

# The North Star Newsletter

*by* Optima Living



***January 2024***

**Hawthorne**

60 Fireside Gate, Cochrane Alberta  
(403) – 840 – 0150

# Community News:

Hello Residents, Families and Friends!

## Community Updates:

**Video Visits:** Please note that our video visit schedule will be changing. Video visit appointments will now be available by request only.

## Community Roots December Recipient!

10% OFF  
DISCOUNT CODE  
TO SHOP ONLINE:  
**HAWTHORNE**



**TWO PHARMACY IS  
SUPPORTING  
HAWTHORNE'S  
DRUM FIT PROGRAM**



Two Pharmacy commits to donating a percentage of sales through the till each month to a local organization or fundraiser through their Community Roots Partnership Program.

You can support both our cause and this local family run business by shopping with them and switching your prescriptions over to Two Pharmacy.

**twopharmacy.ca  
@twopharmacy**



## Optima Living TV

Optima Living supports active and healthy lifestyle.

To that end, we are launching Optima Living TV: episodes of easily digestible content full of useful and interesting information for seniors and the people who love them.

Each episode will consist of an interesting class or lesson for seniors to take part in, a discussion relevant to seniors' life full of useful information, and a health tip from the University of Alberta's Division Director of Geriatric Medicine Dr. Adrian Wagg.

Posted on our Optima Living TV YouTube channel, you can watch episodes as they premiere!

# Menu Preview:

## Menu Preview

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Assorted Cereals, Fruit, Yogurt, Milk, Coffee, and Tea available daily						
<b>Lunch</b>							
	Sweet Potato Bisque	Turkey Noodle Soup	Mushroom Soup	Cream of Carrot & Ginger Soup	Cream of Broccoli Soup	Chicken Rice Soup	Cream of Cauliflower Soup
	Baked Pasta with Meat Sauce	Herb & Garlic Baked Chicken	Tuna Melt	Chicken Strips	Egg Salad Sandwich	Honey Mustard Chicken	Breaded Cod W/Tarter Sauce
	Garlic Toast	Broccoli	Hamburger Bun	Potato Wedges	Garden Salad	Cauliflower	Roasted Potatoes
	Caesar Salad	Steamed Rice	Summer Salad	Greek Salad		Steamed Rice	Green Beans
<b>Dessert</b>	Fresh Cantaloupe	Chocolate Mousse	Assorted Danishes	Cherry Cheesecake	Strawberry Mousse	Tropical Fruits	Apple Pie
<b>2 Pm Snack</b>							
<b>Dinner</b>							
	Parmesan Cod Fillets	Swedish Meatballs	BBQ Pork Ribs	Oktoberfest Sausage W/Onions + Peppers	Baked Ham W/ Pineapple	Roast Beef	Quiche Lorraine
	Whipped Potatoes	Mash Potatoes	Rice Pilaf	Mashed Potato	Baked Potato W/ Sour Cream + Cheese	Mashed Potatoes	Hash Browns
	Roasted Beets & Parsnips	Broccoli Florets	Sunrise Vegetables	Spinach Salad	Garden Salad	Yorkshire Pudding + Mixed Veg.	Tossed Salad
<b>Dessert</b>	Ice Cream	Dessert Squares	Honeydew Melon	Chocolate Pudding	Frozen Yogurt Bar	Rice Krispy	Tapioca Pudding

**\*\* Please note that menu may be subject to change\*\***

### Alternatives:

An alternative menu is posted on each cottage beside the menu board. If you wish to order from this menu in lieu of the available lunch – please see the kitchen before 10 am.

### Snacks:

A selection beverages and snack choices are always available in Cottage fridges.

- Juices, yogurt, seasonal fruit and vegetables, muffins

# Upcoming Programs:

## Supportive Living:

### Sound Bath Session

Thursday, January 4<sup>th</sup> at 2:00 PM

Multi-purpose Room

### Outing to Market Mall (\$25)

Tuesday, January 23<sup>rd</sup>

Please sign up at Reception

### Flower Arranging Class (\$20)

Friday, January 26<sup>th</sup> at 2:00 PM

Please sign up at Reception.

## Memory Care:

### Sing Along with Dave

Tuesday, January 16<sup>th</sup> at 1:30 PM

### Instrumental Quartet – SAUICE

Wednesday, January 17<sup>th</sup> at 3:00 PM

### Therapy Dog 1:1 Visits (May Change)

Every Tuesday – Yoshi (1:30 pm)

Every Tuesday – Gandalf (2:00pm)

Every 2<sup>nd</sup> Wednesday – Harlie (2:00pm)

Every Thursday – Lily (10:00am)

Scheduled Video Visits: Tuesdays upon request.

