



Message from The Principals:

Welcome to the October edition of Optima Daily. As autumn arrives, let's embrace the warmth and traditions that make this season special. This month, we look forward to celebrating Thanksgiving—a time to come together in gratitude and appreciation—and Diwali, the Festival of Lights, which fills our hearts with hope, joy, and the promise of new beginnings. We value the simple acts of kindness that brighten our community and wish you a wonderful October filled with inspiration and community spirit!



Note from the General Manager:

“Dear Hamlets Community Members,
As we head into the fall season, we hope you all had a chance to enjoy the summer months. We would like to take this opportunity to express our heartfelt gratitude to each of you who actively participate in our Town Hall and Food Committee meetings. Your feedback is incredibly valuable and continues to guide us as we work to enhance our community. In response to your suggestions, we have made some changes to the booking process for our Private Dining Rooms and Multipurpose Rooms. These updates are designed to reduce last-minute issues and improve your overall experience when celebrating special occasions with your loved ones. We're also excited about all of our upcoming events this fall and hope to see the same wonderful excitement and engagement from all of you that we've come to appreciate and count on. Thank you for your ongoing support, understanding, and for helping us make The Hamlets a better place each and every day through your thoughtful feedback.”

Updates from our Teams:

Department: Maintenance in October

- Plant watering was completed the week of September 19. Our courtyards and flowers around the building were all beautiful this season. We hope that you had a chance to go outside and enjoy the wonderful September weather.
- The third floor deck repair is now complete! The blue tarp is gone and all repairs have been done.
- The IL light fixtures are in and maintenance will be in the third and fourth floor suites to replace the lights.

Department: Housekeeping in October

- If you are out of your room on your regular housekeeping day, please find the slip your housekeeper should leave in your room. If you have any questions or concerns, please reach out to our Housekeeping Manager Maricel at 32107.

Department: Kitchen in October

- For IL residents, we have a whiteboard outside the kitchen where you can write if you are going to be away or having guests today or in advance so the kitchen is aware.

Department: Recreation in October

- October 8th the recreation team will be utilizing the morning for non-resident related time. There will be no morning programming in the morning of Oct 8th.
- Remembrance Day service will be Wed Oct 29th in the MDR at 10:00. The legion is fully booked in November.

Department: Admin in October

- Thanksgiving is coming up and our Kitchen is going to prepare two fabulous Traditional Thanksgiving Dinners for Residents to invite their loved ones. SL4/SL4D will be Thursday October 9 @ 5:00 in the TV area of the Hamlets. IL will have a buffet style supper starting at 5 p.m. Saturday October 11. Our Residents can invite families to come and join. Residents can have 2 guests/room and tickets will be \$25. You can pay at Reception with cash, cheque or use our Square for debit/credit purchases as well.
- Changes to the Private Dining Room rental are: \$40 for 4 hours and a \$50 deposit.
- Changes to the Multipurpose Room rental is a \$50 deposit and \$100 rental.

We will ask if you require disposable plates, cutlery, napkins, coffee, tea, etc. and there will be additional charges for these items.

Updates from our Teams:

Department: Clinical in October

- Bliss is no longer with the Hamlets at Red Deer and we wish her well.
- October 8 will be our Flu and COVID clinic at the Hamlets. We will make it theme day - wear a BLUE short sleeve shirt. We will start with IL in DPR from 9-10, SL4 from 10-12 on the Hamlets and SL4D in the afternoon on the Hamlets as well. We will have popcorn and a movie playing the back on each Hamlet.
- IL residents at the Hamlets do not need to pay for the COVID vaccine. If you choose to get the COVID vaccine on your own, you need to go to the Public Health Clinic in Johnstone. Christine can prepare a form for you that says you live at the Hamlets, if it is required. The Flu vaccine is available at a local pharmacy.

What Are Standing Orders?

Standing Orders are pre-approved instructions from our physicians that let our nurses provide treatment quickly for common, non-emergency health concerns.

This means your loved one can get the care they need without waiting for a doctor's call every time.

