

MONTHLY NEWSLETTER

VOL. 01
2025



THE NORTH STAR

by Optima Living



OPTIMA LIVING
Let us welcome you home™

<https://optimaliving.ca>

OPTIMA LIVING COMPANY UPDATES

JANUARY



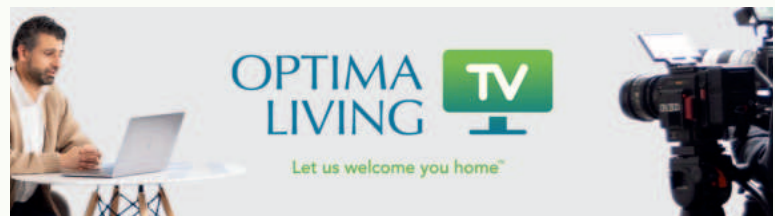
Optima Living contributes a Record 30,000 pounds to local food banks



Annual Food Bank Drive

August 2024 - September 2024

Optima Living Communities came together in an incredible show of generosity, contributing a record breaking 30,000 pounds of food to local food banks.



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



Ring in the New Year: January 2025

Happy New Year! As we ring in 2025, we are excited to welcome both new and familiar faces to Hawthorne. The start of a new year brings fresh opportunities for growth, connection, and making lasting memories. We're kicking off the year with some exciting updates and a look ahead at what's to come in our vibrant community.

In this issue, you'll find important reminders, upcoming events, and news. We hope this newsletter helps you stay informed, get involved, and make the most of your time with us. Here's to a successful and enriching year ahead! We look forward to connecting with each of you and continuing to build a welcoming and engaging environment.



Welcome General Manager: Carmela

We are pleased to announce that Carmela Dixon joined Optima Living as **General Manager** of Hawthorne on November 12th, 2024!

<https://hawthorneseniors.ca/>

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

From the General Manager:

Carmela Dixon

Happy New year... Let's see what 2025 brings us!

What a busy and rewarding first month and a half it has been! Starting my role during an outbreak was certainly a challenge, but it also gave me an early glimpse into the resilience, teamwork, and care that define this incredible community. I'm so proud of how we've supported each other through it all.

One of the highlights of the past month was our Employee Holiday Party. Despite the busy month of December, the event was filled with joy, laughter, and a shared sense of accomplishments. A huge thank you to everyone who participated and helped make it such a memorable celebration.

Here's to a brighter, healthier, and successful 2025 together!



From Administration:

Nicole Medland
Administration Manager

Alina Mihai
FT Receptionist
Navneet Warring
CS Receptionist

Brocklyn Sanderman
CS Receptionist

I hope everyone has a wonderful holiday season. We are excited to announce that we have hired a new Receptionist, named **Alina** that will be starting on January 2nd and also a casual receptionist, named **Navneet** on January 13th . Please stop by and say hello.

With the New Year, I am accepting Insurance renewals for 2025, please send to nicole.medland@optimaliving.ca to add to your file.

≡ Welcome ≡

Full Time Receptionist

Alina
Starting Jan.1st!

Casual Receptionist

Navneet
Starting Jan.13th!

Tuck Shop Updates



Please be advised that, **effective January 1st**, there will be a small price increase on select snacks at the Tuck Shop. We appreciate your understanding and continued support as we continue to offer a variety of treats for everyone to enjoy!

New prices are as follows:

- **Sodas** - \$1.50
 - *(Coke, Diet Pepsi, Ginger Ale)*
- **Chips** - \$1.50
 - *(Lays Classic, Doritos Nacho Cheese, Miss Vickie’s Sea Salt & Vinegar)*
- **Butterscotch, Peppermints** - \$2.00
- **Werther’s, Scotch Mints** - \$3.00
- **Ice Cream** - \$2.00
 - *(Vanilla Sandwiches, Chocolate Bars, Drumsticks)*

Hours of Operation:

Monday-Friday 9:00-5:00 PM
Excluding Holidays

Thank you for your understanding and for making the Tuck Shop such a valued part of our community!

