

Newsletter

Parkwood Court

Upcoming

Join the Optima Food Bank Challenge!

Get ready to make a difference in a big way! We care for seniors daily and now we have the chance to make a greater impact on the broader community.

Optima's annual Food Bank Drive is back!

Until September 6th bring in non-perishable food items to help our local food bank. For each donation you will be entered into our draw.

Your contributions of non-perishable items will not only help those in need but will also bring fun and unity to our teams.

Would You Like to FaceTime Your Family?

Register with the Active Living team, or email
samantha.jones@optimaliving.ca

To the Parkwood Court family,

I hope that you have all received my email introduction as the new General Manager here at Parkwood Court. I have had a chance to meet several of you and look forward to meeting more of you in the future. We have had some sunny summer days and have kept the residents well hydrated with our fruit infused water at the new water stations. The activities are ramping up to include beautiful scenic drives, and come visit the newest residents, the baby chicks, lovingly named by the residents. Make sure to see the little fluffy guys before they go to their new home. We are excited to let you all know that our talented Chef, Alan Van Tassell, has enrolled in the Food Service and Nutrition Management in Health Care Course. While Alan states that it has been some time since he had completed college, he is looking forward to bringing his food services department up to date and fulfilling the licensing requirements for our residents. Along with Alan's dedication to serving the community the tastiest and most nutritious food, our dietician, Eva, works with Alan by providing individual assessments and recommendations to suite your loved ones dietary needs. I am proud of the team here and know that we will continue to make Parkwood Court and amazing place for your loved ones to call home.

Candice Peterson, BSN RN
General Manager



August Birthdays

Violet P. - 14
Liz C. - 17
Eric B - 20

Virginia M. - 20
Barbara D. - 23
Frank G. - 27

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Special Programming

International Beer Day - **August 2nd**

At 3:30pm join us on the patio to enjoy some beers while catching rays!

International Watermelon Day - **August 3rd**

We will put our craft skills to the test to make some paper plate watermelon.
Later we will indulge in some slices.

International Bowling Day - **August 10th**

In the morning in the 1st Floor Lounge, we will try our skills at Traditional Hawaiin bowling.

Cookie Baking - **August 11th at 1:10pm**

Join us in the 1st Floor Lounge as we make cookies for our Afternoon Teatime.

Sundaes on the Patio - **August 13th at 3:30pm**

Customize your sundae and enjoy it while basking in the sun and listening to some tunes.

France Day - **August 22nd**

Chef Alan will be cooking up some delicious French cuisine! Friends and Family welcome.

Parkwood Patio Fair

August 20th at 3:30pm

**Friends and Family welcome
to come play some fair
games on our patio! There
will be snacks and drinks.**

Upcoming Music Happy Hour

*1st Floor Lounge
3:30PM to 4:30PM*



STAN DAVIS

August 9th

IT'S THEM AGAIN

August 23rd

Scenic Drives

All residents who wish to go on a scenic drive must have a signed Outing Consent Form.

Extra forms can be found at the reception desk, or by emailing Samantha at samantha.jones@optimaliving.ca

All scenic bus trips will be at
1:30pm

OAK BAY

August 6th

DOWNTOWN VICTORIA

August 20th

ESQUIMALT LAGOON

August 27th

Parkwood Court Management

EXECUTIVE DIRECTOR

Candice Peterson

250-519-5020

COMMUNITY RELATIONS COORDINATOR

Jacqui McAfee

250-519-5014

ADMINISTRATION MANAGER

Kaitlyn Mann

250-519-5010

DIRECTOR OF CARE

Julie Atkinson

250-519-5013

ASSOCIATE DIRECTOR OF CARE

Rani Gahunia

250-380-1005

MAINTENANCE MANAGER

Andy Abuleal

250-519-5032

FOOD AND BEVERAGE MANAGER

Alan Van Tassell

250-519-5016

LIFESTYLE & PROGRAM MANAGER

Samantha Jones

250-519-5015

Welcome Home!



OPTIMA LIVING