



## Hawthorne

An OPTIMA LIVING Community



### Important Community Update:

To assist families and residents during times of transition, we have introduced a **Move-Out Item Checklist** in the Resident Handbook. This resource is intended to provide guidance and support, and a printed copy will also be available in all new suites.

We also wish to remind you that **Guest Meal Tickets (\$)** are available for those enjoying a meal with visiting loved ones. Advance notice is required. Please contact LPN for more information.



### Note from the General Manager:

As we step into the beautiful month of June, we have several updates, reminders, and celebrations to share with you!

A heartfelt *thank you* to everyone who participated in our recent **Food Drive!** Your generosity made a significant impact. We'd like to give a special shoutout to our wonderful partners, the **Cochrane Activettes**, who helped make this initiative such a success. Your donations will go a long way in supporting families in need across our community.

Also, Let's take a moment this month to celebrate the dads, father figures, and all the men who've played a guiding role in our lives. Whether it's a call, a visit, or a special outing, we hope you find time to show appreciation this Father's Day.

The sunshine is here - time to get outside, enjoy the fresh air, and make the most of these warm days. Whether it's a walk in the park, time in the garden, or simply opening your windows to let in the breeze, we encourage everyone to enjoy the season safely and responsibly. Thank you for being a valued part of our community. Wishing you a safe, sunny, and joyful June!

**Carmela Dixon**

## 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.

We also want to thank our nursing team for their dedication during **National Nurses Week (May 12–18)**. Your compassion and commitment make a meaningful difference every day.

We are excited to welcome Goreth, Kiflay, and Daljeet, who joined us as Health Care Aides on April 30. Please join us in welcoming them to the Hawthorne family.

In June, Health Care Aides and Licensed Practical Nurses will have an education session focused on Documentation and Confidentiality.

### Food & Beverage:

Starting June 2, our new Spring/Summer menu will offer two fixed options for lunch and dinner.

Due to the increased workload, the kitchen will no longer be able to accept preference orders unless related to allergies or special diets approved by a dietitian. Breakfast service will remain the same. Please inform your server ahead of time which meal option you would like.

### Program Spotlight: Good Vibes Memory Choir

On May 17th, residents of Hawthorne took the stage for their second heartfelt performance with the **Good Vibes Memory Choir**, a unique community choir in Cochrane dedicated to supporting people living with memory loss and their caregivers. Under the passionate direction of **Erica Phare-Bergh**, the choir continues to bring joy and healing through music, creating uplifting moments for performers and audiences alike. This joyful gathering truly exemplifies the power of music to connect and inspire.



## Upcoming Events:



### Wear your favourite Jersey Day!

Show off your team spirit on **Wednesday, June 4th** for Wear Your Favourite Jersey Day! Whether it's hockey, baseball, football, or any sport you love, come dressed in your favorite team's jersey and join in the fun. Let's see which teams have the most fans in our community!



### Father's Day BBQ Bash

Celebrate Father's Day with us at our **Father's Day BBQ Bash** on **Friday, June 13th at 12:15 PM!** We'll be serving up delicious hot dogs, classic potato salad, and a fun build-your-own ice cream sundae bar. Plus, don't miss our lively Music Trivia Challenge - perfect for music lovers of all kinds! This event is free for residents and **\$10 per guest, and registration is required in advance by June 2nd at Reception.** Space is limited, so be sure to sign up early.



### Canada Day Celebration: Taste of Canada!

Join us on **Wednesday, June 25th at 2:30 PM** for our **Canada Day Celebration: Taste of Canada!**

Residents are invited to take a culinary tour across the country, sampling regional dishes from coast to coast while learning fun and fascinating facts about Canada's diverse culture and history. It's a festive and flavorful way to celebrate what makes our country so special - don't miss it!



## Outings this Month:



### Cochrane Movie House Outing - Thursday, June 5

Time: 12:45 PM, Return at 3:30 PM     Cost: Free

Join us to see **Going in Style**, a heartwarming comedy about three friends who plan a daring bank heist after losing their pensions. Transportation is provided by Cochrane Colt Bus. One wheelchair spot. **Sign up at reception - spaces are limited!**



### Yamnuska Wolf Dog Sanctuary - Friday, June 6, 2025

Time: 10:15 AM, Return around 1:30/2     Cost: Free

**Important Note:** Includes a 5–10 minute outdoor walk and standing during the tour; seating is not readily available. Pathways are paved for walkers.