From Recreation:

Isabella Yendt
Recreation Manager

Jackie S
Recreation Aide

Madeleine G
Recreation Aide

Charlea M
Recreation Aide

Lindsay B
Recreation Aide

Rachel D
Recreation Aide

A Year in Review: Celebrating Success & Looking Ahead to 2025

As we step into 2025, I want to take a moment to reflect on the wonderful experiences we shared in 2024. It was a year filled with growth, new opportunities, and unforgettable memories that have made our Hawthorne community even stronger.

A standout highlight was receiving the New Horizons Seniors Grant, which opened the door for some truly amazing experiences. From touring Christmas lights to visiting local museums and enjoying a peaceful Ghost Lake Boat Tour, these outings allowed our residents to create lasting memories and enjoy quality time with family and friends.

We also had the incredible opportunity to pilot the Seniors with Heart program in collaboration with ROARR, bringing Equine Therapy to our residents. This program was a powerful example of the healing and connection animals can bring into our lives.

Here's a look back at some of the exciting programs and activities from 2024:

Good Vibes Memory Choir: Our residents put on their first concert during the holiday season, filling everyone's hearts with joy.

Drum Fit: Sponsored by Two Pharmacy, this weekly exercise class has become a resident favorite, bringing energy and fun to each session.

Resident & Family Christmas Dinners: We hosted two special dinners, bringing residents and their families together for the first time since COVID.

Stepping Stones to Mental Health: Our partnership with this intergenerational program connected our residents with youth at risk, fostering meaningful relationships and connections.

None of this would have been possible without the dedication, love, and support of our residents, families, employees, and volunteers. You all make Hawthorne the vibrant, caring community it is, and I'm deeply grateful for each of you.

What's Coming in January 2025?

Bow Valley College Placement Student Begins!



We are thrilled to welcome Sasha, a student from Bow Valley College's Recreation Therapy Aide Certificate program, who will be joining us from January 9th - February 13th. We look forward to the fresh perspectives and enthusiasm she will bring to the team. Please join me in giving her a warm welcome!

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! 🍷

As we look ahead to 2025, I'm filled with excitement for the new memories and experiences we'll create together. Thank you again for making 2024 such a special year—I can't wait to continue this journey with you all!

From the Clinical Team:

Kelly Keeler
Director of Care

Trina Beaudoin
Asst. Director of Care


Caitlyn Demars
Educator

We are excited about what the next year holds. With a new year comes new opportunities to innovate, grow, and continue providing the highest quality care. We are eager to continue working together to make Hawthorne a place of comfort, safety, and happiness for all of our residents.

In November, we had a COVID outbreak and because of the hard work of our team we got through the outbreak quickly. Thank you to our entire Hawthorne team. Your hard work and dedication are truly appreciated.

Wishing you and your loved ones a peaceful and joyous holiday season!
-Kelly, Trina, and Caitlyn

Code of the Month

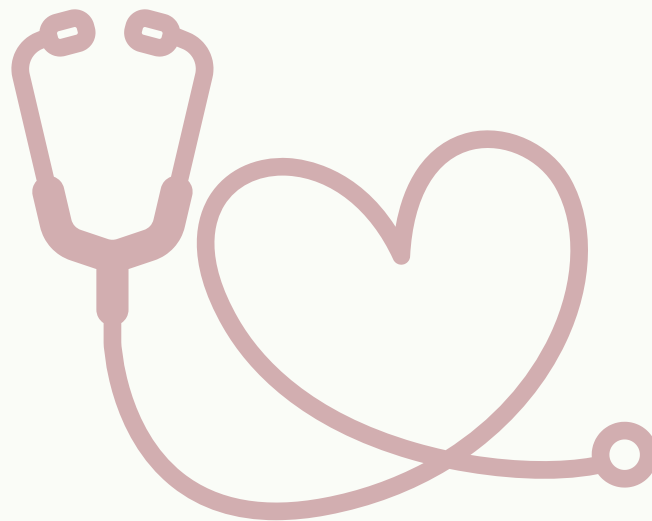
Black ~ Bomb Threat 

A Code Black is an emergency response to a bomb threat or the discovery of a suspicious item. The purpose is to protect everyone in the building by following specific safety protocols.

