



OPTIMA LIVING  
Let us welcome you home™



## Message from The Principals:

Welcome to Optima Daily, your source for community updates. This August, we're celebrating an incredible 35,427.47 lbs of food donated to our Food Bank Drive—thank you for your generous support.

At Optima Living, we are dedicated to exceptional care. With your valuable feedback from our satisfaction survey, we will continue to deliver on our promise.

Communities will complete a code green drill this month to ensure emergency preparedness for all residents and team members. Stay tuned for more updates, and happy reading!



## Note from the General Manager:

### To Our Hamlets Community,

We want to extend a heartfelt thank you to our incredible community members, families, and team members for your generous support during our recent Food Drive. **Thanks to your kindness and commitment, The Hamlets raised an outstanding 1,867 lbs of food for the Red Deer Food Bank!** This effort was part of the larger **Optima Living Food Bank Challenge**, and together, all our communities surpassed expectations—collectively raising an **incredible 35,427.47 lbs of food for local food banks across the country.** What a testament to the power of compassion, teamwork, and community spirit!

Looking ahead, we are excited to share that on **August 6, 2025**, we will welcome special guests to The Hamlets, including **all three Principals of Optima Living, our Chief Operating Officer, and Director of Operations.** During their visit, we will be hosting a **Town Hall Meeting** for our community members and their families—a wonderful opportunity to connect, share ideas, and ask questions directly to the leadership team. More details about the event will be shared in a separate memo. We look forward to seeing many of you there and continuing to grow stronger together.

## Updates from our Teams:

### Department: Maintenance in August

- Installation of dog run enclosure.
- Installation of Rainbow Rock in front garden beds.

### Department: Kitchen in August

- Please remember to attend the Food Committee Meeting that is on the third Tuesday of every month to discuss the menu and food with Sid and Ann in the Chapel at 1:00 (second floor).
- In July we had a Pancake Breakfast with Omelets for Canada Day and it was such a success that we will plan to have another.

### Department: Recreation in August

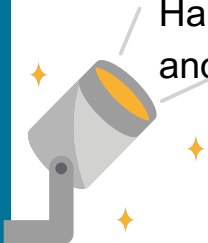
- A reminder that photos displayed in the newsletter or on Facebook must have a signed consent form allowing images to be used for websites. We are trialing a slideshow of photos playing in the main dining room to showcase our events and display photos that may not be used outside of the facility.
- Please bring any recreation suggestions to our health and wellness meeting. Our next meeting will be August 12<sup>th</sup> at 11:00am in the chapel.
- Please see the following three pages for more in the Recreation department.

### Department: Clinical in August

- Bliss is out of office till further notice. In the meantime Richel is covering her Hamlets. A memo was sent out in July to families & residents that are affected.
- Breakfast time change from 7am to 8 am.

### Department: Admin in August

- Thank you to everyone for completing your Resident Satisfaction Survey in July! We will get the results back in the fall and an Action Plan will be made and shared with everyone based on the results in all levels of care.
- A draw will be made from everyone that completed their survey at the July Town Hall and the winners will be posted. There will be 2 draws: one for IL & SL4 and another for SL4D.



## Upcoming Events:



**August 6 - Optima Living Principals Visit-  
Resident Town Hall 2:00-3:00 Main Dining  
Room**

**August 15 - Country Pride Dancers with a  
Dance Along @ 1:30 in Main Dining Room**



**August 19 - Pop Up Shop -  
Cory's Creations in the Bistro from 10-2**

**August 20 - Summer Island Party @ 1:30  
in the Courtyard (Weather Permitting)**



**August 23 - Red Deer Cruise Night  
@ 12:00-2:00 in the Main Parking  
Lot**





## 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

#### **Police Dog Training Bus Trip: August 13 leave @ 9:00 show @ 10**

We will arrive back at the facility just before lunch. The Royal Canadian Mounted Police trains, employs, handles, and cares for a fleet of police dogs, specifically German shepherds. These dogs are serving members of the RCMP, and each dog uses its technical training to assist officers on calls.

#### **Menchies Bus Trip: August 18 leave @ 1:30**

You pick the flavors, you pick the toppings-it's as simple as mix, weigh and pay! Frozen Yogurt, Yogurt Shop.



