



The Cedarwood Express



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!



Message from Andrew's Desk

It is a pleasure to bring back the Cedarwood Express! The year so far has brought many changes to the Leadership Team at Cedarwood Station; however, I am excited and confident of the full team we now have. We are working hard to ensure that our community is active, engaging and comfortable!

This August at Cedarwood will be an exciting month with an excursion to Elbow Falls as well as our Summer Carnival. Our recreation calendar is full of wonderful activities. Familiar favorites alongside additions curated by our new Recreation Manager, Tristan will ensure a busy and fulfilling month. We will also see some building improvements start. The upcoming projects include work on the parkade ramp, elevator call buttons and the Pub door entrance. Projects will be supervised by our new Building Services Manager, Edgar. The work might not all get done in August and we appreciate your patience and understanding for any inconvenience. Some recent dining policy clarifications have raised questions and concerns. An updated Resident Handbook is being developed by the Leadership Team. Our new Administrative Assistant Dubravka will make sure you all receive a copy once it is completed.

August traditionally brings warm summer days, vacations and fun. We cannot control the weather, but we will make sure to have some fun together and make every day at Cedarwood feel like a vacation!

Fun With Recreation



Cedarwood would like to welcome the following folks to our community! Please be sure to stop by and introduce yourselves

Welcome Home
Anne Weenick
Roberta Rogers



Cedarwood is Celebrating the following birthday's this month!



Trish. S - August 11th

Marilynne. C - August 17th

Vera. S - August 19th

Heather. L - August 27th

Don. K - August 30th



August Events:

Aug 6th Art With Afshan

Aug 13th International
Buffet

Aug 13th Music with
Marcelo

Aug 23rd Summer Carnival

Aug 19th Prime Timers
(Men's Club)

Aug 27th Monthly Birthday
Party

Aug 28th Pub Night with DJ

Aug 31st The Gilded Tea

Bus Outings



Tuesday August 5th - Airdrie Errands

Thursday August 7th - Walmart

Sunday August 10th - RCMP Musical Ride

Tuesday August 26th - Airdrie Errands

Thursday August 21st - Walmart

Monday August 25th - Elbow Falls/Mackays

Ice Cream



What's New In Recreation?



Airdrie Errands: August 5th & 26th

Need to pick something up or get out for a bite? Hop on the Cedarwood bus every other Tuesday to visit local stores, refill prescriptions, or grab lunch around Airdrie!

Fun with Food: August 9th & August 19th

Now that our art room is ready, we're diving into baking and sampling delicious treats together. From cookies to casseroles – come cook, taste, and share!

Crafty Corner: August 17th & 21st

Let's get creative! Crafty Corner is your space to paint, glue, bead, and build – whatever the group decides. Bring your imagination, we'll supply the rest.

Gilded Tea: August 31st

Once a month, we're hosting a lovely high tea for the ladies. Fancy hats encouraged! Sip tea, enjoy treats, and socialize in style.

Prime Timers: August 19th

Gentlemen, this one's for you. Pool, darts, cards, and good company – Prime Timers is your time to unwind, hang out, and just be one of the guys.

Preserve & Serve August 28th

Join our new canning club to turn fruits and veggies into jams, pickles, and preserves. We'll make tasty creations and enjoy the process together.

Cedarwood Cookbook Club August 20th

We're collecting recipes from residents to create our very own Cedarwood Cookbook! Share a favorite dish or family recipe – we may even publish and sell it!



CEDARWOOD

SUMMER CARNIVAL



Saturday, 23rd @ 2-4PM

🎯 **Carnival Games – Fun challenges and classic favorites**

🍿 **Carnival Food & Drinks – Popcorn, cotton candy, and more**

🐫 **Alan the Alpaca & Friends – Including a pony, goats, and a donkey!**

Bring your friends and family — everyone is welcome!

Cedarwood Outings



August 5 – Airdrie Errands

Need to run a few errands? Whether it's the pharmacy, lunch with a friend, or a quick stop at the store, we're heading into Airdrie and happy to help get you where you need to go. (Approx. 90–120 mins; walking involved.)