For Residents & Families:

1. Stay Calm - Follow instructions from employees.
2. Stay Put - Remain in your location unless told to evacuate.
3. Avoid Suspicious Items - Do not touch or approach unknown objects.
4. Limit Phone Use - Keep lines clear for emergencies.
5. Wait for All Clear - Do not move until the all-clear signal is announced over the intercom.

Safety is our priority!



From the
Housekeeping Team:

Erlinda Radaza

Housekeeping &
Hospitality Supervisor

Nesvek

Housekeeping

Sidney

Housekeeping/ Hospitality

Armando

Houskeeping

Brock

Hospitality Aide

Happy New Year, Hawthorne Community!

As we begin 2024, our housekeeping team is committed to maintaining the high standards that keep our community clean, safe, and inviting. January is always a time for fresh starts, and we're excited to continue supporting our residents and families with care and attention to detail.

This month, I'm also pleased to welcome Brock, our new Hospitality Aide, to the team! Please feel free to say hello and introduce yourself when you see him.

Here's to a fantastic year ahead for all of us at Hawthorne!

Warm regards,
Erl, Nesvel, Sidney, Armando, & Brock



≡ Welcome ≡

**Hospitality
Aide**

Brock

**a clean hand is
a caring hand.**

Did you know proper hand hygiene is the
#1 way to prevent the spread of germs?

Follow these simple steps for proper hand hygiene.



Soap and water

- 1 Turn on water
- 2 Wet hands
- 3 Apply soap to palm of one hand
- 4 Scrub for 20 seconds
- 5 Rinse
- 6 Dry with paper towel
- 7 Turn off water with a clean towel



Hand sanitizer

- 1 Apply to palm of one hand
- 2 Rub over both hands
- 3 Let dry

From the
Food Services Team:

Kyle Klassen
Food Service Manager

Precy
Cook

Joycee
Cook

Abegial
Cook

Albert
Cook

The start of a new year is always an exciting time, and here in Food Services, we're ready to make 2024 another year of great meals and memorable dining experiences.

Whether it's a comforting bowl of soup on a chilly day or a favorite dessert to sweeten the moment, our team is committed to bringing a little extra joy to your plate.

This month, we'll continue focusing on meals that warm both body and spirit, and we're always open to hearing your suggestions. Your input helps us craft menus that feel like home and reflect the tastes of our wonderful community.

Here's to a new year filled with good food and shared moments.

Nutrition Nook: January Recipe

Brain Healthy Nutrition

BROCCOLI SALAD


This salad holds up well and is even better the next day after marinating. Take it to a summer BBQ or picnic and enjoy the neuroprotective ingredients this salad has to offer!

INGREDIENTS

- 1 large or 2 small bunch of broccoli - chopped into very thin florets
- 2 carrots, shredded
- 2 stalks of celery, diced
- 1 apple, peeled and thinly sliced
- 1/4 cup red onion, diced (or more!)
- 1/4 cup roasted pumpkin seeds or walnuts

