



## Hawthorne

An OPTIMA LIVING Community



### Message from The Principals:

Welcome to the inaugural edition of Optima Daily, your source for community updates! This July, we celebrate Canada Day and embrace the joys of summer - whether enjoying the outdoors, staying active, or simply taking in the sunshine.

At Optima, we are guided by the value of respect: we honor each of you and the contributions you bring to our community.

Let this season remind us of the strength found in unity and shared purpose. Stay tuned for updates, happy reading! - Farid, Ali, Karim

## Optima Living

Let us welcome you home.™

### Note from the General Manager:

We're pleased to welcome Justine, General Manager at Sweetgrass in Slave Lake, as he steps into the role of Interim General Manager at Hawthorne during Carmela's absence.

Justine brings with him a strong track record of leadership, operational excellence, and a deep commitment to team collaboration. At Sweetgrass, he has been instrumental in driving community engagement, supporting employee development, and fostering a positive workplace culture - qualities that align perfectly with Hawthorne's values.

During his time with us, Justine will be working closely with the leadership team and employees to ensure continuity, stability, and continued progress on key initiatives. We're confident that his experience and supportive approach will be a great asset to the Hawthorne community.

Please join us in giving Justine a warm and enthusiastic welcome!



## Updates from our Teams:

### Principal Site Visit Postponed

Due to ongoing booking conflicts with accommodations related to the G7 Summit and the Calgary Stampede, the scheduled site visit by the Principals has been postponed. A new date will be announced once arrangements are finalized. We appreciate your understanding and patience.

### Tenant Insurance Reminder

Please remember that tenant insurance must be renewed annually, with a copy sent to our Office Manager. Alternatively, tenants can opt for BFL insurance, which is billed monthly. Applications can be made available at reception.

### Thank You for Supporting Our Food Bank Drive!

Thank you to everyone who contributed to this year's food bank drive – your generosity and community spirit truly made it a success!

Together, we collected a total of **437 non-perishable food items and \$80 in cash donations** for the Cochrane Activettes Food Bank. A special congratulations goes out to our Third Floor, who led the way with an outstanding 149 items donated. Well done!

Your support is helping make a real difference in the lives of those in need.

### Program Spotlight: Taste of Canada

On June 25th, residents loved our Taste of Canada celebration! They enjoyed a culinary journey from coast to coast, sampling iconic Canadian dishes from each region. Residents not only tasted the diverse flavors of Canada but also learned about the cultural roots behind each dish. It was a flavorful, festive afternoon filled with pride and connection!



#### Taste Testing Menu Highlights:

##### Drinks:

1. Ginger Ale (Ontario)
2. Molson Canadian Beer (Quebec origin),
3. Jackson-Triggs Wine (Niagara, Ontario)

##### Sweets & Treats:

1. Nanaimo Bars (British Columbia)
2. Maple Cookies (Quebec)
3. Saskatoon Berries (Prairies – mainly Saskatchewan),
4. Blueberries (Nova Scotia),
5. Ketchup Chips (Beloved Canada-wide)

##### Savory Bites:

1. Alberta Beef (Alberta)
2. Cod & Potatoes (Newfoundland and Labrador)
3. Hawaiian Pizza (Created in Ontario)
4. Poutine (Quebec)

##### Traditional Fare:

1. Bannock (Indigenous communities across Canada)

## Updates from our Teams:

### Nursing Team:

Kelly, our Director of Care, is currently on leave. Please direct any clinical concerns to Caitlyn or Trina during this time.

### Employee Education:

Our Nursing Team has been actively engaged in ongoing education and training to enhance the quality of care and support we provide.

- **Documentation & Confidentiality** – ensuring your personal information is always handled with care and professionalism.
- **Handling Challenging Behaviors & Conflict Resolution** – helping our team respond calmly, respectfully, and supportively in all situations.
- **Code of the Month:** Code White – training on how to respond in the event of a behavioral emergency to keep everyone safe.

### Special Training – Optima Way

On June 23rd, our team participated in Optima Way Training. This training focused on enhancing the care experience by engaging all five senses - sight, sound, smell, touch, and taste - to make interactions more personal and meaningful.

### Welcoming New Team Members

We're thrilled to welcome new Health Care Aides and Licensed Practical Nurses to our care team! Orientation begins July 2nd with Caitlyn, and each new hire will be paired with a buddy to ensure a smooth transition into their roles.

*Please join us in welcoming:*

Rajinderpal K., Ronniel N., Komal J., Mary Jane S., Elizabeth D., Samreen K.,  
and Chioma.

Thank you for your continued support as we grow and improve together!

## Updates from our Teams:

### Food & Beverage:

We've completed a full cycle of our new menu and are reviewing it to reduce waste and better reflect residents' tastes. If there are any meals you haven't enjoyed, please let us know - your feedback is essential to making meaningful improvements.

### Join the Resident Food Committee    Register at Reception to join!

We're forming a Resident Food Committee to give you a voice in the meals we serve. This group will meet regularly to discuss feedback, share ideas, and bring forward any concerns. The first meeting will be held July 22.

