



The Cedarwood Express



Message from The Principals:

January 2026

Welcome to the January edition of Optima Daily. A new year brings fresh beginnings and much to look forward to, and we're happy to welcome 2026. Thank you to our residents and families for the trust and sense of community you bring to our homes each day. As the year unfolds, we remain committed to creating spaces filled with comfort and care, with plenty of opportunities to enjoy daily life. We look forward to the months ahead and all they will bring.



Message from Andrew's Desk

Dear Residents,

The arrival of the new year brings a unique sense of excitement that seems to electrify communities and individuals alike. As the clock strikes midnight, people across Canada and around the world gather to celebrate, sharing laughter, food, and heartfelt wishes for the months ahead. The anticipation is palpable, whether it's the thrill of fireworks lighting up the winter sky or the joy of reconnecting with friends and family in living rooms and public squares. This shared enthusiasm is a powerful reminder of the optimism that the turning of the calendar inspires.

Beyond the celebrations, the new year offers a valuable moment for reflection. Many of us take this opportunity to look back on our experiences, both the highs and the lows, and consider what they've learned. It's a time to appreciate accomplishments, acknowledge growth, and recognize the resilience shown during challenging times. This period of introspection is often accompanied by traditions such as making resolutions or setting new goals, fostering a culture of self-improvement and hope. At Cedarwood Station we welcome the New Year with excitement and joy for all that lies ahead!

Fun With Recreation



**Cedarwood is delighted to
welcome home our
December residents:**

Richard. F



Cedarwood is Celebrating the following birthday's this month!

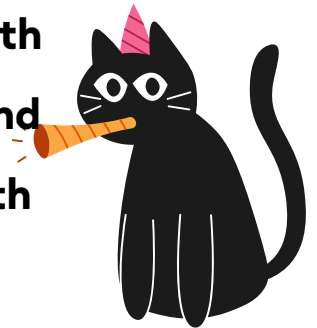


Marj. S - January 17th

Werner. S - January 20th

Teresa. K - January 22nd

Louise. B - January 27th



January Events

January 7th Men's Social
Club

January 13th Spark
Showcase

January 14th Ladies Art
Afternoon

January 20th Trivia Slam;
Ecole VS Cedarwood

January 22nd

International Buffet

January 26th January
Birthday Celebration

Bus Outings



Walmart - Thursday Jan 8th

**Where On Earth Did You Get That? - Tuesday
Jan 13th**

**Luxstone Senior Community - Thursday Jan
15th**

Rival Axe Throwing - Thursday Jan 22nd

Tacos Made In Mexico - Tuesday Jan 27th

Stage West Theatre - Wednesday Jan 28th

Spark – Nourishing Minds

The SPARK Wellness Approach at Optima Living

At Optima Living, we believe wellness means living fully and finding happiness and purpose every day. That's why we created Spark—a supportive approach designed to nurture your whole self with simple, daily choices that keep your brain active, strong, and resilient.

Spark isn't just a program to follow—it's a lifestyle tailored to you. Whether you participate in a gentle movement class, choose a brain-healthy meal, or spend time connecting with friends, each Spark choice you make helps build a stronger, healthier brain.

The Three Pillars of Spark

1. Brain-Healthy Eating.

Enjoy meals and snacks that nourish your brain, reduce inflammation, and support long-term cognitive resilience. Look for Spark-labeled options on your dining menu!

2. Dynamic Movement.

Participate in simple, easy exercises that combine movement with thinking—whether it's stepping patterns, coordination activities, or rhythmic cues. Research shows this “dual tasking” helps build new neural pathways.

3. Brain Boosting Activities.

Have fun with activities and challenges that stimulate your mind and help develop new neural connections.

Together, these pillars strengthen your cognitive reserve and bring more energy, joy, and confidence to your daily life. And at the heart of it all? Social connection—engaging conversations, shared activities, and time spent with people you enjoy. Social connection is one of the most powerful contributors to lifelong brain health.

How Nutrition Supports Brain Function

What we eat directly affects how our brain works! A nutrient-rich diet can help protect against cognitive decline by reducing inflammation, supporting neuroplasticity, and fueling brain function.

The SPARK Menu embraces these principles by offering brain-healthy meals that are not only nourishing but also enjoyable. By making smart food choices, residents can support their overall wellness—one delicious bite at a time.

The SPARK Menu

Our Spark Menu is inspired by evidence-based approaches found in specific diets and foods to protect cognitive vitality through mindful nutrition. The SPARK menu is more than just nutritious—it is brain-boosting and delicious!

- Residents can now enjoy three balanced meals a day, plus healthy snacks, all crafted with whole foods like leafy greens, berries, whole grains, lean proteins, and healthy fats.



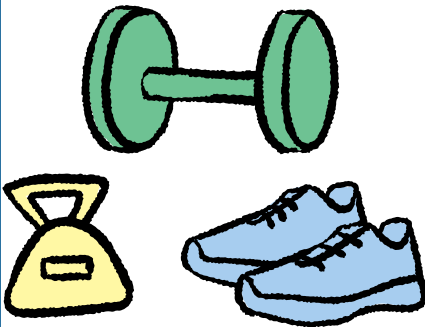
Spark – Nourishing Minds

- These meals are designed to support cognitive function, physical vitality, and emotional wellness.
- With a rotating 4-week menu that adjusts seasonally, residents can look forward to variety, flavour, and a dining experience that nourishes—body, mind, and spirit.

Ready to Spark Your Wellness Journey?

Embrace Spark every day—your way—and discover how small choices can make a big difference in your brain health and overall well-being! Join us at our SPARK Day on [month/date] for a special meal-tasting opportunity and discover what is new on the SPARK menu!


