

The Hamlets at Westsyde

April 2025 Newsletter

UPCOMING MEETINGS

AL Resident Meeting

April 1st 11:00am in the dining room

LTC Resident Meeting

April 2nd 1:00pm in the multi-purpose room



Spring Has Sprung!



<https://optimaliving.ca/learn/library?topic=optima-living-tv#results>

Providing educational resources to help you stay informed, learn new skills, and equipped to handle every scenario.

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Program Updates



Gardening

This season, we're here to support *you* in continuing your lifelong passion for gardening—whether it's flowers, vegetables, herbs, or simply enjoying the fresh air. Our team will be there to assist as needed—offering guidance, tools, and physical support.



Round Table

Round Table is a space for thoughtful discussion and respectful debate on meaningful, thought-provoking topics. By listening, sharing, and exploring different perspectives, we open the door to deeper understanding, better decision-making, and more creative solutions to complex issues



Celebration of Life

Please join us on Sunday, April 13th at 1:30PM in the grand hall. This special ceremony will be a time of reflection, remembrance, and shared memories as we celebrate the lives of our beloved friends and family.



Group Fitness

Join us for an energizing and inclusive workout in the Grand Hall:

Long-Term Care (LTC): Tuesdays at 10:30 a.m. & Thursdays at 1:30 p.m.

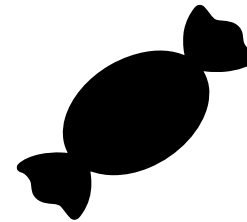
Assisted Living (AL): Mondays, Wednesdays, & Fridays at 10:30 a.m.

Our Products & Services



Hair Salon

The hair salon is open Tuesday and Wednesday. Contact Iris by phone or text: (778) 220-8665 or drop in to make an appointment. Iris is sure to help you look and feel amazing.



Tuck Shop

The Tuck Shop is open 7 days a week. New Prices and New Products. Now taking credit and debit, with all proceeds going to the Resident Enhancement Fund!



Westsyde Wardrobe

The Hamlets has its very own Thrift Store, Westsyde Wardrobe! Friday, Saturday, and Sunday 10-1pm Proceeds go to the Resident Enhancement Fund.



Mobile Library

Mobile library service offered by the Thompson-Nicola Regional Library. Choose your genre, print size, and the number of books you wish to receive each month. Then sit back and wait for them to come to you. Talk to the staff to find out more.

March Zodiac Signs

Aries (March 21 – April 19)

Traits: Aries are bold, energetic, and full of ambition. They thrive on challenges and are natural leaders, always ready to take the initiative. With their passionate and determined nature, they dive headfirst into new experiences. Aries are confident and independent, but their fiery temperament can sometimes make them impulsive or impatient.

Aries Horoscope: April fuels Aries with a surge of motivation and drive. This is the perfect time to take charge of your goals and embrace new beginnings. Opportunities for leadership and adventure will arise—seize them with confidence! However, be mindful of balance; slowing down to recharge will keep your energy levels strong.

Taurus (April 20 – May 20)

Traits: Taurus individuals are reliable, patient, and deeply connected to the material and sensory world. They value stability and comfort, often taking a practical approach to life. Their strong determination makes them persistent in achieving their goals, though they can be stubborn when faced with change. Loyal and grounded, Taurus thrives on routine and appreciates the finer things in life.

Taurus Horoscope: April encourages Taurus to embrace adaptability while maintaining their sense of security. Unexpected changes may arise, but your steady nature will help you navigate them with grace. Financial opportunities and personal growth are on the horizon—trust your instincts when making important decisions. Remember to balance work with relaxation to maintain overall well-being.

Celebrating our Residents

April Birthdays

- | | |
|--------------|--------------|
| 🎂 Fred S | 🎂 Steve L |
| 🎂 Fred W | 🎂 Gay M |
| 🎂 Marjorie H | 🎂 Wayne C |
| 🎂 Wolf B | 🎂 Margaret W |
| 🎂 Roberta H | 🎂 Doc F |

Happy moments. Happy thoughts. Happy dreams. Happy feelings. Happy birthday.



HAMLET NEWCOMERS

Margaret B

"Let us welcome one another with open hearts, warm smiles, and words of kindness."

Goodbye March...



Sunshine, Smiles & Stepping Stones



Nutrition and Hydration Continued...

