

The North Star Newsletter

by Optima Living



November 2023

Hawthorne

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

Community News:

Hello Residents, Families and Friends!

Community Updates:

Outbreak Update:

Our outbreak has been cleared! All programming and building functions will return to normal business.

Hawthorne Facebook Page

Follow us on our new Facebook Page!

<https://www.facebook.com/HawthorneSeniors>

Hawthorne Holiday Market

Please join us on November 25th from 10:00 am till 2:00 pm for some holiday shopping, caroling, and festive fun!

Resident & Family Council

Our Resident + Family Council now meets monthly. Agenda + Meeting Minutes can be found at Reception.

Cafe Sanctuary/Family Dining:

Now open for booking for private functions. Paid dining options available. **Must book at least 2 days in advance.** Please contact reception for more details (403-840-0150).



Optima Living TV

Optima Living supports active and healthy lifestyle. To that end, we are launching Optima Living TV: episodes of easily digestible content full of useful and interesting information for seniors and the people who love them.

Each episode will consist of an interesting class or lesson for seniors to take part in, a discussion relevant to seniors' life full of useful information, and a health tip from the University of Alberta's Division Director of Geriatric Medicine Dr. Adrian Wagg.

Posted on our Optima Living TV YouTube channel, you can watch episodes as they premiere!

Menu Preview:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------|--|-----------------------------|--------------------|--|-------------------------------------|--------------------------------|----------------------------|
| Breakfast | Assorted Cereals, Fruit, Yogurt, Milk, Coffee, and Tea available daily | | | | | | |
| Lunch | | | | | | | |
| | Sweet Potato Bisque | Turkey Noodle Soup | Mushroom Soup | Cream of Carrot & Ginger Soup | Cream of Broccoli Soup | Chicken Rice Soup | Cream of Cauliflower Soup |
| | Baked Pasta with Meat Sauce | Herb & Garlic Baked Chicken | Tuna Melt | Chicken Strips | Egg Salad Sandwich | Honey Mustard Chicken | Breaded Cod W/Tarter Sauce |
| | Garlic Toast | Broccoli | Hamburger Bun | Potato Wedges | Garden Salad | Cauliflower | Roasted Potatoes |
| | Caesar Salad | Steamed Rice | Summer Salad | Greek Salad | | Steamed Rice | Green Beans |
| Dessert | Fresh Cantaloupe | Chocolate Mousse | Assorted Danishes | Cherry Cheesecake | Strawberry Mousse | Tropical Fruits | Apple Pie |
| 2 Pm Snack | | | | | | | |
| Dinner | | | | | | | |
| | Parmesan Cod Fillets | Swedish Meatballs | BBQ Pork Ribs | Oktoberfest Sausage W/Onions + Peppers | Baked Ham W/ Pineapple | Roast Beef | Quiche Lorraine |
| | Whipped Potatoes | Mash Potatoes | Rice Pilaf | Mashed Potato | Baked Potato W/ Sour Cream + Cheese | Mashed Potatoes | Hash Browns |
| | Roasted Beets & Parsnips | Broccoli Florets | Sunrise Vegetables | Spinach Salad | Garden Salad | Yorkshire Pudding + Mixed Veg. | Tossed Salad |
| Dessert | Ice Cream | Dessert Squares | Honeydew Melon | Chocolate Pudding | Frozen Yogurt Bar | Rice Krispy | Tapioca Pudding |

*** Please note that menu may be subject to change***

Alternatives:

An alternative menu is posted on each cottage beside the menu board. If you wish to order from this menu in lieu of the available lunch – please see the kitchen before 10 am.

Snacks:

A selection beverages and snack choices are always available in Cottage fridges.

- Juices, yogurt, seasonal fruit and vegetables, muffins

Upcoming Programs:

Supportive Living:

Centurian Birthday Parties!!

