



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

Optima Living
Let us welcome you home.™



Message from the General Manager:

Dear Residents, Families, and Team Members,

As we move into a new season, I would like to take a moment to thank Sid for his leadership and support. I have had the pleasure of working alongside Sid in my role as Director of Care, and I am grateful for the knowledge and experience he has shared with me. I am excited to continue supporting our residents, families, and team members as I transition into the General Manager role. Thank you to everyone who participated in our Resident Satisfaction Survey. We truly appreciate you taking the time to share your feedback. Your voice is important to us, and we look forward to sharing the results soon. We also recently completed our unannounced Code Green emergency preparedness exercise. Our team successfully completed the evacuation exercise in 17 minutes. Thank you to our residents, families, and team members for your patience, cooperation, and participation during our Code Red and Code Green exercises. These emergency exercises are practiced annually to ensure our team is prepared and knows what to do in the event of an emergency. Keeping our residents safe remains our highest priority. As we welcome fall, we are also looking forward to our upcoming Thanksgiving Dinner celebration. More details will be shared soon. We always enjoy opportunities to bring our residents, families, and team together to celebrate and connect. Thank you to our residents and families for your continued trust and support. We truly appreciate being part of this wonderful community and look forward to the season ahead.

Tanicia Dyer

Updates from our Teams:

Clinical:

As we prepare for flu season, we have an on-site COVID-19 and influenza vaccination clinic on October 7th. Our goal is to help protect our residents, families, and team members and reduce the impact of flu and other respiratory illnesses on our residents. During flu season, we will continue with increased cleaning and infection-prevention measures and follow all public health guidelines. We also encourage everyone to practice good hand hygiene. Washing or sanitizing your hands regularly is one of the simplest and most effective ways to break the chain of infection and prevent the spread of illness.

We kindly ask that if you are feeling unwell, please do not visit. Staying home when you are sick helps protect our residents and our community. Thank you for your continued support in keeping everyone safe. We are all in this together! If you have any questions, please reach out to an LPN or a member of our Clinical Team.

Kitchen:

There are no updates from the kitchen for this month. If you have any questions or concerns please stop by Ann's office just outside the kitchen doors

Updates from our Teams:

Administrative:

Please note that on Friday, October 16 we are having two teams from Elections Alberta here for the Referendum vote. They will be here 9-12 in the main Reception area and visiting residents on the first and second floor if they are unable to come to the main floor. If you do not have photo ID or something that has your address, there is a form that we can verify your identity. If you miss this voting date, you can still vote on Referendum day (October 19) at the Home Church.

Recreation:

October is going to be a month full of fun, creativity, and celebration! We're kicking off the month with Oktoberfest! Join us for good times, great company, and a chance to celebrate together. As we look ahead to November, we are excited to announce our Donation Market! We will begin accepting donations for the market starting in October. If you have gently used items or treasures you would like to donate, we would be happy to receive them. We'll be ending October with a spooktacular Halloween Party and Costume Contest! 🎃👻 Get creative and have fun with your costume—we can't wait to see everyone's ideas! On the morning of the costume contest, we'll also have walker decorating and mask-making activities so you can add a little extra Halloween spirit to your look. Come join in the creativity, laughter, and fun! Please check your October calendar and mark the dates!

Maintenance:

There are no updates from the maintenance for this month. If you have any questions or concerns please ask for maintenance request to be placed by staff, or contact Kerry.

Resident Meetings:

Resident council: We currently do not have a resident council. Resident council meeting is intended for residents to advocate for their needs and wants without a staff present. If you would like to become a member of this council to get it started please speak with Sid.

Food Committee:

Food Committee meets once a month on the 3rd Tuesday of each month.

October 20th

Start time: 1:00pm

Location: Chapel

Facilitators: Ann and Sid

Health and Wellness:

Health and Wellness meets once every other month on the 4th Thursday.

October 22nd

Start time: 11:00am

Location: Chapel

Facilitators: Recreation Manager Jill and Clinical Lead Independent Living Bonnie

Town Hall:

Town Hall meets once a month on the last Tuesday of each month

October 27th

Start time: 12:30pm (Independent Living) 1:30pm (Supportive Living and Memory Care)

Location: Independent Living- Day Program Room, Supportive Living -Multipurpose Room

Facilitators: Sid and Leadership guests.