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

#### **Walk in City Hall Bus Trip: August 19 leave @ 1:30**

In the summer, City Hall Park is a buzz with activity as Parks staff fill flower beds with annuals of many different varieties and colours. From pollinator parks to blooming perennials and annuals, there is something to fascinate every visitor.

#### **Coffee in Capstone Bus Trip: August 25 leave at 1:30**

Capstone is near the burgeoning downtown core, this urban community will combine every convenience of life, work and play into one central location.



### Independent Bus Trips: 1 Staff will be on the bus

#### **Disk Golf Bus Trip: August 13 leave @ 1:30**

Disc golf is played much like golf except, instead of a ball and clubs, players use a flying disc. The sport was formalized in the 1970s and shares with golf the object of completing each hole in the fewest strokes (or, in the case of disc golf, fewest throws).

#### **McKenzie Trail Picnic Bus Trip: August 27 leave @ 11:30**

McKenzie Trails Recreation Area is a natural oasis in our City. The area, which features some of the oldest trees in Waskasoo Park, offers many outdoor opportunities and is a great place to have fun surrounded by nature.





# Lifestyle & Programs Retrospect:



July 1- Pet Therapy with Romeo the Cat



July 2 - Canada Day Pancake Breakfast



July 7 - Bus Trip to the Dairy Saloon



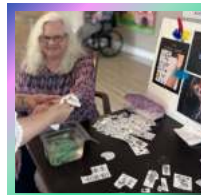
July 11 - Paper Mache for the Westerner Days Parade Bus Entry



July 16 - Westerner Days Parade Hamlets Bus Entry



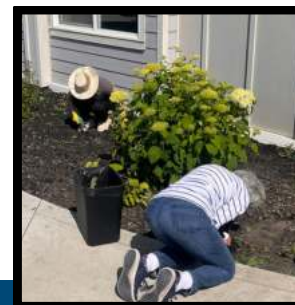
July 16 - Hamlets Amusement Day!



CARNIVAL



Fun at the Hamlets



July 19 - Celestial Cirque - Aerial Acrobatics



Gardening Club



## 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.



June Shining Stars recognised at the Monthly Town Hall Meeting:  
Clinical Shining Star is **Dennis Del Mundo**, LPN in Sunnybrook (not pictured)  
Non-Clinical Shining Star is **Lynn Bamacod**, in Laundry/Housekeeping.  
Leadership Shining Star is **Jamie Sylvestri**, our Care Service Lead.

## 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.

**August 12, Nora**  
**August 13, Birchmans**  
**August 19, Lydia**  
**August 20, Gary**  
**August 24, Marian**  
**August 24, Deb**  
**August 25, Leona**  
**August 27, Grace**  
**August 28, Carol**  
**August 29, Ken**

## Monthly Birthday Celebration

**Thursday August 28**

**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 repeats on the second Tuesday of the month in the chapel at 11:00am. 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.

