



## Message from The Principals:

Welcome to the August edition of Optima Daily. This month we're celebrating another successful Food Bank Drive. Together, our communities collected 52,247.72 pounds of food and cash donations for individuals and families experiencing food insecurity. Thank you for your generosity and support.

This August, we also celebrate British Columbia Day and Alberta Heritage Day, recognizing the history, cultures, and traditions that have shaped the places we are proud to call home.

Wishing you an enjoyable August filled with summer fun, celebration, and connection.

Ali, Farid, Karim

**Optima Living**  
Let us welcome you home.™



## Message from the General Manager:

Dear Residents, Families, and Team Members, I am pleased to share some exciting news with our community. Thanks to your incredible generosity and support, **The Hamlets at Red Deer** successfully collected a total of **3,036 lbs** of food donations during **Optima Living's Annual Food Drive**.

This is the **largest donation our community has ever raised** for the food bank, and it is truly a proud moment for all of us. Your kindness and willingness to give will make a meaningful difference for individuals and families in need throughout our community. All donations have been delivered to the **Red Deer Food Bank**.

I am also proud to share that, across Optima Living, we collectively raised more than **50,000 lbs** of food donations during the 2026 Food Drive. This incredible achievement reflects the compassion and generosity of our residents, families, team members, and community partners.

On a personal note, I will be supporting one of our sister communities in Calgary over the next three weeks. During this time, I will be away from The Hamlets at Red Deer. In my absence, please don't hesitate to reach out to any member of our leadership team if you have any questions or require assistance. They will be happy to help.

Thank you once again for your outstanding support, generosity, and for making our community such a special place.

## Updates from our Teams:

### Clinical: Falls Prevention Update (January–June 2026)

Keeping our residents safe is one of our top priorities. From **January to June 2026**, we recorded **153 falls involving 87 residents**. We are pleased to share that **most falls resulted in no injury**, and there were **no severe injuries or fall-related deaths** during this period.

#### What We've Done

To help prevent falls and injuries, we have:

- Introduced purposeful rounding as part regular 2 hourly safety checks.
- Installed mobility and transfer plaques inside every resident room to clearly identify transfer status and fall risk.
- Added bright yellow "Falling Star" signs on the doors or mobility devices of residents at higher risk of falling.
- Reviewed repeat falls with our interdisciplinary team and completed OT/PT referrals when needed and after every fall.
- Shared monthly fall trends and prevention strategies with staff during HCA and LPN meetings.
- Continued to review every fall to identify opportunities for improvement and strengthen resident safety.

#### Looking Ahead

Our goal is to continue reducing falls by:

- Providing individualized care plans for residents at higher risk.
- Continuing staff education, purposeful rounding, and safety checks.
- Working closely with residents and families to support safe mobility and independence.
- Coming soon: we will be Sharing regular fall updates and safety tips in our monthly newsletter.

#### Falls Prevention Tips for Families

Families play an important role in helping to prevent falls. Here are a few simple ways you can help:

- Encourage your loved one to **use their walker or mobility aid** whenever they are moving.
- Ensure they wear **well-fitting, non-slip footwear**.

## Updates from our Teams:

- Encourage **good hydration** to help prevent dizziness and weakness.
- Make sure **glasses, hearing aids, and mobility aids** are in good working order and within easy reach.
- Encourage your loved one to **stand up slowly** and ask for assistance if they feel unsteady.
- Remind them to **use the call bell** when they need help getting up or moving around.
- Share any concerns about changes in your loved one's mobility or balance with the care team.