Resident Led Activities:

We have some wonderful residents in independent living who lead activities. These activities do not have portering or staff available. Community members are welcome to attend but are to be aware of restrictions such as portering and supervision.

Monday 1:00pm CH

Fitness Talk

This Fitness Talk is open to everyone. Informational get together to discuss about health related topic

Wednesday 10:00am ITR

Fun and Fitness

This event is an informational get together to discuss a health related topic.

Sunday 9:30am MDR

Piano Hymns

Come enjoy the classic hymns being played in the main dining room. Sing along if you like.

Upcoming Events:



Evening Games

Every Monday Evening starting at 6:30 in the Bistro on the first floor. Everyone welcome!

Men's Club

October 1st, 15th & 29th at 3:30PM in the Day Program Room



Oktoberfest Social

Friday, October 2 at 1:30 in the Main Dining Room.

Vaccination clinic

Wednesday, October 7th 9:30am in all hamlets, IL residents will have the clinic in the day program room



Upcoming Events:



Personal Touch Pop Up Shop

Thursday, October 8 starting at 9 a.m. to 1 p.m. in the Day Program Room.

Hearing Health Presentation

Thursday, October 8 starting at 9 a.m. in the Main Dining Room.



Thanksgiving Resident/Family Supper

Friday, October 9 starting at 5 p.m. in the Main Dining Room. All levels of care welcome. Tickets required - Tickets are SOLD OUT.

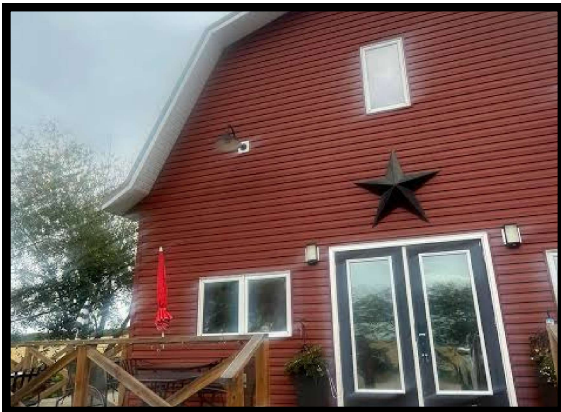
Halloween Party + Costume Contest

Friday, October 30 at 1:30 in the Main Dining Room. Dress up in your best costume and have a spooky fun time!!



Outings this Month:

Outings are indicated on the calendar in underline, we request those who are interested in a trip to sign up prior to the day of the outing. Sign up sheets for SL4/SL4D (1st and 2nd floor) are found at the nursing desk on their Hamlet. IL sign up is found at the reception desk. **A signed outing consent must be on file in order for a resident to attend.** Typically bus trips are designated to a level or care and will repeat in other levels of care if the trip is appropriate and accommodating. Supportive living and memory care will have 2 staff on board (one being the driver). Independent living will have only one staff on board (the driver).



Supportive Living Bus Trips:

Monday, October 5 to The Little Red Barn
Leaving the Hamlets at 1:30.

Monday, October 19 to McKenzie Trails
Leaving the Hamlets at 1:30.

Monday, October 26 Halloween Decoration Tour
Leaving the Hamlets at 1:30.

[Sign up at your Nursing Desk](#)



Memory Care Bus Trips:

Friday, October 9 Canyon Ski Resort Scenic Drive
Leaving the Hamlets at 1:30 P.M.

Friday, October 23 Halloween Decoration Tour
Leaving the Hamlets at 1:30.

[Sign up at your Nursing Desk](#)



Independent Living Bus Trips:

Wednesday, October 14 to Kraay Family Farm Corn
Maze - \$20 admission fee
Leaving the Hamlets at 1:30

Wednesday, October 28 Halloween Decoration Tour
Leaving the Hamlets at 1:30.

[Sign up at Reception](#)

Lifestyle and Program Insights

Date Range: August 15 - September 15

Resident Attendance: 145 out of 201 residents (72%) attended at least 4 programs.

Average Number of Programs Per Day: 7 group programs, 10 1:1 programs, 0 self directed program, 18 total programs per day.