Conditions Covered

Pain & Fever, Constipation (no bowel movement in 48 hours), Indigestion / Heartburn
Nausea & Vomiting, Influenza Protocol

How It Works – Process

1. Assessment – LPNs will assess the resident and, if criteria are met
2. Notification – Families will be informed of the assessment and recommendation.
3. Medication – The order will be faxed to the pharmacy for the required medication to be dispensed.

Application – Orders will only be processed as needed for outlined conditions.

Outcome – These changes are expected to reduce non-emergent physician calls and provide residents with quicker access to treatment, while maintaining clear communication between the care team and pharmacy. **Important: There will be no charge to families unless medication is ordered and dispensed.**

Questions?

We're here for you. Please contact:

Tania Dyer, Director of Care. Extension 32105 Tania.Dyer@optimaliving.ca

Jamie Sylvestri, Care Service Lead. Extension 32114 Jamie.Sylvestri@optimaliving.ca

Richel Milanes, Care Service Lead. Extension 32101 Richel.Milanes@optimaliving.ca

Upcoming Events:



**October 3 - Fraud
Prevention Presentation @
1:30 in the Main Dining
Room**



**October 8 - Blue T-Shirt Day for the Flu & COVID
Clinic - see the Clinical portion of the Newsletter
for times and places for your loved one**

**Thursday, October 9 - SL4/SL4D Family
Thanksgiving Supper @ 5p.m. in the Hamlets.
Must have a ticket to attend. \$25 at Reception.**



**Saturday, October 11 - IL Family Thanksgiving
Buffet Supper @ 5p.m. in the Main Dining Room.
Must have a ticket to attend. \$25 at Reception.**

**Friday October 17 - Octoberfest
Social
@ 1:30 in the Main Dining Room.
Enjoy some games and some
drinks.**



**Wednesday Oct 29 @ 10:00 am-
Remembrance Day Service. MDR. Hosted by
The Legion**

**October 31 - Halloween at the Hamlets! We will
have a Halloween Social + Costume Contest at
1:30 in the Main Dining Room.**

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.



Supportive Living Bus Trips: 2 Staff will be on the bus
Coffee at McKenzie Trails Bus Trip: October 6, leaving @ 1:30

Halloween Decoration Tour Bus Trip: October 27, leaving @ 1:30

Memory Care Bus Trips: 2 Staff will be on the bus

Coffee at McKenzie Trails Bus Trip: October 6, leaving @ 1:30

Halloween Decoration Tour Bus Trip: October 20, leaving @ 1:30



Independent Bus Trips: 1 Staff will be on the bus

Kerrywood Nature Center Bus Trip: October 15, leaving @ 1:30.

Halloween Decoration Tour Bus Trip: October 22, leaving @ 1:30.

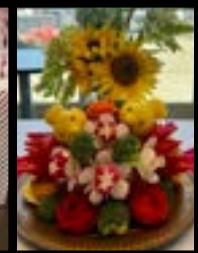


Lifestyle & Programs

Retrospect:



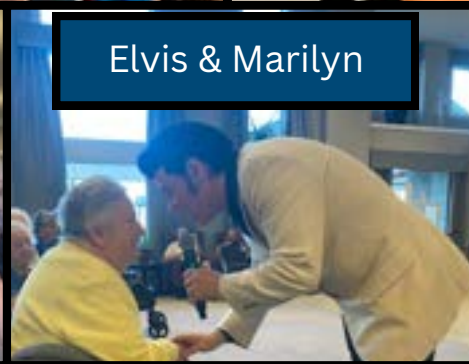
September 5 - Pancake Breakfast



Fall
2025
Open
House



Elvis & Marilyn



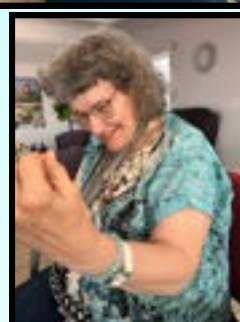
Fall Outings



Pet Therapy



Crafting
at
the
Hamlets



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.



July Shining Stars recognised after the Town Hall Meeting as the recipients were on site.

Clinical Shining Star is **Jennifer Villaluz** in IL HCA

Non-Clinical Shining Star is **Rex Anthony** in Dietary

Leadership Shining Star is **Maria Peralta** in Scheduling

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.