**Together, residents, families, and staff can help create a safer environment and reduce the risk of falls while supporting independence and quality of life.**

## Our monthly fall totals were:

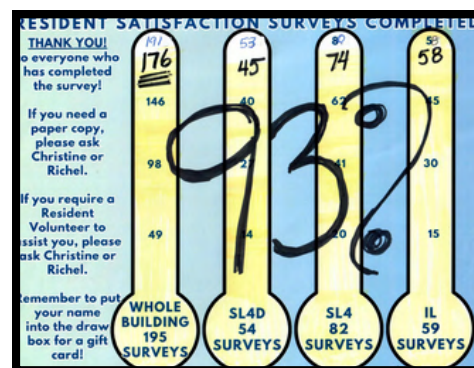
- **Monthly Falls Summary**

| Month    | Total Falls | Resident Who Fell |
|----------|-------------|-------------------|
| January  | 32          | 13                |
| February | 46          | 17                |
| March    | 33          | 25                |
| April    | 18          | 15                |
| May      | 24          | 16                |
| June     | 24          | 17                |

The decrease in falls since February shows that our prevention strategies are making a positive difference.

## Updates from our Teams:

**Administrative:** The final total for the Resident Satisfaction Survey was 93% for the Hamlets at Red Deer!! That is an amazing number, and we give big thanks to the Resident Volunteers and our families for helping us achieve such a phenomenal number! We had 178 surveys out of 191 completed - **133/138 SL4 and IL; 45/53 SL4D turned in!**



The Food Bank Campaign was a huge success as well! We had a late entry Blanket Raffle that raised \$101 and went to one of our residents! We raised \$2781.15 in cash received 254.8 pounds of food for a **grand total of 3036.05 pounds of food collected!!** Thank you to everyone who put items into the shopping cart, brought items in for the bake sales or purchased items! The Red Deer Food Bank picked up the food and cash July 8.

### Recreation:

Our first visit from therapy miniature horse Nugget was a wonderful success! Residents thoroughly enjoyed meeting Nugget, and the visit brought plenty of smiles and laughter. We also had a fantastic time participating in the Westerner Parade, and Hamlets Amusement Day was a great success. Residents enjoyed the activities, entertainment, and spending time together.

We're excited to share that we have started **resident-led evening games** every **Monday at 6:30 p.m.** The first few evenings have been a great success, with excellent participation and lots of fun. **Evening games will continue every Monday at 6:30 p.m. in the Bistro, and everyone is welcome to join!**

**Maintenance:** We're currently cleaning the ventilation and air conditioning systems on the 3rd and 4th floors. This work began on July 31 and will continue over the next few weeks. Thank you for your patience while this important maintenance is completed. If you have any questions or concerns, please let a staff member know so they can submit a maintenance request, or feel free to contact Kerry directly.

**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.

## **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.

August 18th

Start time: 1:00pm

Location: Chapel

Facilitators: Ann and Sid

## **Health and Wellness:**

Health and Wellness meets once every other month on the 4<sup>th</sup> Thursday.

August 27th

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

August 25th

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:



### Men's Social

August 6 & 20<sup>th</sup> at 3:30  
Courtyard

### Evening Games

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



### Ice Cream Smiles Ice Cream Truck

August 14 at 2:00 outside.

### Rocking with Elvis

Thursday, August 20 at 2:00  
Main Dining Room



### Summer Island Party

Wednesday, July 26 at 1:30  
In the Courtyard

### Cycling Without Age

Tuesday, August 25 at 1:30  
From The Hamlets to Liberty Landing Park



## Outings this Month:

Outings are indicated on the calendar in purple, 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 (1<sup>st</sup> and 2<sup>nd</sup> 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:

Friday, August 14 to The Dairy Saloon  
Leaving the Hamlets at 1:30.

Monday, August 17 to Kerrywood Nature Centre  
Leaving the Hamlets at 1:30.

Thursday, August 27 to Police Dog Demonstration  
Leaving the Hamlets at 8:30 A.M.

[Sign up at your Nursing Desk](#)



### Memory Care Bus Trips:

Monday, August 3 to Parkland Mall  
Leaving the Hamlets at 1:30 P.M.

Thursday, August 6 to Police Dog Demonstration  
Leaving the Hamlets at 8:30 A.M.

Monday, August 17 to Kerrywood Nature Centre  
Leaving the Hamlets at 1:30.

[Sign up at your Nursing Desk](#)



### Independent Living Bus Trips:

Wednesday, August 5 to Bott's Berry Farm  
Leaves the Hamlets at 1:30.

