



OPTIMA LIVING
Let us welcome you home™



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!



Note from the General Manager:

As we head into the summer season, we'd like to wish everyone a wonderful summer filled with adventure, activity, and quality time with loved ones.

Our courtyards are coming to life with newly planted flowers and vegetables, and our maintenance team has been hard at work keeping the areas clean and the grass well-trimmed. We encourage all community members to enjoy the courtyards—whether in the morning, afternoon (weather permitting), or evening.

The courtyards are equipped with comfortable outdoor furniture for your relaxation and enjoyment. If you notice any areas in need of maintenance or attention, please don't hesitate to let us know.

We're excited to see you all making the most of this beautiful season.

Additionally, we'd like to remind you about the Resident Enhancement Fund. As discussed, this fund will be used to improve our shared spaces. We're currently collecting your suggestions and ideas—please share them with us! All submissions will be reviewed and discussed during our upcoming Town Hall meeting at the end of the month. Thank you, and enjoy the summer!

Updates from our Teams:

Department: Food Services

Reminder resident who have company or their loved one to joy their meal please make sure they buy ticket and inform the kitchen right away so we will set up a table and prepare meals for them. If residents missed their meal or gone appointment that day, please come down to the kitchen and put their meal order in advance before meals service start.

Department: Maintenance

1. Yard maintenance ongoing throughout Summer
2. Switching boilers and pumps over to emergency power
3. Black mulch in front of building to be changed to Rainbow Rock.
4. Repairs on Hot Water Boiler ongoing.
5. Repairs on Chiller ongoing.

Resident Satisfaction Survey

The **Resident Satisfaction Survey** is coming up again for 2025 and we will start June 23. For IL and SL4, you will receive an envelope with a survey. Residents that have an agent will receive an email from Christine to be filled out and returned. SL4D families will receive an electronic email from QuestionPro. We will have some fun activities with Independent Living volunteers to assist with the surveys. There will be a box for the surveys to be placed into at Reception. We look forward to another year with very successful Survey participation! We will have draws for those that participate!

Event Dates:

July 4th @ 1:30pm MDR "Ice Cream Float Social"

July 9th @ 1:30pm MDR "Lemonade and Cookies Social"



Upcoming Events:

Canada Day Mega Bingo

July 1st @ 1:30pm Main Dining Room

We will be hosting our Mega Bingo on Canada Day!

Canada Day Pancake Breakfast

July 2nd @ 8:00am Main Dining Room

We will enjoy some pancakes and omelets in celebration of Canada Day!

Hamlets Amusement Day!

July 16th @ 1:30pm Kerry wood Courtyard

We will be hosting a series of carnival/amusement park themed games!

Dean Foster caricature artist will be drawing caricature art from 1:30-3:00pm Dean can only fit in 15 people in this time frame. If you would like to be added to his list please let Andrea (Recreation Manager) know to ensure you get a time slot. Dean is paid by our facility so our residents can enjoy him for free.

Celestial Cirque

July 19th @ 1:30pm Main Dining Room

This group of trained aerialists have performed for us a few times over the years. Come join us in this captivating performance!



Westerner Days Parade - we will be decorating our bus and entering it in the Westerner Days Parade on July 16th. This year our theme will be western, we will be getting resident assistance to make the decorations for our bus including a large paper mache cowboy hat! We will be leaving The Hamlets at Red Deer by 8:15am and returning at approximately 12:00 noon. Residents are welcome to attend however wheelchairs will have to remain on the bus for the full duration. Porta Potties are available at the marshaling area.



Outings this Month:

Bus Trips: are indicated on the calendar in purple, we request those who are interested in a trip to sign up prior to the day of. Sign up sheets for SL4/SL4D are found at the nursing desk of their hamlet. IL sign up is at the front reception desk. For bus trips an outing consent must be signed and on file. Typically bus trips are designated to a level of care and will repeat in other levels of care if the trip is appropriate and accommodating.

