

UPCOMING MEETINGS

AL Resident Meeting

March 4th 11:00am in the Grand Hall

LTC Resident Meeting

March 5th 1:00pm in the multi-purpose room

The Hamlets at Westsyde

March 2025 Newsletter



Luck Of the Irish



<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



Bingo

We have made changes to add new programs to our calendar, we've had to move bingo on Wednesday to Friday instead. We will now be seeing you on Monday and Friday at 1:30PM for Bingo!



Spa

Sign up to reserve your spot at spa on **Wednesdays**. This program has been incredibly successful, and we want to ensure everyone can enjoy a little pampering. Connect with Nilusha to have your name put on the list.



Group Fitness

In order to better accommodate our residents, and to ensure everyone has a chance to join in, we will now be holding group fitness in the Grand Hall:

LTC- Tuesdays at 10:30am and Thursday at 1:30PM

AL- Monday, Wednesday, Friday at 10:30



Celebration of Life

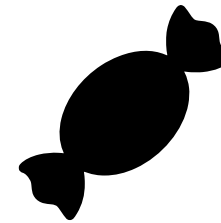
Please join us on Sunday, March 9th at 1:30PM in the grand hall. This special ceremony will be a time of reflection, remembrance, and shared memories as we celebrate the lives of our beloved friends and family.

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 10-3 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.

February Zodiac Signs

Pisces (February 19 – March 20)

Traits: Pisces are compassionate and deeply empathetic, always attuned to the feelings and needs of others. They are highly intuitive, often relying on their gut instincts, and are artistic, with a rich imagination that allows them to see the world through a dreamy, idealistic lens. Known for their gentle and kind nature, Pisces are nurturing and self-sacrificing, sometimes putting others' needs before their own.

Pisces Horoscope: February encourages Pisces to reflect on their inner world and emotional growth. Creativity flows naturally, and relationships will deepen with emotional connections. Trust your intuition and let it guide you through any challenges, especially in personal or artistic endeavors.

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: March 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.

Celebrating our Residents

March Birthdays

- | | |
|------------|-------------|
| 🎂 Ping B | 🎂 Shirley H |
| 🎂 Carole C | 🎂 Edith H |
| 🎂 Brian G | 🎂 Pat K |
| 🎂 Jean | 🎂 Isobel L |
| 🎂 Rose M | 🎂 Nancy W |
| 🎂 Linda W | |

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

HAMLET NEWCOMERS

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

~ Unknown

Goodbye February...



Education Continued

Feedback and Complaints Process

It is a resident's right to have access to a fair and effective process to provide feedback, express concerns or complaints.

Our feedback and complaints process:

- Demonstrates a culture of open communication and accountability.
- Encourages feedback which allows us to continually learn and improve based on experiences.
- Emphasizes the importance of reporting concerns promptly.
- Ensures that confidentiality and privacy is maintained and protection from any retaliation.

How to make a complaint?

- To a staff member but encouraged to contact the General Manager or Director of Care directly.
- Written by using the Feedback Form and dropping in the Feedback & Complaints Box or give the General Manager or Director of Care.
- Email info@optimaliving.ca
- Contact an external agency:
 - Licensing Officer
 - Patient Care Quality Review Board
 - Assisting Living Registrar
- Refer to your resident handbook or posters around the building for details.

How the General Manager or designate handles feedback and complaints:

- Acknowledgement of receipt of the feedback or complaint
- Investigation and fact-finding
- Communication with parties involved
- Resolution determined
- Follow up and monitoring.

Education

Cultural Competency, Diversity, Inclusion

What is CCDI?

- **Cultural Competency:** is the ability to recognize, respect, and address the unique and diverse needs, worth, thoughts, communications, actions, customs, beliefs, and values that reflect an individual's racial, ethnic, religious, social groups or sexual orientation.
- **Diversity:** is a wide range of attributes and qualities within an individual, group, or community including ethnicity, race, gender, sexual orientation, ancestry, age, socioeconomic status, gender identity, gender expression, physical abilities, political beliefs and religious beliefs.
- **Inclusion:** means ensuring all individuals, regardless of their abilities, disabilities, or health care needs, are respected as valuable members of their community.

What is Optima Living doing about CCDI?

The Company has created a CCDI Committee to lead efforts to support residents' cultural values and practices and as well fostering a diverse and inclusive work environment for our team members.

What can residents and families do?

- Support your fellow residents regardless of their diverse characteristics.
- Share your ideas with your Resident/Family Council!



Healthy Brain

Breathwork 101: benefits of deep breathing

Deep breathing invites you to connect your consciousness to your breath. It's a practice that manipulates your breathing in a way that brings about benefits to your spirit, mind, and body.

The Dos and Don'ts of Breathwork

- Do it when you aren't rushed for time.
- Do it in a place where you can completely focus on your breath (i.e., a quiet room, not a noisy kitchen or a chaotic living room where you're distracted by your family or a mental to-do list).
- Do it daily, aiming to practice your breathwork for several minutes at a time.
- Don't be passive, but instead be fully engaged in your mind and body.
- Don't treat it as a chore, but rather an invitation to connect with your breath.
- Don't treat it as something to do only when you have time, but instead make space for it and block off some breathwork time in your daily calendar.