Thursday, November 2nd at 2:00 PM

Multi-purpose Room

&

Thursday, November 30th at 2:30 PM

Multi-purpose Room

Wellness Workshop: Caregiver Strategies

Thursday, November 19th from 6:30-8:30

Multi-purpose Room

Hawthorne Holiday Market

Saturday, November 25th from 10:00-2:00

Main Floor

Memory Care:

Sing Along with Dave

Tuesday, November 21st at 1:30 PM

Hawthorne Holiday Market

Saturday, November 25th from 10:00-2:00

Therapy Dog 1:1 Visits (May Change)

Every Tuesday – Yoshi (1:30 pm)

Every 2nd Wednesday – Harlie (2:00pm)

Every Thursday – Lily (10:00am)

Scheduled Video Visits: Wednesdays at 3:00-3:30 pm

Special Days

November

Fall Prevention Month

Osteoporosis Month

11th – Remembrance Day

12th – Diwali

14th – World Diabetes Day

29th – Giving Tuesday

November Birthdays:

In November we celebrate:

2nd – Glady S

4th – Leila R

8th - Jim A

9th – Margaret H

12th – Thomas D

21st – Denise B

21st – Liam C

25th – Janice D



Lifestyles:

NEW RESIDENTS

A very warm welcome to all our new residents!

NEW STAFF

A warm welcome also goes to the people who joined our team in the past few months!

***Madeleine – Part-Time
Recreation Aide***

IN MEMORIAM

To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

CONTINUOUS IMPROVEMENT

Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and concerns.

We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

Hawthorne.recreation@optimaliving.ca

CAN YOU CONTRIBUTE?

Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime.

Thank you!

Lifestyles:

LIBRARY

The library is located on the main floor beside the front doors. Please feel free to pick up/drop off reading materials at any time.

EXERCISE ROOM

Exercise room located on the main level – beside Multi-purpose Room.
The exercise room is open during office hours for independent use. The exercise room is equipped with stationary bikes and weights.

HAIRDRESSER

We have a hairdresser located on the main floor. Please contact our Hairdresser **Anna Scott** at **905-865-7579** to book.

TUCK SHOP

The Cash Only Tuck shop is open from 9:00 am till 4:00 pm Monday to Friday (excluding holidays) at Reception. A variety of items are available for such as pop, candy, chips, and select care items.

VIDEO VISITS

Video visits are offered every Wednesday via Facetime, Skype, or Zoom. Please contact the recreation team for booking link.

THANK YOU

We would like to issue a heartfelt thanks to all who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

Community Resources

➤ **Alberta Supports Contact Centre 877-644-9992**

- www.alberta.ca/alberta-supports
- Alberta Supports Contact Centre provides information on social based programs and services offered by the Government of Alberta.

➤ **Cochrane Family & Support Services (FCSS) 403-851-2250**

- FCSS provides services for older adults includes information, programs, workshops, supports and referrals. Additionally, we support people experiencing challenges meeting their basic needs, managing finances, or coping with significant changes in their lives or stressors in their personal or family relationships.

➤ **Connecting DOTS Conversation Group 403-851-6100**

- For those with a dementia diagnosis and their caregiver 3rd Tuesday of the month at the Royal Canadian Legion Branch.

➤ **Finding Balance-Fall Prevention 780-492-6019**

- www.findingbalancealberta.ca
- Website full of useful information designed to help prevent slips, trips and falls among older Albertans and Canadians.

➤ **Helping Hands Society of Cochrane and Area 587-580-9448**

- Individuals and families in need are matched up with volunteers who are willing to lend a hand. Need help with some lawn care? Sidewalk need shoveling. Volunteers are available to help with things like small repairs around the house to getting a ride to the important appointment.

➤ **Lily's Happy Feet 403-714-4111**

- Mobile Foot Care Nurse

Employee Care Partner Directory

General Manager: Heath

Office Manager: Nikki

Receptionist: Aprille

Operations Coordinator: Jason

Kitchen Manager: Kyle

Wellness Manager: Kelly

Asst. Wellness Manager: Trina

Maintenance: Barry

Recreation Therapist: Isabella

Hair Stylist: Anna

Please call (403) – 840 – 0150
to reach any personnel
listed above.

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