Average Number of Programs Per Weekend: 8 group programs, 8 1:1 programs, 16 total programs per weekend.

Number of programs by Dimension of Wellness:

Emotional: 171 (IL 54) (SL4D 47) (SL4 68)

Social: 141 (IL 35) (SL4D 38) (SL4 57)

Physical: 63 (IL 10) (SL4D 33) (SL4 26)

Intellectual: 55 (IL 28) (SL4D 20) (SL4 15)

Spiritual: 70 (IL 29) (SL4D 16) (SL4 27)

Vocational: 75 (IL 21) (SL4D 27) (SL4 21)

For resident specific insight please contact one of the following;
Clinical Lead Richelle, Clinical Lead Jamie or Recreation Manager Jill.

Lifestyle & Programs Retrospect: September Fun

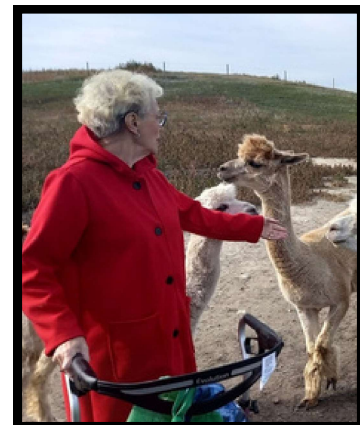
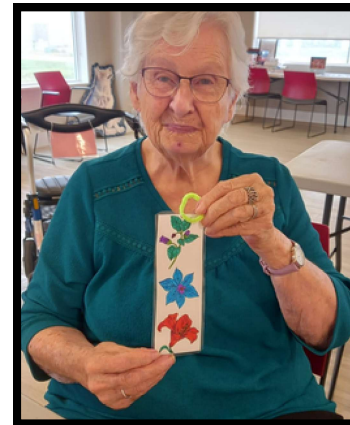
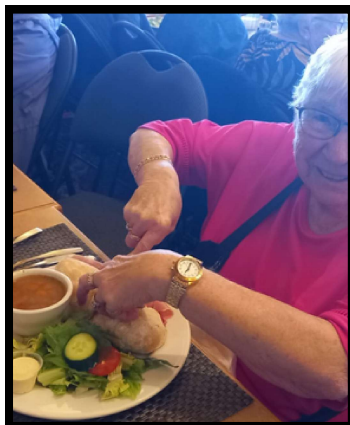
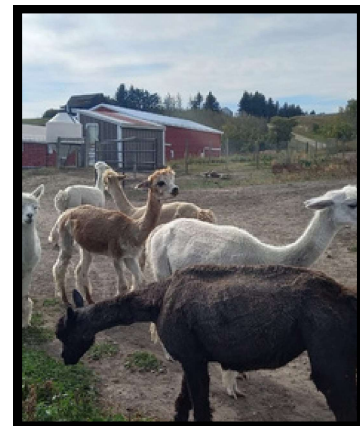


Program Highlight: We celebrated Grandparents Day with a Tea, did lots of fall crafts, visited with Nugget the Minature Horse, enjoyed an evening Magician performance and lots of fun bus trips!



Lifestyle & Programs Retrospect: September Fun

All four Red Deer Optima Sister Sites and two other sites met October 17 at Pasu Farm for lunch and a great visit with new and old friends!



Employee Recognition: The Shining 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.

Congratulations

Ester Santillano

HCA

Divina Fabroa

HCA

Winnie Del Rosario

HCA

Peter Noort

Maintenance

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

Here at The Hamlets at Red Deer, we believe every year is a gift.

Join us each month with a huge, collective Happy Birthday to all our residents who are adding another candle to their cake this year!

We hope your day is filled with joy, laughter, and wonderful memories.

October 2 - Barb M

October 7 - Barb L

October 11 - Allan E

October 12 - Allen W

October 21 - Rae H

October 29 - Joy H

Please note: the birthday list is not a complete list. For newsletter use a signed consent form indicating full consent must be on file. Birthday posters with verbal consent are displayed on the respective hamlet.

Monthly Birthday Celebration

Thursday, October 29 @ 1:30

Main Dining Room

The Golden Ukes to perform.

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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