Wednesday, July 19 to Parkland Mall  
Leave Hamlets at 1:30, pick up at the mall at 3:00

Friday, August 28 to Cranna Lake Park  
Leaving the Hamlets at 1:30

[Sign up at Reception](#)

## Lifestyle and Program Insights

### Date Range: June 15 - July 15

**Resident Attendance:** 143 out of 200 residents (72%) attended at least 4 programs.

**Average Number of Programs Per Day:** 8 group programs, 11 1:1 programs, 0 self directed program, 19 total programs per day.

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

### Number or programs by Dimension of Wellness:

**Emotional:** 171 (IL 59) (SL4D 45) (SL4 67)

**Social:** 141 (IL 56) (SL4D 39) (SL4 44)

**Physical:** 63 (IL 8) (SL4D 29) (SL4 25)

**Intellectual:** 55 (IL 35) (SL4D 11) (SL4 7)

**Spiritual:** 70 (IL 31) (SL4D 9) (SL4 27)

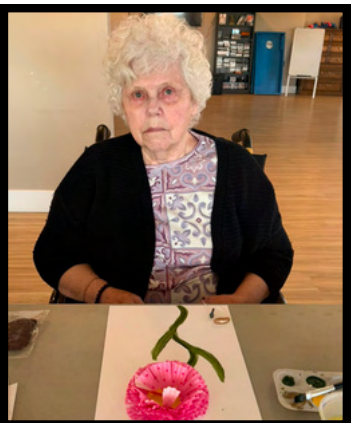
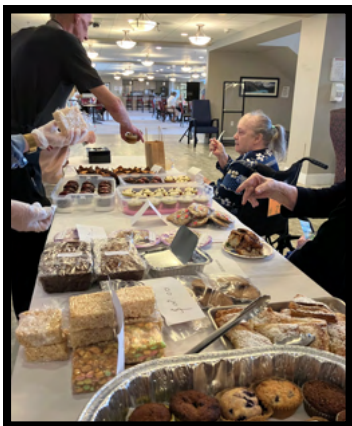
**Vocational:** 75 (IL 16) (SL4D 25) (SL4 33)

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

## Lifestyle & Programs Retrospect: July Fun



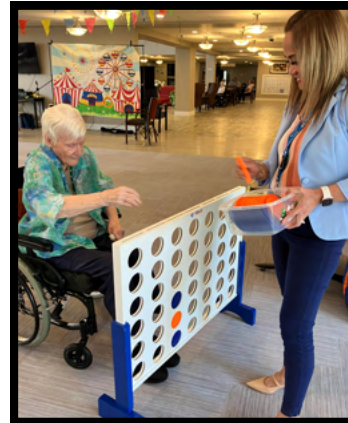
Program Highlight: In July we had a Canada Day Panckae Breakfast, Food Bank Bake Sale, a visit from Nugget the Minerature Horse and Westerner Days Fun!!



## Lifestyle & Programs Retrospect: July Fun



Program Highlight: In July we had a Canada Day Panckae Breakfast, Food Bank Bake Sale, a visit from Nugget the Mineraature Horse and Westerner Days Fun!!



## 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.

# Congratulations

**Samantha  
McKenzie White**  
Housekeeping

**Rolyd Cruz**  
Clinical Team

**Annaly Hufana**  
Clincial Team

**Ramon Contreras**  
Clinical Team

### 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.

August 1 - Wanda T

August 13 - Birchmans P

August 14 - Barbra B

August 20 - Gary H

August 22 - Lily C

August 24 - Deborah K

August 24 - Marion E

August 26 - Donald L

August 29 - Ken F

August 29 - Gladys S

**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, August 27 @ 1:30

Main Dining Room

Bruce and Marlene to perform.

## Health & Safety:

### August's Emergency Review: Evacuation

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 Green – Evacuation

### What is a Code Green?

A Code Green is announced when it is necessary to evacuate an area, floor, building, or the entire community due to a hazardous or unsafe situation.