The three best breathing exercises for releasing tension

1. Breath focus: the best breathing exercise to relax

Instructions:

- Choose a calming word to focus on during this exercise, such as "calm", "peace", or "safe."
- Sit in a comfortable position on a soft cushion or on a bed.
- Raise your shoulders up to your ears, then relax them and let them fall naturally and gently.
- Place one hand on your chest.
- Place the other hand on your stomach.
- Inhale through your nose for two seconds, breathing in so deep that you feel your stomach expand while your chest stays still.
- Pay attention to every sensation of your breath, such as the tickling sensation in your nostrils or the way your t-shirt feels as your abdomen expands.
- Repeat your calming word to yourself in your mind if you feel your thoughts wavering from your breath.
- Exhale gently for two seconds, expelling all the air out of your lungs and stomach.
- Pause for one second.
- Repeat for a total of 10 breaths or until you feel your worries subside.

March's Gentle Touch

March arrives on whispering breeze,
Waking buds on slumbering trees.
Sunlight dances, soft and bright,
Chasing off the winter's night.

Birdsong hums a hopeful tune,
Days stretch longer—springtime soon!
With every bloom and warming air,
March reminds us—joy is there.

Golden crocus, daffodil bright,
Lift their faces to the light.
A time for laughter, love, and cheer,
As springtime whispers, "I am near."

Soft rain falls and robins sing,
Bringing hints of blossomed spring.
March's promise, kind and true,
Brings fresh beginnings just for you.



March Riddles

1. I bring the luck, I bring the cheer,
With shamrocks green, I appear each year.
Leprechauns love me, that much is true,
Find the gold, and wishes come too!

2. I can roar like a lion or be gentle as a lamb,
My winds can blow or be still and calm.
I mark the time when seasons change,
From winter cold to spring's warm range.

3. I'm small and green and hard to see,
If you catch me, lucky you'll be!
I hide my gold at rainbow's end,
But trickery is my best friend.

4. My petals bloom, my colors bright,
I bring the world a touch of light.
Though winter's chill is not quite through,
I peek above the earth for you.

5. I run but never walk,
I bring new life where once was frost.
I fill the streams, I fill the lakes,
In springtime's touch, a path I make.

1. (St. Patrick's Day) 2. (The month of March) 3. (A leprechaun) 4. (A spring flower—like a crocus or daffodil) 5. (Melted snow or spring rain)

Healthy Body

The three best breathing exercises for releasing tension continued...

2. Lion's breath: the best breathing exercise to energize your brain

Instructions:

- Sit in a comfortable position on a soft cushion or on a bed.
- Raise your shoulders up to your ears, then relax them and let them fall naturally and gently.
- Lean forward, supporting yourself with your hands placed on your knees.
- Inhale deeply through your nose, filling your stomach and chest with oxygenated air.
- Open your mouth as wide as possible, stretch your chin towards the floor, and stick out your tongue.
- Exhale as forcefully and strong as you can while making a deep "ha" noise.
- Return to regular breathing for 60 seconds.
- Repeat five to 10 times, then calm your nervous system with the traditional breath focus exercise above.

3. Humming bee breath: the best breathing exercise to clear negative emotions

Instructions:

- Sit in a comfortable position on a soft cushion or on a bed.
- Raise your shoulders up to your ears, then relax them and let them fall naturally and gently.
- Close your eyes and imagine relaxation sweeping over you.
- Spend a few seconds mentally focusing on every major area of your body, from head to toe, and gently relaxing each part.
- Place your pointer finger and middle finger of each hand against the tragus cartilage that partially covers both of your ears ([click here to see a diagram of your ear](#)).
- Inhale as deep as you can.
- Exhale slowly through your nose while keeping your mouth shut.
- Hum while exhaling until all your breath has been expelled.
- Pause, then repeat for a total of three to four breathing movements, then calm your nervous system with the traditional breath focus technique above.
- Deep breathing exercises help deliver more oxygen and nutrients to your brain and other major organs.

March 2025 Self Care calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
| "Nourish your mind, body, and soul—they're the only home you have." | | | | | | 1 Set a small, achievable goal for the month. |
| 2 Practice deep breathing for 5 minutes. | 3 Listen to your favorite song and sing along. | 4 Write down three things you're grateful for. | 5 Enjoy a warm cup of tea or coffee in a quiet space. | 6 Take a short walk or stretch gently. | 7 Have a conversation with a friend or family member. | 8 Try a hand massage with lotion or essential oils. |
| 9 Look at old photos and reminisce about happy memories. | 10 Engage in a simple creative activity (coloring, knitting, or crafting). | 11 Watch a favorite movie or show that makes you smile. | 12 Participate in a group activity or social gathering. | 13 Spend time near a window or outside, enjoying nature. | 14 Do a short, guided meditation or relaxation exercise | 15 Write or share a joke to bring laughter to others. |
| 16 Try a new hobby or revisit an old favorite. | 17 Celebrate St. Patrick's Day by wearing green or decorating your space. | 18 Enjoy a favorite treat in moderation. | 19 Listen to calming music or nature sounds. | 20 Practice self-kindness by saying something positive to yourself. | 21 Participate in a light movement activity, like chair yoga. | 22 Write a short letter to yourself or a loved one. |
| 23 Enjoy a cozy and restful day with a warm blanket and a good book | 24 Engage in a quiet moment of prayer, meditation, or reflection. | 25 Pamper yourself with a soothing hand or face massage. | 26 Share a compliment with someone. | 27 Do a puzzle or brain game to stimulate the mind. | 28 Practice gratitude by thanking someone today. | 29 Take a few moments to breathe deeply and relax. |
| 30 Read something inspiring or uplifting. | 31 Reflect on the month—what self-care habit will you carry forward? | | | | | |