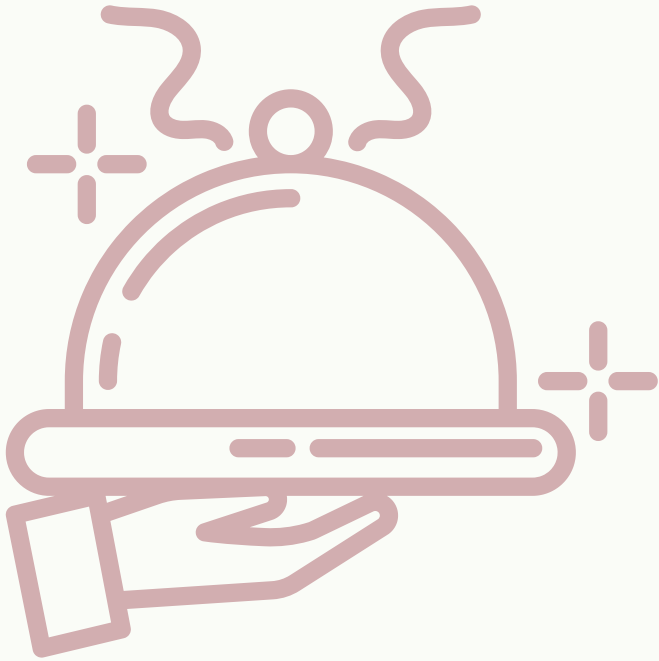

FOR DRESSING

- 1/3 cup extra virgin olive oil or avocado oil
- 2 to 3 tbsp red wine vinegar or apple cider
- 1 tbsp Dijon mustard
- 2 tsp maple syrup - optional
- 3/4 tsp fine sea salt, to taste



DIRECTIONS

1. Combine all salad ingredients in a large bowl. Mix well.
2. Combine all dressing ingredients in a small bowl. Whisk well. Alternatively, pour ingredients into a jar with a tight-fitting lid and shake it well.
3. Pour half of the dressing over the salad and stir well to combine. Taste and add more dressing as desired.
4. Let marinate in the fridge for an hour before serving.
5. Add a little more dressing before serving to taste.



From the
Maintenance Team:

Barry Long
Maintenance Supervisor

Armando
CS Maintenance Worker

Happy New Year!

Building maintenance is essential to keeping our facility in top condition. It includes regular inspections, repairs, and upkeep of systems like electrical, heating and air conditioning, plumbing, and other utilities. Our team works diligently to ensure that all structural elements, such as doors, windows, and walls, are in good condition and that safety systems, like fire alarms, are functioning properly.

If you have any concerns or notice something that needs attention, please fill out a maintenance slip, which can be found at reception. We'll address it as soon as possible.



RECREATION RECAP

OPTIMAL MOMENTS



A MUSEUM WITH ALTITUDE

Hawthorne had an exciting visit to **The Hangar Flight Museum** in Calgary, where they were among the first to experience the museum's new Silver Darts Program. This interactive program allowed participants to hold real aviation artifacts, offering a unique, hands-on way to connect with history. As they explored the exhibits, the residents enjoyed hearing fascinating stories about the artifacts, deepening their understanding of aviation's rich history. It was a memorable outing that combined learning, discovery, and a shared sense of wonder, sparking meaningful conversations among the residents.



WILLIAM WATSON LODGE

Recently, a group of Hawthorne residents had the opportunity to visit the stunning William Watson Lodge, nestled in the heart of Peter Lougheed Provincial Park. Surrounded by breathtaking mountain views and the serene Lower Kananaskis Lake, the residents enjoyed a delicious BBQ on the mountainside, savoring both great food and fresh air. Afterward, they embarked on a short, accessible nature walk, taking in the beauty of the park's over 20 km of accessible trails. It was a wonderful day connecting with nature, where residents had the chance to relax, explore, and experience the outdoors in a truly inclusive setting



RECREATION RECAP

OPTIMAL MOMENTS

Hawthorne Presents *Holiday Under the Stars*

On December 12th and 13th, Hawthorne was transformed into a winter wonderland for our highly anticipated Holiday Under the Stars event. Residents and their families came together for two unforgettable evenings filled with joy, connection, and holiday cheer.

The festivities began at 5:00 PM each night with stunning holiday lights that illuminated the community, setting the perfect backdrop for the season. Guests were serenaded by Healing Melodies, whose live music added warmth and magic to the atmosphere. A three-course dinner, crafted with care, delighted everyone's taste buds, and the highlight of the evening was a surprise visit from the North Pole that brought smiles to every face.