Join us for a private Intro Tour at Yamnuska Wolfdog Sanctuary, led by a Wolfdog Expert! Enjoy a 30-minute viewing tour, meet a wolfdog up close, and explore the sanctuary's wolfdog packs and educational displays. **Sign up at reception - spaces are limited!**



### Jubilations Lunch Theatre – Tuesday, June 24, 2025

ABBAMANIA: Back to the Disco Dimension

Time: 9:30 AM , Return: 2:00 PM     Cost: Free

Get ready to laugh and sing along with ABBAMANIA—a hilarious musical parody filled with ABBA's biggest hits, outrageous twists, and non-stop fun! This high-energy matinee at Jubilations Lunch Theatre blends timeless music with comedy for an unforgettable afternoon. **Sign up at reception - spaces are limited!**

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



## Lifestyle & Programs Retrospect:

### A Taste of the Tropics: Our First-Ever Cocktail Club!

We're raising a glass to the success of our very first Cocktail Club, and what a fantastic launch it was! Residents gathered for an afternoon of tropical vibes, starting with our featured cocktail of the day—refreshing, fruity Mai Tais that transported everyone straight to the islands. Sipping on delicious drinks and enjoying the easygoing atmosphere set the perfect tone for a community-wide Hawaiian Shirt Day. Bright florals, breezy fabrics, and lots of smiles made the whole day feel like a fun getaway, right here at home.

The excitement didn't stop with cocktails and colorful shirts—we wrapped up the event with a lively round of Hawaiian trivia, where residents tested their knowledge of island culture, history, and fun facts. Laughter and friendly competition filled the room, and it was clear that everyone was having a great time.

Cocktail Club is all about bringing people together to relax, enjoy something new, and share a few laughs—and our first event did just that. A huge thank you to everyone who joined in the fun, dressed the part, and helped make the event so special.



## 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

**Duane R**  
(Health Care Aide)



**Duane** consistently upholds our value of **Working Together** by actively supporting the Wellness team in developing inclusive routines. He advocates for positive solutions, ensuring every team member's voice is heard and respected in collaborative care planning.

### 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.

# Happy Birthday

Happy Birthday to our wonderful **June 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!

**June 3rd, Terry W**

**June 4th, Joyce S**

**June 5th, Leona B**

**June 8th, Darlene S**

**June 11th, Ed D**

**June 12th, Shawna B**

**June 27th, Tony P**

**June 29th, Hennie A**

## Monthly Birthday Celebration

**Thursday, June 26<sup>th</sup> at 1:30 PM**

**Location TBD**

Entertainment by **Kelly Kalden**



## Volunteerism:

This spring our amazing volunteer **Paula** has truly made our community bloom. With her green thumb, creativity, and care, she's planted and nurtured the beautiful garden spaces we're all enjoying. Her dedication has brought color, joy, and a sense of peace to our shared outdoor areas. Thank you, **Paula**, for making our home so vibrant and welcoming - you've made a lasting difference!



Pictured: Volunteer Paula & Resident



## Get Involved – Join Our Volunteer Program!

Looking for a meaningful way to give back and connect with others in our community? Join our Volunteer Program and help make a real difference! Whether you have a green thumb, love organizing events, enjoy friendly visits, or simply want to lend a helping hand, there's a place for you. Volunteering is a great way to share your talents, meet new people, and brighten someone's day. No experience needed - just a kind heart and a little time! Interested in volunteering? Visit our reception desk for a volunteer application! Let's grow something great together!

## Resident Council:

We're proud to introduce this term's Resident & Family Council members:

Colin T., Jacqueline S., Alan H., Shawna B., Marian K., Kelly L., John S., and Carrie G.

These dedicated individuals represent the voices of residents and families by sharing feedback and helping to improve our community. Be sure to check out the new Council Board across from Reception for the latest updates and meeting details.

Our next meeting is on June 12th.

If you're interested in joining, please speak with a current Council member to learn more!



## 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

#### **Grey** **Shelter in Place/Air Exclusion**

In the event of wildfire smoke affecting air quality, our community activates **Code Grey** to protect the health and safety of all residents.

This involves measures like closing windows, limiting access to one set of doors, and turning off HVAC systems to minimize smoke exposure. Once air quality returns to normal, the Code Grey will be cleared.

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.

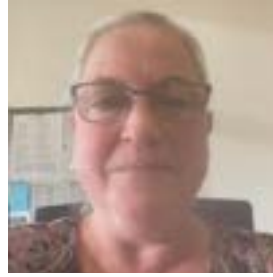
If you're spending time outdoors, make sure to use sunscreen and avoid being in direct sunlight for long periods. For those who are unable to get outside, open windows or use fans to ensure good airflow.

Take care of yourself and your loved ones by staying cool and safe this summer!

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