### Celebrate Canada Day with Flavor!

Join us on July 1st for a special Canada Day lunch featuring:

- Maple BBQ Chicken
- Poutine
- Spring Mix Salad
- Nanaimo Bars for dessert

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### Maintenance Team:

#### 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 Nursing station. Our maintenance team will prioritize your request to ensure it's addressed promptly and efficiently. Your comfort is our priority!



# Happy Birthday

Happy Birthday to our wonderful **July birthdays!**

Wishing you a month filled with sunshine, laughter, and all your favorite things.  
May your special day be the start of a fantastic year ahead, full of joy, success,  
and unforgettable moments.

Have an amazing celebration – you deserve it!

July 1st, Harry W

July 5th, Lynne C

July 7th, Jerry E

July 9th, Eleanor B

July 16th, Jeannie K

July 25th, Ellen H

July 25th, Gary S

July 27th, Dale S

## Monthly Birthday Celebration

**Thursday, July 24<sup>th</sup> at 1:30 PM**

**Location TBD**

Entertainment by **Kelly Kalden**



## Upcoming Events:



### Resident Satisfaction Surveys Begin!

We invite all residents to join us on **Wednesday, July 2nd at 10:30 AM** in the **Multi-purpose Room** to take part in the Resident Satisfaction Survey. This is a great opportunity to share your thoughts, let us know how we're doing, and tell us how we can better support you in living your best life. Your feedback is important and helps us continue to improve the care and services we provide. We look forward to hearing from you!



### Stampede Week - July 4-11

Saddle up and celebrate! Join us for Stampede-themed activities all week long. Don't forget to wear your best Western attire - boots, hats, fringe and all! See the calendar for a full list of Western-themed activities.



### Paws & Pals Pet Therapy Program

Experience the Healing Power of Paws! Join us **Tuesdays at 2:00 PM for Paws and Pals Dog Therapy** – a calming, joyful session with trained therapy dogs designed to reduce stress, boost your mood, and brighten your day. Whether you're looking to unwind, ease anxiety, or simply enjoy some loving canine company, this is your moment to relax and recharge.





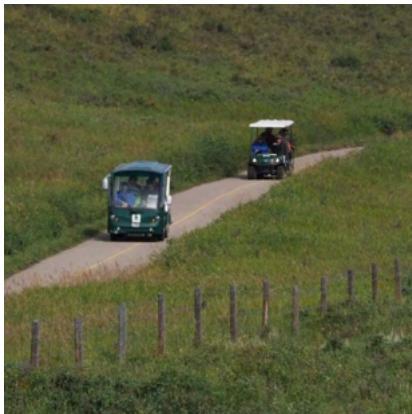
## Outings this Month:



### Cochrane Ranch house - Cowboy Coffee

Time: 9:15 AM, Return at 11:30 AM    Cost: Free

Join us for **Cowboy Coffee** at the Cochrane Ranchehouse – a friendly morning gathering with hot coffee and good company! Transportation will be provided by the COLT Bus, with one wheelchair-accessible spot available. Space is limited, so be sure to sign up at reception to reserve your seat.



### Glenbow Ranch Golf Cart Tour

Time: 9:30 AM, Return around 1:30/2    Cost: \$20

Enjoy a tour of the **Glenbow Ranch Provincial Park**. This interpretive tour begins with you being picked up at our parking lot and takes you all over the park with frequent stops to explain the history and ecology of the park while you enjoy the stunning vistas. Space is limited, so be sure to sign up at reception to reserve your seat.



### Mamma Mia - Gelato Jaunt

Time: 2:30 PM , Return: 3:00 PM    Cost: \$10

Join us for a refreshing gelato jaunt to **Mamma Mia Deli!** We'll be walking there from Hawthorne, so lace up your comfy shoes and get ready for a tasty treat and some good company. Don't miss out on this sweet adventure! Sign up at reception

**Please note:** Nursing employees will not be present on outings above; only recreation employees will accompany the group.



## Lifestyle & Programs Retrospect:

### A Howling Good Time: Hawthorne Residents Visit Yamnuska Wolfdog Sanctuary

With support from the New Horizons for Seniors grant, Hawthorne residents recently enjoyed a special outing to the Yamnuska Wolfdog Sanctuary, nestled in the foothills of the Rockies. The day offered a perfect blend of nature, education, and community connection.

Residents started with an informative guided tour, learning about the unique traits and challenges faced by wolfdogs, and the sanctuary's dedication to their care and conservation. The highlight was an exclusive meet-and-greet with one of the sanctuary's ambassador wolfdogs, giving everyone a rare chance to connect closely with these majestic animals.

The experience became even more memorable when residents joined in a pack howl alongside the wolfdogs. The chorus echoed through the valley, creating an unforgettable moment of unity and awe.

This outing was more than just a fun day; it deepened appreciation for wildlife conservation while fostering friendships and community spirit among participants.





## Resident Council:

The Resident Council serves as an essential advisory group - providing a platform for residents and families to share feedback, raise concerns, and collaborate on community initiatives.

Council members work closely with leadership to support a welcoming, respectful, and engaging environment for all.