Examples may include:

- Fire or smoke affecting part of the building, Gas leak or hazardous material release, Structural concerns, Utility emergencies, Police or emergency services direction, Any situation where remaining in the area is unsafe.

Evacuations may occur in phases, beginning with a single room or area and expanding only if needed.

### How Residents Can Help

- **Stay Calm** - Remain calm and wait for instructions from employees or emergency responders.
- **Follow Employee Directions** - Employees are trained in evacuation procedures and will safely guide residents if movement is required.
- **Take Only Essential Items** - If time permits, bring only necessary items such as glasses, hearing aids, mobility aids, or medications if instructed. Do not delay evacuation to gather personal belongings.
- **Use Your Regular Mobility Aid** - Walkers, wheelchairs, and other mobility devices should be used whenever possible. Employees will provide assistance as needed.
- **Remain Together** - Stay with employees and other residents until the All Clear is announced or further instructions are provided.

### Our Commitment to You

Our employees are trained in emergency evacuation procedures and participate in regular drills. If a Code Green occurs, our team will guide residents safely and work closely with emergency responders to ensure everyone is accounted for.

Your safety is always our highest priority.

# OPPORTUNITIES FOR PEER SUPPORT

## AND SOCIAL CONNECTION

Opportunities to engage in peer support, share experiences and form social connections are all around. Be patient and open yourself up to trying one new thing.



### CONNECT AND SHARE EXPERIENCES AT:

- 1:1 VISITS
- MENS/WOMENS GROUP
- BOOK CLUB
- SOCIALS

### SOCIAL MEDIA

- CONNECT WITH FRIENDS, FAMILY AND SUPPORT GROUPS THROUGH SOCIAL MEDIA
- FIND COMMUNITY EVENTS

### MEET FRIENDS THROUGH MONTHLY EVENTS AND ACTIVITIES:

- FAITH SERVICES
- EXERCISE PROGRAMS
- VARIOUS OUTINGS

### LOCAL SUPPORT GROUPS AND COMMUNITY PROGRAMS:

- FCSS
- MUSEUMS OR OTHER VOLUNTEER PROGRAMS AND EVENTS



Look at monthly calendar updates for more opportunities to connect

## Leadership Directory:



**Sid Singh**  
General Manager  
32110  
Sid.Singh@  
optimaliving.ca



**Kerry Wright**  
Maintenance  
Manager  
32109  
Kerry.Wright@  
optimaliving.ca



**Christine Oakes**  
Concierge  
32100  
thard.reception@  
optimaliving.ca



**Tanicia Dyer**  
Director of Care  
32105  
Tanicia.Dyer@  
optimaliving.ca



**Jamie Sylvestri**  
Clinical Lead  
BAL/GAS/HTG/CYN  
32114  
Jamie.Sylvestri@  
optimaliving.ca



**Richel Milanes**  
Clinical Lead  
SBK/KWD/PRG/RVB  
32101  
Richel.Milanes@  
optimaliving.ca

**Hiring**  
LPN Lead  
32191



**Bonnie McCoy**  
Clinical Lead  
Independent Living  
32132  
Bonnie.Mccoy@  
optimaliving.ca



**Tina Roblee**  
Regional Educator  
32106  
Tina.Roblee@  
optimaliving.ca



**Cheryl Steeves**  
Administrative  
Manager  
32108  
Cheryl.Steeves@  
optimaliving.ca



**Maricel Bolze**  
Administrative  
Coordinator  
32107  
Maricel.Bolze@  
optimaliving.ca



**Jill Decena**  
Recreation Manager  
32230  
jill.decena@  
optimaliving.ca



**Maria Peralta**  
Scheduler  
32112  
thard.scheduling@  
optimaliving.ca



**Ann Grant**  
Food Services  
Manager  
32120  
Ann.Grant@  
optimaliving.ca

338 Liberty Avenue, Red Deer County,  
T4E 3B9 403-986-1250

[thehamletsatreddeer.ca](http://thehamletsatreddeer.ca)