Burns Club as they joined us to celebrate
Robbie Burns Day! The event was filled with
Scottish tradition, laughter, and, of course, a
bit of haggis. Guests enjoyed a taste of
Scotland's finest cuisine while honoring the
life and poetry of the beloved Robert Burns. It
was a wonderful gathering, complete with
heartfelt toasts, lively conversations, and a
true sense of camaraderie. A big thank you to
the Calgary Burns Club for making this
special day so memorable



LIFESTYLE & PROGRAMS

Upcoming Special Events & Activities

Outing: Virtual Reality Tour

with Horizon of Khufu Calgary

Date: Tuesday, February 4th

Time: 9:15 AM

Location: Chinook Mall

Transportation: Southland Charter

Cost: Free

Mobility Rating: Moderate, longer

distances. 1 Wheelchair Spot.

Sign up Required

Details:

Explore the Giza Plateau and the Great Pyramid of Giza as if you were really

there.

Outing: William Watson Lodge

Date: Friday, February 21st **Time:** 9:15 AM - 2:00 PM **Transportation:** Dreams

Transportation

Mobility Rating: Moderate/Some Limitations. 2 Wheelchair Spot.

Sign up Required

Details:

Join us for a mountain outing to William Watson Lodge in Kananaskis, where we will enjoy the mountain views, and have a lunch.

Outing: Warm Water Therapy Pool

at the Cochrane SLS Centre

Date: Thursday, February 27th

Time: 1:00 PM

Location: Cochrane SLS Centre

Cost: Free

Mobility Rating: Moderate, no wheelchairs.

Sign up Required

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.

LIFESTYLE & PROGRAMS

Upcoming Special Events & Activities

Entertainment Schedule

Cherubim Music Therapy



Kelly Kalden

February 13th @ 1:30 PM



Brooks & Kevin



Memory Care Sing Along w Dave February 18th @ 1:30 PM



SAUCIE (Memory Care) February 19th @



Here is the Entertainment Schedule for February 2025!
All events will take place in the Multi-Purpose Room,
except for the Sing-Along with Dave, and SAUCIE
performance which will be held in the Memory Living
Neighborhood.

Families are welcome to join us!

Special Days in February

February - Recreation Therapy Month!

February 2nd - Ground Hog Day

February 14th - Valentine's Day

February 17th - Family Day

February 23rd - National Hospitality Workers Appreciation Day



Shining Star Recognition Program

January Recipients

Team Member Award:

Maricel Radaza

Food & Beverage - Cook

Peer Award:

Rutchelle Dacayanan

Food & Beverage - Cook





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

HAWTHORNE 2025

MAKE A WISH

In February we Celebrate:

🌟 Ann H - February 5th

⊱ Diane H - February 21st

🜟 Bill M - February 11th

🖊 Donald J - February 23rd

🗼 Ruby C - February 13th

★ Ellen K - February 27th

🜟 Wendy W - February 14th

Nola S - February 28th

⊱ Ann M - February 15th

🜟 Ralph F - February 28th

🌟 Barry G - February 15th

🌟 Dan R - February 18th

🌟 Gary S - February 18th

Birthday Celebration

Thursday, February 13th at 1:30 PM

in the Multi-Purpose Room

Entertainment by Kelly Kalden



Employee Directory

HAWTHORNE 2025



Employee Directory

GeneralCarmela Dext. 1009Managercarmela.dixon@optimaliving.ca

DirectorKelly Kext. 1013of Carekelly.keeler@optimaliving.ca

Asst. Director Trina B ext. 2023 of Care trina.beaudoin@optimaliving.ca

Office Nicole M ext. 1008
Manager nicole.medland@optimaliving.ca

Recreation Isabella Y ext. 4011 Manager isabella.yendt@optimaliving.ca

Kitchen Kyle K ext. 1030 Manager kyle.klassen@optimaliving.ca

MaintenanceBarry Lext. 1053Supervisorbarry.long@optimaliving.ca

Receptionist Alina M ext. 1005
hawthorne. reception@optimaliving.ca

• 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 would like to extend our heartfelt gratitude to the Cochrane **Dollar Tree** for their generous donation of winter wear supplies and Christmas decor.

Your support will create a meaningful impact, helping us provide warmth and festive cheer for our

Thank you for making a difference and helping brighten our community!