**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.

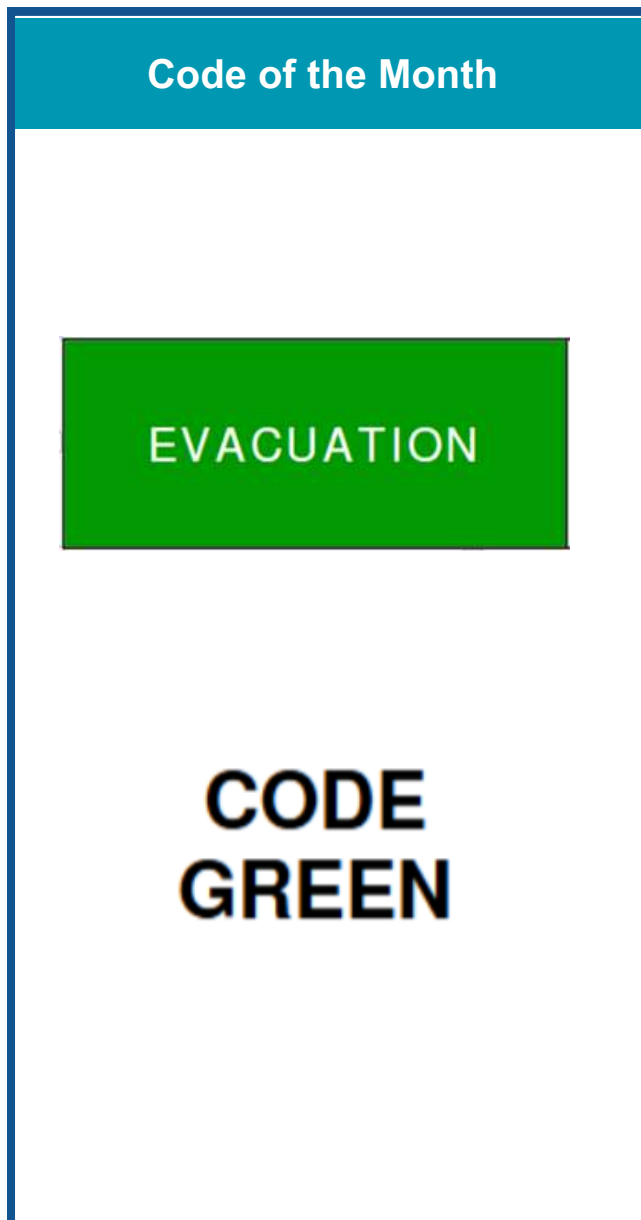
**Resident Council** we would like to encourage our residents to create and take part in a resident council meeting. This meeting provides an opportunity for residents to advocate for themselves, voice concerns, offer suggestions, and work in collaboration with our team to enhance their quality of life. If you would like to take part in the creation of a resident council please inform Sid.



## Health & Safety:

Join Us for Coffee & Chat!

Connect with our Educator on **August 25<sup>th</sup>** at **2PM** in the Day Program Room for a relaxed discussion fall prevention.



### Code of the Month

#### Code Green - Evacuation

In the event of a situation requiring evacuation, our community activates Code Green to ensure the safety of all residents. Situations that may trigger Code Green include fire, gas leaks, or other environmental hazards.

This means all individuals must leave the building or affected area immediately and follow emergency procedures.

▼ Steps for Residents During Code Green:

1. Remain calm and listen to the directions of the employees or emergency personnel
2. Bring essential items only (keys, phone, medications if safely accessible).
3. Close doors behind you to help contain any hazards.
4. Proceed to the designated assembly area outside the building.
5. Do not re-enter the building until the all-clear is given by emergency services or employees in charge.
6. Once the situation is resolved and the area is confirmed safe, the Code Green will be cleared and residents will be notified when it is safe to return.
7. Your safety is our top priority. Stay alert, follow directions, and look out for one another.

\*\* Employees/emergency personnel will assist residents who require support with mobility or other needs.

# Steady Steps: Your Guide to Fall Prevention

## Simple Tips to Stay Safe and Move with Confidence

### 1. Strengthen Your Body

- Engage in gentle exercises like walking, stretching, or seated leg lifts.
- Participate in balance and coordination programs designed for seniors.

### 2. Safe Footwear Matters

- Wear well-fitted, non-slip shoes with sturdy soles.
- Avoid walking in socks or slippers without grips.

### 3. Clear Your Path

- Remove tripping hazards like loose rugs, cords, or clutter.
- Ensure hallways and living areas are well-lit.
- Use grab bars in bathrooms and sturdy handrails on stairs.

### 4. Medication Awareness

- Some medications may cause dizziness or drowsiness.
- Ask your nurse about side effects that may increase fall risks

### 5. Assistive Devices for Safety

- Use walkers, canes, or other aids if your healthcare provider recommends.
- Ensure these devices are in good condition and fitted to your height.

### 6. Know Your Limits

- Ask for help when needed — especially when getting out of bed or reaching for high shelves.

## Interesting Fact:

Older adults who fall once are 2-3 times more likely to fall again within a year

## What to do if you Fall!

1. Stay Calm!
2. Check your Body
3. If you are hurt, please call for help - stay where you are and stay warm!
4. If you are not hurt, follow these steps
  - Roll on your side & crawl to a sturdy chair
  - Get into a kneeling position and brace your arms on the chair
  - Put one knee up and place your foot on the floor
  - Push your body up, pivot your body, and sit on the chair



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