Hydration:

- Hydration helps maintain bodily functions, supports cognitive health and prevents dehydration.
- Residents may have a diminished sense of thirst making it essential to encourage regular fluid intake.
- Proper hydration aids in digestion and can improve overall well-being and quality of life.

Nutrition Care Plans:

- Each resident's nutrition care plan is regularly reviewed by the Registered Dietitian or a responsible clinician.
- If necessary, the physician or dietitian may prescribe supplements or meal replacements.
- All supplements are documented in the resident's nutritional care plan and recorded in their electronic medication administration record.

Menu Planning:

- Menus are carefully designed by our culinary team to provide appetizing, nutritionally balanced meals and beverages that support the individual needs of each resident.

Variety and Choice:

- We offer a diverse range of meals, including breakfast, lunch, and dinner, along with two nutritious snacks daily.
- Some menu items are adaptable, considering the texture, taste, and appearance of food. Seasonal themes and variations are incorporated, and substitutions are available.

Annual Surveys:

- To gather feedback about the dining experience, we conduct an annual survey for the residents.
- This survey allows us to assess satisfaction with the meals provided.
- Any issues identified through the survey will lead to an action plan aimed at continuous improvement.

Important Reminder for Families:

Before bringing any snacks or food items from home, please consult with the nursing team to ensure there are no dietary restrictions or issues regarding food and fluid texture.

Our goal is to create a supportive and nourishing dining experience for all residents. We appreciate your cooperation and involvement in this vital aspect of care. Should you have any questions or need further information, please do not hesitate to reach out to our nursing or dietary team.

Keeping Resident Safe Continued...

Emergency Preparedness:

Optima Living maintains an Emergency Preparedness Manual detailing how residents will be supported during an emergency, in a safe, effective, and timely manner. Some important safety measures in place are:

- Buildings are fire-rated for a minimum of 2 hours. All rooms in the building are equipped with fire safety equipment including sprinklers and smoke detectors.
- We work with local authorities to regularly review our emergency response plans.
- Evacuation plans are posted around the building; drills include identification of evacuation safe zones.
- In the event of fire, alerts are automatically sent to the monitoring company who then alerts the fire department.
- **If you hear the alarm sound, stay calm, it is important not to panic.** Our team members will guide you and support your safety in the event of an emergency.
- Emergency drills are conducted regularly, and results are reviewed to ensure the proper protocols are followed and if improvements to the process are required. Emergency preparedness is part of the annual mandatory training for our team members.

Nutrition and Hydration

The health and well-being of the residents is our top priority, we are committed to providing excellent Nutrition and Hydration Care. We know that proper nutrition and hydration are vital for maintaining the overall health of our residents. Here is an overview of our processes and what you can expect:

Initial and Ongoing Assessments:

- Upon move in, our interdisciplinary care team conduct detailed assessments which includes identifying food allergies, intolerances, and specific requirements regarding food texture and fluid consistency.
- Our Registered Dietitian collaborates with the team to develop personalized nutrition and hydration care plans aimed at maintaining, restoring, or optimizing the resident's nutritional health.



*Scavenger Hunts and Shenanigans
Age is just a number!*



Healthy Brain-"April Word Challenge!"

Keeping your brain active is just as important as keeping your body moving! This April Word Challenge is a fun way to boost memory, word recall, and problem-solving skills. Give it a try and challenge a friend!

How to Play:

Using only the letters in A P R I L S H O W E R S, how many words can you create?

For example: hop, rails, pear... now it's your turn!

Challenge Yourself!

- Find at least 10 words
- Try for 20 words if you want an extra challenge!
- Bonus: Can you find a 7-letter word?

Brain Benefits: This game helps strengthen memory, vocabulary, and cognitive flexibility—all while having fun!

Share your longest word with a staff member or friend and see who found the most creative one!

Happy thinking!

- Hop
- Rails
- Pear
- .
- .
- .
- .
- .
- .

Keeping Resident Safe

We are committed to your safety! Our team is always working on identifying and reducing risks. These are some examples of our preventive measures:

Building it right for you!

- Handrails and grab bars in bathrooms, and other common areas
- Adequate lighting and low-threshold flooring transitions.
- Areas kept clear of clutter or other hazards.
- Resident rooms arranged to avoid trip hazards and equipment is set up away from risks.
- Fire hazards such as lit candles, electric blankets, heating pads, toaster ovens, kettles, heaters are not permitted in residents' rooms.
- Residents assessed for risk of falls, mobility issues and provided appropriate information and resources.
- Buildings are inspected monthly for potential hazards by the Safety Committee.