This event was a beautiful reminder of the importance of togetherness and the special bond between our residents and their loved ones.

Thank you to all who attended and supported this celebration, making it truly memorable for all involved. We can't wait to share more moments like this in the coming year!





LIFESTYLE & PROGRAMS


Upcoming Special Events & Activities

Outing: Coffee with A Cop with Cochrane & Area Victim Services



 **Date:** Tuesday, January 7th

 **Time:** 10:00 AM

 **Location:** Fireside McDonald's Cochrane, AB

 **Cost:** Free


 **Mobility Rating:** Easy


Details:


Enjoy a warm coffee and tasty treats while connecting with local services!


Join Victim Services, Cochrane RCMP, and Cochrane Municipal Enforcement for an informal chat.

Outing: Montana's Resturant

 **Date:** Tuesday, January 14th

 **Time:** 11:45 AM

 **Transportation:** Cochrane Colt Bus

 **Mobility Rating:** Moderate/Some Limitations

Sign up Required


Details:


Join us for lunch at Montana's BBQ in Cochrane. \$30 Per Person, limited menu.



Outing: Pottery Workshop

with Crock A Doodle

 **Date:** Friday, January 10th

 **Time:** 1:00 PM

 **Location:** Outing

 **Cost:** Free

 **Mobility Rating:** No Wheelchairs

Sign up Required

Details:

Join us for a relaxing and creative pottery painting workshop! Enjoy a fun, hands-on experience as you decorate your own pottery piece. No experience needed—just bring your imagination and leave with a beautiful hand-painted creation!



LIFESTYLE & PROGRAMS

Upcoming Special Events & Activities

Entertainment Schedule

Elvis ~ Will Reeb

January 8th @
2:00 PM



Brooks & Kevin

January 14th @
2:30 PM



SAUCIE

January 15th @
3:00 PM



Kelly Kalden

January 16th @
1:30 PM



**Memory Care Sing
Along w Dave**

January 21st @
1:30 PM



Here is the Entertainment Schedule for January 2025!
All events will take place in the Multi-Purpose Room,
except for the Sing-Along with Dave, which will be held
in the Memory Living Neighborhood.
Families are welcome to join us!

Special Days in January

January 1st - New Year's Day

January 8th - Elvis Presley's Birthday

January 24th - Activity Professional's Day

January 25th - Robbie Burns Day




Shining Star Recognition Program

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.

January Recipients


Nesvel M
Hospitality Aide



John A
LPN




Chioma N
Health Care Aide



Sumaya A
LPN



Roices C
LPN



Nona J
Health Care Aide



MAKE A WISH

In January we Celebrate:

- ★ Marilyn L - January 2nd
- ★ Rita S - January 2nd
- ★ Jacci S - January 7th
- ★ Martha P - January 9th
- ★ Jenny B - January 14th
- ★ Mike D - January 16th
- ★ Micheal R - January 19th
- ★ Bob H - January 27th

Happy
Birthday

Wishing each of you a wonderful day filled with love, laughter, and happiness. May this special month bring you joy and many beautiful memories!

Warmest wishes from all of us at Hawthorne ♥



Birthday Celebration

Thursday, January 16th at 1:30 PM

in the Multi-Purpose Room

Entertainment by Kelly Kalden




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 | Nicole M nicole.medland@optimaliving.ca | ext. 1008 |
| Recreation Manager | Isabella Y isabella.yendt@optimaliving.ca | ext. 4023 |
| Kitchen Manager | Kyle K kyle.klassen@optimaliving.ca | ext. 1030 |
| Maintenance Supervisor | Barry L barry.long@optimaliving.ca | ext. 1053 |
| Receptionist | Alina M hawthorne_reception@optimaliving.ca | ext. 1005 |

 60 Fireside Gate, Cochrane Alberta, T4C 2T9

 403-840-0150

 <https://hawthorneseniors.ca>