## Special Days

1<sup>st</sup> New Year's Day

8<sup>th</sup> Elvis Presley Birthday

17<sup>th</sup> Betty White Birthday

25<sup>th</sup> Robbie Burns Day

26<sup>th</sup> Activity

Professionals Day

# January Birthdays:

In January we celebrate:

2<sup>nd</sup> – Marilyn L

3<sup>rd</sup> – Rita S

7<sup>th</sup> – Jaqueline S

8<sup>th</sup> – Leona B

9<sup>th</sup> – Martha P

9<sup>th</sup> – Joan W

10<sup>th</sup> – David T

10<sup>th</sup> – Ray W

12<sup>th</sup> – Baeda H

14<sup>th</sup> – Eugenia B

16<sup>th</sup> – Michael D

17<sup>th</sup> – Helena B

19<sup>th</sup> – Michael R

26<sup>th</sup> – Marguerite B

30<sup>th</sup> – Doug C



# Lifestyles:

## NEW RESIDENTS

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A very warm welcome to all our new residents!

## NEW CARE PARTNERS

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A warm welcome also goes to the people who joined our team in the past few months!

## IN MEMORIAM

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To the families and friends of our late residents—may you be comforted by the knowledge that your loved ones are at peace.

## CONTINUOUS IMPROVEMENT

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Residents, families, and friends are reminded that there are several avenues available for you to express your views, suggestions, and concerns.

We are happy to receive feedback at any time and strongly encourage everyone to contribute so that we can ensure that we continue to do the BEST we can.

[Hawthorne.recreation@optimaliving.ca](mailto:Hawthorne.recreation@optimaliving.ca)

## CAN YOU CONTRIBUTE?

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Contributions to our newsletter are encouraged and appreciated!

Articles, photos, reports on community outings, staff news, trivia, poems, and amusing stories relating to residents and staff are most welcome.

Please hand in your submission to reception or email us anytime.

Thank you!

# Lifestyles:

## LIBRARY

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The library is located on the main floor beside the front doors. Please feel free to pick up/drop off reading materials at any time.

## EXERCISE ROOM

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Exercise room located on the main level – beside Multi-purpose Room.  
The exercise room is open during office hours for independent use. The exercise room is equipped with stationary bikes and weights.

## HAIRDRESSER

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We have a hairdresser located on the main floor. Please contact our Hairdresser **Anna Scott** at **905-865-7579** to book.

## TUCK SHOP

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The Cash Only Tuck shop is open from 9:00 am till 4:00 pm Monday to Friday (excluding holidays) at Reception. A variety of items are available for such as pop, candy, chips, and select care items.

## VIDEO VISITS

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Video Visits can be available upon request only. Video visits can include Facetime, zoom, or skype.

## THANK YOU

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We would like to issue a heartfelt thanks to all who support us day in and day out. You make such a difference, and we so very much appreciate your time and energy.

# Community Resources

- **Alberta Supports Contact Centre 877-644-9992**
  - [www.alberta.ca/alberta-supports](http://www.alberta.ca/alberta-supports)
  - Alberta Supports Contact Centre provides information on social based programs and services offered by the Government of Alberta.
- **Cochrane Family & Support Services (FCSS) 403-851-2250**
  - FCSS provides services for older adults includes information, programs, workshops, supports and referrals. Additionally, we support people experiencing challenges meeting their basic needs, managing finances, or coping with significant changes in their lives or stressors in their personal or family relationships.
- **Connecting DOTS Conversation Group 403-851-6100**
  - For those with a dementia diagnosis and their caregiver 3rd Tuesday of the month at the Royal Canadian Legion Branch.
- **Finding Balance-Fall Prevention 780-492-6019**
  - [www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)
  - Website full of useful information designed to help prevent slips, trips and falls among older Albertans and Canadians.
- **Helping Hands Society of Cochrane and Area 587-580-9448**
  - Individuals and families in need are matched up with volunteers who are willing to lend a hand. Need help with some lawn care? Sidewalk need shoveling. Volunteers are available to help with things like small repairs around the house to getting a ride to the important appointment.
- **Lily's Happy Feet 403-714-4111**
  - Mobile Foot Care Nurse



## Employee Care Partner Directory

General Manager: Heath Miller

Office Manager: Nicole Medland

Receptionist: Aprille Hernandez

Operations Coordinator: Jason Vaillancourt Campeau

Kitchen Manager: Kyle Klassen

Wellness Manager: Kelly Keeler

Asst. Wellness Manager: Trina Beaudoin

Maintenance: Barry Long

Recreation Therapist & Volunteer Coordinator: Isabella Yendt

Housekeeping Supervisor: Erlindo

Hair Stylist: Anna Scott

Educator: Kome Odoko

Please call (403) – 840 – 0150  
to reach any personnel  
listed above.

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