



Message from The Principals:

Welcome to the October edition of Optima Daily.

This month, we're embracing warmth, gratitude, and togetherness as we recognize Thanksgiving, National Seniors Day, and Healthcare Aide Day.

We hope these moments offer time to connect with loved ones, reflect with appreciation, and celebrate the people who make exceptional care possible in our communities.

We wish you a wonderful October full of warmth!

Ali, Farid, Karim



Note from the Leadership Team:

As we await the arrival of our new General Manager, our Deer Park Village team continues to work together to support our residents and keep our community running smoothly. We appreciate everyone's patience during this transition and look forward to introducing our new General Manager once they join the Deer Park Village family.

As we welcome the beautiful fall season, we look forward to the changing colours, cooler days, and all the opportunities this time of year brings to spend time together. Our team has many planned activities over the coming weeks, and we hope to see residents getting involved, trying something new, and continuing to make meaningful memories together.

As always, our Deer Park Village team is here to support you. Thank you for your continued patience, kindness, and for helping make Deer Park Village a wonderful place to call home.

Upcoming Events:



October 6 | 2:00 p.m. | Theatre **Understanding Alberta's Referendum**

Join us for an informative presentation designed to help you better understand Alberta's referendum and the topics being discussed. We'll break down the referendum questions in simple terms, explore what voting Yes or No could mean, and look at how the different topics could affect Albertans and Canadians. This presentation is for informational purposes only and is intended to provide a better understanding of the issues so you can make your own informed decisions.

October 9 | 2:00 p.m. **A Toast to Thanksgiving**



Join us as we celebrate Thanksgiving together with yummy food, festive drinks, and great company! Enjoy our special Gobble Cocktail, a delicious non-alcoholic Thanksgiving drink, and tell us what you're thankful for this year. Come raise a glass as we celebrate good food, good friends, and all the things we have to be grateful for!

October 12 | 1:30 p.m. | Theatre **Matinee Movie: Green Book – Based on a True Story**



Join us for an afternoon matinee featuring Green Book, a film inspired by the real-life friendship and 1962 concert tour of pianist Dr. Don Shirley and his driver, Tony "Lip" Vallelonga. Set during a time of segregation in the United States, the movie follows their journey through the American South and the unlikely friendship that develops along the way. Grab some popcorn, get comfortable, and enjoy the show!

October 15 | Presentation at 2:00 p.m. | Theatre | Social at 3:00 p.m. | Bistro

The History of the RCMP & Donut Miss the Mountie Social

Join us in the Theatre at 2:00 p.m. for a special presentation exploring the history of the RCMP, from its early beginnings to the iconic red serge recognized across Canada today. Then, head to the Bistro at 3:00 p.m. for our Donut Miss the Mountie Social! Join members of the RCMP for a visit while enjoying donuts and coffee together. Come learn a little history and then stick around for a sweet afternoon social!



Upcoming Events:



October 16 | 11:30 a.m.–2:30 p.m. | Theatre **Alberta Provincial Referendum Voting**

Your vote matters! Deer Park Village residents will have the opportunity to cast their vote in the Alberta Provincial Referendum right here in our Theatre. Voting will take place between 11:30 a.m. and 2:30 p.m. Make your voice heard, take part in the democratic process, and don't forget to bring your ID!

October 22 | 2:00 p.m. **Sip & Sunflowers: A Wine & Paint Afternoon**



Unleash your creative side and join us for a relaxing afternoon of painting, sipping, and socializing! We'll be creating a beautiful sunflower painting with easy step-by-step instructions, so no painting experience is needed. While we paint, enjoy non-alcoholic wine and a delicious charcuterie spread. Come ready to have some fun, enjoy some tasty treats, and create your very own masterpiece to take home!