August 7 – Walmart Trip

Let's head out to Walmart! A simple shopping trip to pick up anything you need—groceries, clothing, or just browsing. (Approx. 90–120 mins; walking involved.)

August 12 – Century Downs Casino

We're off for a fun afternoon at Century Downs! Enjoy lunch, the slots, and the lively casino atmosphere. Try your luck or just soak it all in. (11:30am – 2:30pm.)



August 21 – Walmart Trip

Back to Walmart by popular demand! Grab anything you missed the first time, or tag along for the ride and the fresh air. (Approx. 90–120 mins; walking involved.)

August 25 – Elbow Falls Adventure

Join us for a scenic day trip to Elbow Falls in Kananaskis. We'll enjoy nature, go for a walk, and stop in Cochrane for ice cream at Mackay's before heading home. (11:30am – 3:30pm; lots of walking; lunch options available.)



August 26th – Airdrie Errands

Another chance to hop on the bus and get some things done around town. From appointments to friendly visits to grabbing a bite, we'll get you there. (Approx. 90–120 mins; walking involved.)



Community Conversations



August 5 – Chat with Nurse Tania

A chance to sit down with Nurse Tania and ask any health-related questions. Whether it's about medications, wellness tips, or general concerns, she's here to help and support your well-being.

August 6 – Meeting with Andrew

Join our General Manager, Andrew, for an open conversation about policies, building updates, and anything else on your mind. A great opportunity to ask questions and share suggestions.

August 8th– Food & Beverage

Let's talk food! This will discuss new meal time policies and any feedback about dining. Come with your ideas, questions, and appetite for improvement.



August 11 – Garden Committee

Run by residents, this meeting is for our green thumbs to connect. Discuss planting plans, garden needs, and what's thriving or needs tending—both inside and outside.

August 19 – Coffee with the Chef

Chat with our amazing chef over a cup of coffee. Share your feedback, compliments, and suggestions. Get a sneak peek at upcoming menu updates, too!



August 20 – Community Meeting

Our monthly gathering where each department shares updates and residents provide feedback. A great space to stay informed and be heard.

August 26 – Recreation Chat with Tristan

Join Tristan to review next month's calendar, explore new activities, and share your thoughts on programs. Your ideas help shape our recreation fun!



Updates from our Teams:



Nursing: With summer colds going around, remember to wash your hands often, use **hand sanitizer**, cough into your elbow, and stay in your suite if you're feeling unwell. **Staying hydrated**, wearing a mask when sick, and even a spoonful of **honey** can help you feel better faster!

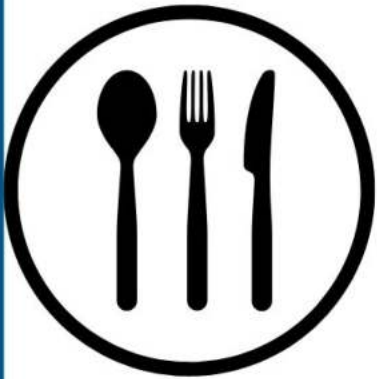
Food Services Update:

We have some delicious events cooking this August!

We're planning a Courtyard BBQ on **August 7 (weather permitting)**, so get ready to enjoy some grilled favorites under the sun.

On **Wednesday, August 13**, our Monthly Buffet will feature a Peruvian theme – expect bold spices, fresh flavors, and a unique culinary experience.

To end the month on a sweet note, join us on **August 31 from 2:00–3:00 PM** for a relaxing High Tea with a lovely selection of teas, treats, and good company.



Community Relations Update:

A big thank you to everyone who participated in our 2025 Resident Satisfaction Survey! We're excited to share that we surpassed our goal of **80%** participation. Your voice matters – and it's being heard. Thank you again for helping us grow and improve together!