October:

October 2 - Barb M

October 7 - Barb L

October 11 - Allen E

October 18 - Jim R

October 19 - Ruby M

October 23 - Evelyn F

October 29 - Joy H

Monthly Birthday Celebration

Thursday, October 30

Main Dining Room

Musical Performance by "All Sorts"

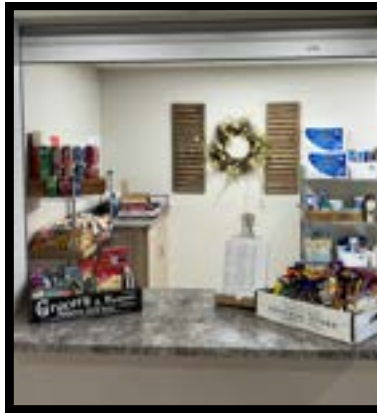
**Cake will be served during the
concert.**

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 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. Hosted on the 4th Thursday of the month in the Chapel.

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. September Town Hall will take place on the last Monday of the month due to Truth and Reconciliation Day. **To avoid confusion for our Memory Care residents, the SL4D Town Hall is not on the calendar but families are welcome to attend at 1:30 in the Multipurpose Room at 1:30.**

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!

A date for Coffee and Chat with our Educator Tina is to be determined.

Code of the Month

Code Orange What it means for Residents

Code of the Month

CODE ORANGE

**Mass Casualty /
Emergency
Accommodation**

A Code Orange is a rare emergency that may happen if there is a serious accident involving more than one person, or if our community is asked to temporarily welcome extra people during a larger emergency.

- Staff will act quickly to keep everyone safe.
- Emergency services (ambulance, fire, or police) will be called right away.
- You may see staff helping people who are hurt or guiding residents to safe areas.
- Sometimes, this may include moving residents to another area for safety.
- Staff and emergency services will keep residents informed and supported.

What you need to know: if you ever hear a Code Orange announced, please stay calm and follow staff instructions. Your safety and well-being are always our top priority.

EMBRACE TECHNOLOGY SAFELY

TECHNOLOGY HELPS US STAY CONNECTED, INDEPENDENT, AND INFORMED—BUT
IT'S IMPORTANT TO USE IT SAFELY!



CHOOSE STRONG PASSWORDS



- USE A MIX OF LETTERS, NUMBERS, AND SYMBOLS
- AVOID PERSONAL INFORMATION, NO BIRTHDAYS OR NAME
- CONSIDER A **PASSWORD MANAGER** TO KEEP TRACK



KEEP YOUR DEVICES SAFE

- KEEP ANTIVIRUS SOFTWARE **UPDATED**.
- INSTALL UPDATES FOR YOUR PHONE, TABLET, OR COMPUTER.
- TURN ON FIREWALLS AND SECURITY SETTINGS



WATCH OUT FOR SCAMS

- DON'T CLICK ON UNKNOWN LINKS OR POP-UPS
- **NEVER SHARE PERSONAL INFORMATION** BY PHONE, EMAIL, OR TEXT.
- HANG UP ON CALLS ASKING FOR BANKING OR SIN DETAILS.
- **TRUST YOUR INSTINCTS** – IF IT FEELS ODD, IT MOST LIKELY IS!



ASK FOR HELP

- ASKING QUESTIONS KEEPS YOU SAFER AND MORE CONFIDENT!
- IT'S OKAY TO **ASK FOR HELP** FROM FAMILY, FRIENDS, OR STAFF IF YOU'RE UNSURE OR NEED HELP USING YOUR DEVICE

HELPFUL RESOURCES

[DIGITAL LITERACY PROGRAM | ALBERTA.CA](#)

[AT&T - DIGITALLEARN](#)

[FREE TECH HELP - CYBER-SENIORS INC.](#)

**TECHNOLOGY SHOULD MAKE LIFE EASIER — NOT RISKIER.
WITH THIS INFORMATION, YOU CAN STAY CONNECTED AND SAFE ONLINE!**

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Hiring new staff

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