October 26–29 | Voting All Day | Final Voting October 29 at 3:00 p.m. **The Great Pumpkin Vote**



Our Deer Park Village teams are putting their creativity to the test in The Great Pumpkin Vote! Check out the decorated pumpkins created by Leadership, Culinary, Housekeeping, Health Care Aides, and Recreation, then cast your vote for your favorite! Haven't voted yet? Join us after the Resident Meeting on October 29 at 3:00 p.m. for your final chance to cast your vote. Come see all the creative pumpkins, pick your favourite, and help us crown the winner of The Great Pumpkin Vote!

October 30 | 2:00 p.m. | Dining Room **Elvis's All Shook Up Halloween Bash**



Get ready to be All Shook Up at our Halloween Bash! Join us for a spooktacular afternoon filled with Halloween treats, a frightfully fun drink, and plenty of Halloween fun. We've even heard rumours that Elvis is coming back from the dead for a special appearance to entertain us! Come dressed in your Halloween spirit and get ready to rock, roll, and have a hauntingly good time with the King!



Special Lifestyle Outings:



Outing: Bower Place Mall

October 2, 2026

Bus Leaves at 1:15 p.m.

Join us for an afternoon outing to Bower Place Mall! Whether you're looking to do a little shopping, pick up a few things you need, browse your favourite stores, or simply enjoy getting out for the afternoon, there's something for everyone.

Take your time exploring the mall, grab a coffee or a treat, and enjoy a fun afternoon out with friends.

Be sure to sign up to reserve your spot!



Outing: Autumn Road Trip

October 14 & 21, 2026

Bus Leaves at 1:30 p.m.

Hop aboard the Deer Park bus and join us for a beautiful Autumn Road Trip! We'll take a relaxing drive to enjoy the gorgeous fall scenery and changing colours of the season.

A warm hot chocolate will be provided for you to enjoy along the way while we listen to some great music and take in the beautiful autumn views. Sit back, relax, sing along to your favorite tunes, and enjoy a cozy afternoon drive with friends. Be sure to sign up to reserve your spot!



Outing: Sunnybrook Farm Thanksgiving Meal

October 8

Bus Leaves at 4:15 p.m.

Celebrate Thanksgiving with a special evening outing to Sunnybrook Farm! Join us for a delicious homemade Thanksgiving meal, complete with all the comforts of a traditional holiday dinner and pie for dessert.

Enjoy a cozy fall evening filled with wonderful food, great company, and Thanksgiving spirit. This is a prepaid event, so be sure to sign up and pay in advance to reserve your spot!



Outing: Walmart Shopping Trip

October 26

Leaving at 9:30 a.m.

Need to stock up on groceries, household items, toiletries, or other essentials? Join us for a trip to Walmart and get some of your shopping needs taken care of! Grab your shopping list, bring your reusable bags, and let us do the driving while you enjoy a morning of shopping.

Be sure to sign up to reserve your spot!

Updates from our Teams:

Community Outreach:

Our Outdoor Summer Market collected \$595.00 for The Lending Cupboard.

We hosted our Fall Open House on Saturday, September 19th and welcomed 22 guests into our community.

We attended the Legion Week Expo on Tuesday, September 22nd.

We will be attending the Collicutt Senior's Fair on Tuesday, September 29th.

We will be attending a volunteer fair at LTCHS on Thursday, October 29th.

Health Care Team:

As we enter flu season, we want to remind everyone that a little prevention can go a long way in helping keep our Deer Park Village community healthy!

Please remember to wash your hands regularly with soap and water and use hand sanitizer when needed, especially before meals and after coughing or sneezing. These simple steps can help reduce the spread of germs and protect yourself, your neighbours, and our team members.

Clean hands help keep our community healthy!

Kitchen Team:

Do you have any plates, bowls, cups, mugs, cutlery, or other dishes hiding out in your suite? Our kitchen team would greatly appreciate having them returned! Please take a quick look around your suite and bring any Deer Park Village dishes back to the Dining Room or Bistro. Returning dishes helps make sure our kitchen has everything they need to prepare and serve meals each day. Thank you for helping our kitchen team keep everything stocked and running smoothly!



Resident Spotlight: Meet Caren!