We encourage residents and families to stay informed and connected.

Please visit the newly updated Council Information Board, located across from Reception, for current announcements, meeting minutes, and membership opportunities.

### Interested in Joining the Council?

**Resident Council membership is by referral or election only.**

If you are interested in serving, or would like to nominate a fellow resident, please speak directly with a current Council member for more information. We are currently seeking representatives for: Memory Care & 4th Floor

Resident Council Members	Representation:
<i>Vacant</i>	Memory Care
<i>Vacant</i>	Memory Care
Shawna B	2nd Floor Representation
Marian K	2nd Floor Representation
Jacqueline S	3rd Floor Representation
Colin T	3 <sup>rd</sup> Floor Representation
Kelly L	3rd Floor Representation
John S	3rd Floor Representation
Alan H	4th Floor Representation
<i>Vacant</i>	4th Floor Representation
Carmela Dixon General Manager	Elected Chair
Isabella Yendt Recreation Manager	Elected Co-Chair

**Next Resident Council Meeting:**

**Thursday, July 10<sup>th</sup> at 1:30 PM**

**Empowering Resident Voices • Enhancing Community Life**

# Brain Health: Simple Tips for a Sharp Mind

Why does brain health matter? Brain health matters because it supports memory, thinking, and overall well-being, helping you stay connected with loved ones and enjoy life



## Stay Mentally Active & Socially Engaged

- Try puzzles, reading, or games: Activities like crosswords, Sudoku, or reading stimulate your brain.
- Learn something new: Take up a hobby or learn a new skill to keep your brain engaged.
- Join clubs, groups, or attend events: Connecting with others is important for mental well-being.

## Eat a Brain-Healthy Diet

- Include Omega-3 rich foods: Fish, nuts, and seeds support brain function.
- Eat colorful fruits and vegetables: They provide antioxidants that protect the brain.
- Limit processed foods: Try to reduce sugary and high-fat foods for better cognitive health.



## Exercise Regularly

- Physical activity is key: Regular exercise helps improve memory and cognitive function.
- Try walking, dancing, or gentle stretching: Even low-impact activities boost brain health.



## Get Enough Sleep

- Aim for 7-9 hours each night: Sleep is essential for memory consolidation and brain recovery.
- Create a relaxing bedtime routine: Avoid screens and caffeine before bed.



## Health & Safety:

### Fire Safety Reminder

As part of ongoing fire safety compliance, we'd like to remind residents that **suite pathways must always remain clear**. This means no clutter or objects blocking exits. In the event of an emergency, a clear path can save lives.

Please take a moment to:

- Ensure your suite has a clear, unobstructed route to exits.
- Remove any items that could pose a hazard or delay evacuation.

Let's all do our part in keeping our community safe.

### Code of the Month

#### Code White Violence/Aggression

In the event of a Code White, our team is responding to a situation involving a person who is displaying aggressive or violent behavior.

To ensure the safety of all residents, employees are trained to follow specific protocols, which may include:

- Redirecting people away from the area
- Securing certain doors or hallways
- Bringing in extra support to de-escalate the situation calmly and respectfully

Once the situation is resolved and it is safe to do so, the Code White will be cleared. Your safety is our top priority—thank you for your cooperation and understanding. Stay safe and stay informed!



### Stay Safe in the Summer Heat

As the summer heat kicks in, it's important to stay extra cautious, especially for seniors. Heat-related illnesses can happen quickly, so be sure to stay hydrated - drink plenty of water throughout the day. Wear lightweight, breathable clothing and take frequent breaks in the shade or air-conditioned areas.

If you're spending time outdoors, make sure to use sunscreen and avoid being in direct sunlight for long periods. For those who are unable to get outside, open windows or use fans to ensure good airflow. Take care of yourself and your loved ones by staying cool and safe this summer!

## Employee Recognition: The Shinning Stars of the Month

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.

# Congratulations

**Clayton L**  
(LPN)



**Clayton** consistently demonstrates our value of **Working Together** by actively supporting the Wellness team in creating inclusive and collaborative care routines. He advocates for positive, team-based solutions, ensuring that every voice is heard and respected during care planning. Clayton also goes above and beyond by stepping in to handle scheduling and sick calls in the absence of the Assistant Director of Care, reinforcing a culture of teamwork and reliability

### Our Values

#### Respect, Dignity, Collaboration

##### We Respect You

We actively listen to provide a dignified and welcoming home where everyone feels comfortable and supported to live their best life.

##### We Uphold your Dignity

We respect what you say and support your right to make choices yourself.

##### We Work Together

We work with one another to create an empowering, inviting, and person-centred home, uplifted by the diversity we create as a community.

##### We do the Right Thing

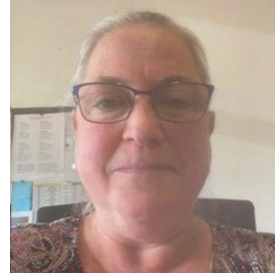
We are passionate about doing right by you every day.



## Leadership Directory:



**Carmela Dixon**  
**General Manager**  
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