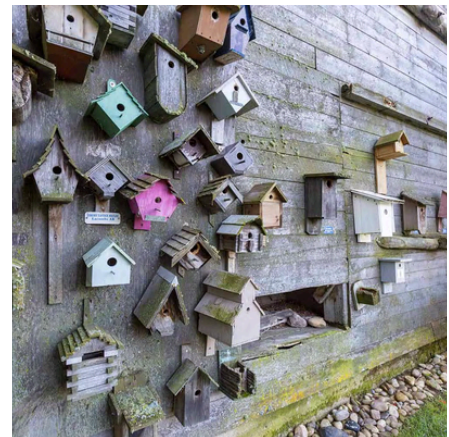


Police Dog Training Bus Trip:

This year the police dog training academy is running their dog show only three times. Fortunately we were able to squeeze in a trip for those in memory care on June 11. The next show times are July 9th and August 13th the show starts at 10am, we will leave The Hamlets at Red Deer at 9 am. We will plan to have Independent Living attend the police dog show July 9th and Supportive Living attend on August 13th. As this trip is out by Innisfail we will arrive back at the facility just before lunch.

Ellis Bird Farm Bus Trip:

This outing involves some walking, trails are fairly smooth however some small hills. Ellis Bird Farm has a small tea house which serves ice-cream and other deserts. Ice-cream ranges from \$4-8 for those whom have comfort fund our team will receive the fund in advance to allow residents the opportunity to get a snack if they choose. There are also some small farm animals to take a look at near the information center. Independent living will visit on July 30, Supportive Living on July 18, and Memory Care on July 25.



The Dairy Saloon Bus Trip:

A 30 min ride will take us to the Dairy Saloon, this family farm will be providing an hour long tour to see the cows, milk parlor, how they house the cows and the young stock. After the tour we will enjoy an ice cream! Ice cream prices range from \$3-6. Supportive living and Memory care will visit on July 7th and Independent living will visit on July 14th. This trip will leave at 1:00pm and expected arrival back just before 4:00pm

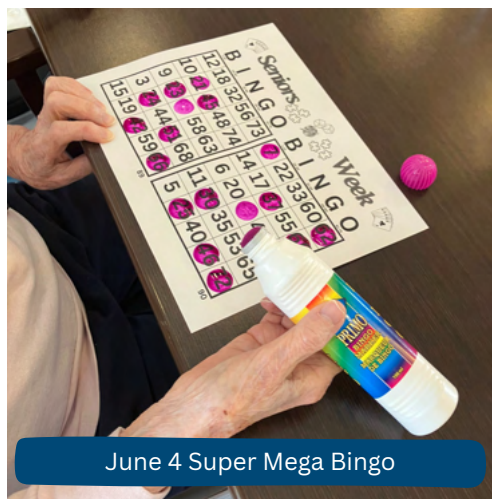
Lifestyle & Programs Retrospect:



June 2 Talent and Fashion Show



June 3 Walk and Talk Event



June 4 Super Mega Bingo



June 6 Summer Games



June 2 Fanatullen Scandinavian Folk Dance



IL Afternoon Walks



June 11 -SL4D -Police Dog Training

June was full of fun events to go along with our classic recurring events! We enjoyed a full seniors week. We shared many smiles throughout the month!

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.



This year we started nominating leadership in April along with a clinical and nonclinical staff. So far our shining stars in leadership were Cheryl (Business Admin) and Kerry (Maintenance Manager). Our shining star in May for nonclinical was Margie (housekeeping). Our clinical shining star in May was Nifty (LPN).

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 Wishes! We extend our heartfelt birthday wishes to all our residents celebrating this month! May your day be filled with joy, comfort, and cherished moments. Please note that not all birthdays are listed, as some residents prefer to not celebrate or have not provided consent to share this information. We honor and respect everyone's personal wishes. All residents celebrating will receive a personalized birthday card, delivered either privately or with a birthday singing group.