Caren M. is one of those friendly faces who brings laughter wherever she goes! Whether she's joining an activity, heading out on an outing, or simply enjoying a coffee in the Bistro, you know you're going to have a good time when Caren is around. She has a wonderful sense of humour, a heart of gold, and is always up to something... trouble not included, of course!

Caren loves being involved and lending a hand whenever she can at Deer Park Village. She raised two beautiful children, and in 2023 experienced the heartbreaking loss of her oldest daughter, who will always hold a special place in her heart.

We are so happy to have Caren as part of our Deer Park family. If you see her around, be sure to stop and say hello. Chances are, she'll have you smiling or laughing in no time!



Lifestyle & Programs Retrospect:



Grandparents Day Social

We had a wonderful time celebrating Grandparents Day at Deer Park Village with a special afternoon social! Earlier in the week, our residents worked together to make homemade flapper pie, which we then got to enjoy during our celebration. It was an afternoon filled with delicious pie, great company, laughter, and time spent together. Nothing tastes better than something made together with love, and it was a sweet way to celebrate all the wonderful grandparents and great-grandparents in our community!



Lunch at PaSu Farm

We had a wonderful afternoon at PaSu Farm, where Deer Park Village joined residents from five of our sister communities, bringing six Optima Living communities together for a special lunch! We gathered indoors to enjoy a delicious meal while visiting, laughing, and getting to know residents from the other communities. After lunch, residents had the opportunity to browse the PaSu Farm store and do a little shopping. It was wonderful seeing six communities come together under one roof for great food, new connections, and a memorable afternoon!



Jeopardy Joust: Residents vs. Team

Our latest Jeopardy Joust was extra special as our residents went head-to-head with the Deer Park team! Both sides put their knowledge to the test, worked together, and shared plenty of laughs along the way. It was a very close game right until the end, but our residents came out on top and claimed the victory! A big thank you to our team members who joined in and helped make the afternoon so much fun. We may need a rematch!



The Not-So-Stand-Up Comedy Show

There were plenty of laughs at Deer Park Village during our Not-So-Stand-Up Comedy Show! Our resident and team participants took turns sharing jokes and putting their comedic skills to the test while keeping the audience laughing. From senior moments to some good-natured teasing of our Deer Park team, everyone was a great sport! At the end of the show, one lucky participant took home the chair as their prize! It was an afternoon full of laughter, silliness, and wonderful memories made together.

Upcoming Big Events :



Christmas Photo Keepsake

Capture a special holiday memory while supporting our Residents' Fund! For \$20, have a Christmas photo taken in front of our beautiful holiday display. Come on your own, with your spouse, friends, or gather a group together for a fun Christmas photo!

All profits will go directly to the Residents' Fund, which supports purchases, special extras, and donations to causes that our residents feel would benefit our community and others.

\$20 per framed photo

Sign-up sheet will be available in the Recreation Binder.

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-centered 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

Count your age by friends, not years. Count your life by smiles, not tears.

-John Lennon

Oct 6 , Judy C.

Oct 11, Norm M.

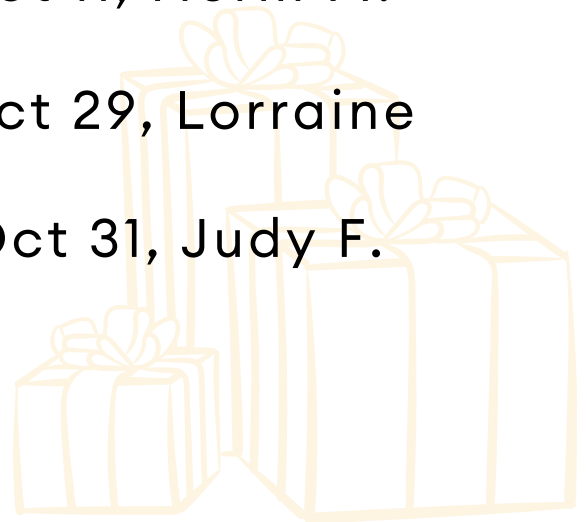
Oct 8, Bill R.