Updates from our Teams: Meet Our New Staff



Hello, my name is **Edgar** I was born in beautiful Newfoundland and spent 10 exciting years in the Canadian Navy, serving as a Marine Engineer in both Halifax and Victoria. After my time in the service, I moved to Calgary, where I lived for over 15 years, and later worked as a Maintenance Manager in High River. I'm happily married and proud to be the father of five wonderful children.



My name is Tristan, and I'm excited to introduce myself as the new Recreation Manager here at Cedarwood Station. recently moved up to Airdrie for this opportunity. I was born and raised in Lethbridge, Alberta.

I love playing guitar, going on hikes, enjoying great food, and learning about the world and its history. Oh, and I've always had a soft spot for dinosaurs! I'm really looking forward to working with all of you. Please feel free to stop by my office anytime to say hello – I'd love to meet you!

Updates from our Teams: Meet Our New Staff



I am **Dubravka**. My Family and Friends call me "Dubi". I joined Cedarwood Station as Administrative Assistant on June 16, 2025. I moved to Canada 15 years ago from Germany with my husband. I love travelling, discovering new cultures and curling up with a good book. I am excited to be part of the Cedarwood team and looking forward to meeting everyone!"



Hello! I'm **Kim**, the Knowledge Manager from our Regional HR team. I am originally from Ontario and relocated to Alberta in 2019. I now proudly call Airdrie home, where I live with my husband, our son, and two cats. Outside of work, I enjoy exploring nearby parks and playgrounds with my family.

I'm truly excited to be part of the Cedarwood community and looking forward to meeting you all. Feel free to say hello anytime!

Looking Back With A Smile



A Season of Smiles

The garden is blooming, in colors so bright,
Bathed in the warmth of soft summer light.

We gather together, out under the sky,
In the shade of the gazebo as days drift by.
The laughter of children rang sweet and clear,
As little hands made butterflies here.
They painted with joy, then hung them with
pride —

A gift for our garden that now beams wide-
eyed.

The Stampede rode in with a western cheer,
Cowboy hats, music, and memories dear.
We sang loud and proud with karaoke in hand,
Together we celebrated this wide-open land.
From flowers to sunshine, from school days to
song,

These are the moments where we all belong.

In every photo, a memory's grace —
Smiles and sunshine fill this place.



Looking Back With A Smile



This summer, the Cedarwood Stitchers have continued to share their joy and kindness with the community. As the group puts it:

"Joy comes in doing things for others. Every Tuesday evening at 6:30, anyone who enjoys knitting, crocheting, or simply chatting is welcome to join us. This past season, we created 17 small knee warmers for residents at Bethany, and we were delighted to share leftover yarn with ACC residents for their craft projects.

We've also provided larger blankets to Cedarwood residents on their 100th birthdays, during hospital stays, and even in moments of farewell – offering comfort when it's needed most."

– **The Cedarwood Stitchers**

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
 - a. Roll on your side & crawl to a sturdy chair
 - b. Get into a kneeling position and brace your arms on the chair
 - c. Put one knee up and place your foot on the floor
 - d. Push your body up, pivot your body, and sit on the chair



Health & Safety:

As part of our ongoing commitment to safety, Optima Living communities will be conducting a full evacuation drill this month. To simulate a real-life emergency, the exact date of the drill will not be announced in advance.

We appreciate your cooperation and encourage everyone to take the drill seriously to ensure we're all prepared in case of an actual emergency.

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.**

Cedarwood Shining Stars!

We are thrilled to recognize Prince Mesde as our Employee of the month!

Prince works in the dining room, where he consistently demonstrates kindness, professionalism, and a warm rapport with our residents. He is often seen engaging in cheerful conversations, creating a welcoming atmosphere. Prince ensures that every resident's dining needs are met with care and attention, and he's always ready to lend a helping hand to his teammates in the kitchen.



Congratulations to Edward, We would like to recognize him as our Shining star for the month of July, for his outstanding contributions during his weekend shifts at Cedarwood. Edward is consistently respectful and courteous towards his colleagues, creating a positive and supportive work environment. He completes his tasks efficiently and reliably and is always ready to offer a helping hand to his teammates.

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