July 5, Leona. P

July 8, Doreen. C

July 13, Wendy. B

July 15, Lorraine. C

July 19, Luella. R

July 22, Ruby. N

July 27, Winston. W

July 29, Gerald. J

Monthly Birthday Celebration

Thursday July 31

Main Dining Room

Musical Performance by "Circle of Friends"

Cake will be served during the concert.

Volunteerism:

We are looking for some volunteers to join our team! If you are interested in volunteering please complete a volunteer application, paper copies are provided outside of the recreation office.



Library Assistant



Store Helper



Evening Game Player

The above examples are opportunities for residents or community members whom complete the volunteer process. For residents whom would like to assist with any of the above opportunities please reach out to Recreation Manager (Andrea). Those whom are external applicants please complete your application and provide to Recreation Manager.

Resident Involved Meetings

Food Committee Meeting is hosted by Ann and Sid, this meeting repeats on the third Tuesday of the month in the chapel at 1:00pm. This meeting provides the opportunity for community members to bring concerns or praise about the food being served here at The Hamlets at Red Deer.

Health and Wellness Meeting is hosted by Andrea and Grace, this meeting repeats on the second Tuesday of the month in the chapel at 11:00am. This meeting provides the opportunity for community members to bring concerns or praise about recreation activities, potential health related learning opportunities or suggestions to further support your health and wellness.

Town Hall Meeting is hosted by Sid along with all other leadership members. This meeting repeats on the last Tuesday of the month at 12:30pm in the main dining room for independent living and 1:30 in the multipurpose room for supportive living and memory care. This meeting provides insight to all department updates for the month.

Resident Council we would like to encourage our residents to create and take part in a resident council meeting. This meeting provides an opportunity for residents to advocate for themselves, voice concerns, offer suggestions, and work in collaboration with our team to enhance their quality of life. If you would like to take part in the creation of a resident council please inform Sid.

Health & Safety:

Join Us for Coffee & Chat!

Connect with our Educator on **July 28th at 2PM** in the Day Program Room for a relaxed discussion on brain health and aging.

“A healthy brain is key to a vibrant, independent life as we age.”

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!

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.

Leadership Directory:



Sid Singh

General Manager
32110
Sid.Singh@optimaliving.ca



Kerry Wright

Maintenance Manager
32109
Kerry.Wright@optimaliving.ca



Christine Oakes

Reception
32100
thard.reception@optimaliving.ca



Tanicia Dyer

Director Of Care
32105
Tanicia.Dyer@optimaliving.ca



Jamie Sylvestri

Care Service Lead
BAL/GAS/HTG/CYN
32114
Jamie.Sylvestri@optimaliving.ca



Bliss Peters

Care Service Lead
SBK/KWD/PRG/RVB
32101
Bliss.Peters@optimaliving.ca



Richel Milanes

Charge Nurse
32191
Richel.Milanes@optimaliving.ca



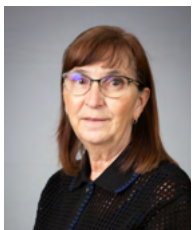
Grace Villarico

IL Coordinator
Licensed Practical Nurse
32132
Aida.Villarico@optimaliving.ca



Tina Roblee

Regional Educator
32106
Tina.Roblee@optimaliving.ca



Cheryl Steeves

Business Admin
32108
Cheryl.Steeves@optimaliving.ca



Maricel Bolze

Business Manager &
House Keeping Manager
32107
Maricel.Bolze@optimaliving.ca



Harry Numrich

Community Service Coordinator
32113
Harry.Numrich@optimaliving.ca



Andrea King

Recreation Manager
32230
Andrea.King@optimaliving.ca



Maria Peralta

Scheduler
32112
thard.scheduling@optimaliving.ca



Ann Grant

Food Services Manager
32120
Ann.Grant@optimaliving.ca