Infection Prevention Control:

- We encourage everyone to wash their hands regularly, cover their mouth and nose when coughing/sneezing, minimize the use of scented personal products and ask family not to visit if feeling ill.
- On-going monitoring for signs of infection are responded to promptly.

Security & Monitoring

- Main doors are monitored when unlocked and secured outside of staff hours.
- Residents and visitors must sign in and sign out when leaving and entering the building.
- Resident rooms, bathrooms and commons areas have call bells that signal to team members that the residents need immediate assistance.

Medication Management:

- Managed by a professionally trained group of healthcare personnel and regularly reviewed by Pharmacy.

Abuse and Neglect

- Abuse in any form is not tolerated, and strict policies are in place to reflect this.

April Riddles

1. I was asleep, but now I wake,
With buzzing bees and ducks on the lake.
The snow has melted, the sky is bright,
My flowers bloom—oh, what a sight!
2. I come on the first and bring some fun,
With tricks and pranks for everyone!
Be careful what you hear or see,
Because today, things might not be!
3. I disappear when winter is near,
But return with warmth and skies so clear.
I stretch my limbs, reach high and wide,
With blossoms and buds, I stand with pride.
4. I may be hollow, I may be sweet,
I'm often found in an Easter treat.
You search for me in grass so green,
Brightly colored, I can be seen.
5. I wear a bright coat but never get cold,
I keep you dry with a handle to hold.
You'll need me when the clouds turn gray,
I fold up small and tuck away.

1. (Spring) 2. (April Fools Day) 3. (Tree) 4. (Easter Egg) 5. (Umbrella)

Healthy Body- "Spring into Movement!"

April is the perfect time to refresh your body and stay active! This month's challenge is all about movement—no matter your ability level.

Your Challenge:

Try to complete at least one of these movement activities every day for a week! Keep track using the calendar below.

Seated Stretches: Start your morning with gentle arm, leg, and neck stretches.

10-Minute Walk: Take a short stroll in the hallway, courtyard, or around your room.

Ball Toss: Play a fun game with a friend to improve coordination.

Dance to a Song: Put on your favorite tune and move however feels good!

Breath & Stretch: Take five deep breaths and reach your arms up to the sky.

Bonus Challenge: Try to do two activities per day for an extra health boost!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14			1	2	3	4	5
15	6	7	8	9	10	11	12
16	13	14	15	16	17	18	19
17	20	21	22	23	24	25	26
18	27	28	29	30			

April

Compassion Calendar

1 Spend 15 minutes picking up trash in your neighborhood.

2 Learn about fantastic people with Autism today!
#WorldAutismAwarenessDay

3 Ask your friends and family to help you collect money for an Autism charity.

4 Share a delicious vegan meal with the family. Happy #Easter!

5 Today, start and end your day differently than you normally would.

6 Write down a list of all things you want to change this season.

7 Get outside this afternoon and go for a walk in the park! Make sure to stretch
#NationalWalkingDay

8 Notice the things you do well today, however small.

9 Donate your time and talent to a worthwhile cause.

10 Hug on your siblings today!
#NationalSiblingsDay

11 Start planning a meaningful hangout with a friend or family.

12 Collect old towels, bedding and supplies to donate them!
#SpringCleaning

13 Stop spending time on negative thoughts. Use your TouchPoints on the calm setting to resolve them.

14 Plant seeds of your favorite fruits and vegetables today.
#NationalGardeningDay

15 Educate yourself about Autism Spectrum Disorder.

16 Listen to a guided meditation on YouTube with your TouchPoints.

17 Make a thank you or funny poem to send to your coworkers today.
#HaikuPoetryDay

18 Pick up a new healthy habit this afternoon. Maybe reading?

19 Exercise for at least 30 minutes today and wear your TouchPoints!

20 Take an actual break today. At least 30 minutes!

21 Give a gift to someone for no reason.

22 Learn about recyclables or shop sustainable brands online
#EathDay2021

23 Find an Autism story in the library today
#WorldBookDay

24 Get creative and think of something nice to do for an animal.

25 Use your TouchPoints to conquer a small fear today.

26 Get inspired to help others by watching Autism videos on YouTube.

27 Discover a new healthy recipe to try out

28 Put on some music and DANCE! It's #InternationalDanceDay

29 Do one thing that cultivates a friendship with your body.

30 Challenge a negative thought pattern. Stand up to it like you were standing up to a bully!