Oct 29, Lorraine

Oct 8, Caren M.

Oct 31, Judy F.

Oct 10, Eunice S.



Monthly Birthday Celebration

Friday, October 23

Dining Room

Begins at 2:00 p.m.

Volunteerism:



Volunteer Opportunity: Bingo Caller

Volunteering is an important part of our Deer Park Village community. When residents share their time, talents, and interests, they help create meaningful programs, build friendships, and make our community an even better place to call home. Even volunteering a little bit of your time can make a big difference!

We are currently looking for an extra volunteer Bingo Caller to join our Bingo team. Having another caller allows us to share the responsibility and helps keep one of our residents' favourite activities going. No experience is needed, just a willingness to have some fun and get involved!

Interested in volunteering? Please speak with Recreation. We would love to have you!

Resident Involved Meetings:

Culinary Meeting: Led by Kat, this meeting gives residents the opportunity to directly share their compliments, feedback, and concerns about the food at Deer Park Village, as well as learn what's happening in the kitchen in the coming months. Please refer to your calendars for the date and time of the next Culinary Meeting.

Resident Council Meeting: This meeting provides updates from all departments about the happenings at Deer Park Village. We encourage our residents to attend the meeting to voice their concerns, advocate for themselves, offer suggestions, and work in collaboration with our team to enhance their quality of life. This meeting is held on the last Thursday of the month in the theatre at 2:00 pm.

Health & Safety:

October's Emergency Review: Orange - Mass Causality

At our Optima Living Communities, the safety and well-being of our residents is always our highest priority. Each month, we highlight one emergency code to ensure everyone is informed and prepared should a situation arise.

Code Orange

Code Orange - Mass Causality

What is Code Orange?

Code Orange is a critical alert activated during hazardous materials incidents or large-scale external emergencies that may impact our community's safety. This includes serious events such as wildfires, earthquakes, severe flooding, or acts of terrorism.

These situations pose significant safety risks and may result in multiple injuries.

How Residents Can Help

During a Code Orange event, your cooperation is vital to ensure everyone's safety.

Please follow these important guidelines:

- **Stay Calm and Remain in Place:** Avoid unnecessary movement unless you are specifically instructed otherwise.
- **Follow Instructions:** Listen carefully and comply with directions from emergency responders and official personnel.
- **Avoid Affected Areas:** Do not attempt to investigate or enter hazardous zones.
- **Report Symptoms or Concerns:** Immediately inform emergency responders if you experience any unusual symptoms or safety concerns

Our Commitment to You

Optima Living is committed to protecting the safety and well-being of our residents, team members, and visitors. During a Code Orange, our team will follow emergency procedures, provide clear instructions, and work with emergency responders to keep everyone safe. We ask that you remain calm and follow directions throughout the emergency.

Nurturing Family Connection and Communication

01

Practice Empathy & Active Listening

- Listen to understand rather than to respond.
- Don't try to "fix" your family's problems. Instead listen to them and encourage their own strengths. Allow them to ask you what they need
- Listen if you expect to be heard



02

Establish Consistent, Scheduled time together

- Life gets busy, plan a time to spend time together, call, message or even send a letter!
- Set a consistent routine and give your family member something to look forward to.



03

Plan Activities Together

Instead of always sitting and talking, plan an activity to do together:

- Puzzles
- Card games or board games
- Go for a walk
- Look at old photo albums



04

Acknowledge errors and take Accountability

- Demonstrating humility through saying you're sorry can help strengthen trust and respect among family members
- Apologizing shows no one is perfect and that you can learn at any age
- Acknowledge that all feelings are okay, but not all behaviours



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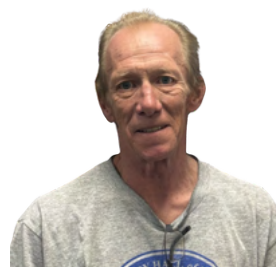
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