What's New In Recreation?



✱ **Fit Minds™** These activities are designed to support brain health through engaging games, puzzles, and discussion. As a new program on the calendar, each week will feature something different to keep your mind active and engaged. Look for the ✱ symbol and give it a try – it's great for your brain and overall well-being! Questions? Ask Tristan.

✱ **Spark Movement** is a new addition you'll begin to see on the calendar. This seated exercise program combines physical movement with gentle thinking activities – known as dual-tasking (thinking while moving).


Spark Movement does not replace any of the exercise programs you already know and love. Instead, it adds a special Spark twist to movement, helping support both physical strength and brain health at the same time.



Men's Club Social January 7th Enjoy snacks, beverages, and optional activities such as poker or model building, all while spending time together and reconnecting with friends. A relaxed and welcoming space just for the gentlemen of Cedarwood..

Ladies' Afternoon of Art with Afshan January 14th

We're excited to welcome Afshan, who will be joining us for a special ladies-only painting class. This relaxed and creative afternoon is all about enjoying the process, spending time together, and having fun with art – no experience required. Come create, chat, and enjoy a lovely afternoon designed just for the wonderful ladies of Cedarwood.



Trivia Slam January 20th brings together Cedarwood residents and students from École Edwards Middle School for a fun intergenerational challenge. Each generation answers trivia from the other's era, creating laughter, connection, and friendly competition.



Community Conversations

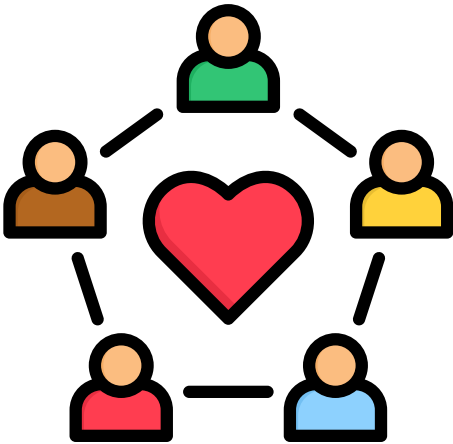


Thursday January 8th– Chat with Nurse Tania

A chance to sit down with Nurse Tania and ask any health-related questions. She is doing a special presentation about winter preparedness, please join in the theatre for more information.

Thursday January 15th - 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.



Monday January 19th Coffee with the Chef

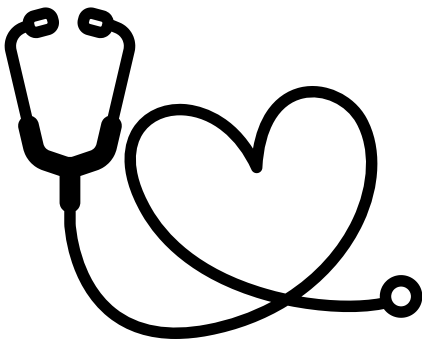
Chat with our amazing chef Bhusaun over a cup of coffee. Share your feedback, compliments, and suggestions. Get a sneak peek at upcoming menu updates, too!

Wednesday January 21st Community Meeting

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

Thursday January 22nd 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!



Thursday January 29th Maintenance Chat With

Geo, Join Geo for a conversation about all things building-related. Bring your questions, concerns, or requests, and get helpful updates and assistance with anything around Cedarwood.



A Special Night for One of Our Flames Fans



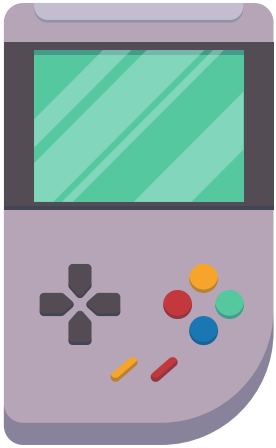
We had a heartwarming moment at Cedarwood this month that perfectly captures the power of community generosity. Thanks to a thoughtful donation from Patrick Gushue of Spur Patrolium, we were able to give away two Calgary Flames tickets to one lucky resident.

That lucky winner was Dorothy K., a devoted Flames superfan who even owns a custom jersey with her family name proudly displayed on the back. Dorothy attended the game with her grandson, and the two of them enjoyed a wonderful evening full of cheering, excitement, and special memories.

It truly felt like the tickets went to the perfect person – someone whose love for the team made the whole experience even more meaningful.

A heartfelt thank you to Patrick and Spur Patrolium for making this unforgettable night possible. These are the moments we cherish most here at Cedarwood – moments of joy, connection, and community spirit.

Updates from our Teams:



Recreation: Thank you to everyone for making December so full of holiday cheer. As my first December here at Cedarwood, it was truly a treat to see the season unfold and to share so many special moments together. January brings the return of familiar favorites along with new Spark programming, offering fresh activities each week designed to keep minds engaged and spirits high.



Nursing: Hello everyone, In light of the recent outbreak, we kindly ask everyone to continue practicing good hand hygiene and to let our team know if you are feeling unwell so we can follow proper care procedures. We truly appreciate everyone's cooperation and patience with isolation measures – we know it hasn't been easy, and your understanding has made a big difference.



Dining: Happy New Year Everyone, our culinary team is excited to continue our winter menu throughout January, featuring comforting seasonal favourites.

We're also looking forward to showcasing our new SPARK Menu at the Menu Showcase on January 13th, highlighting fresh ideas and new flavours.

In addition, we're excited to host an upcoming Chinese International Buffet, offering a chance to enjoy a variety of international dishes together.







effective ways to focus on Health & Wellness

2

LIMIT SALT & SUGAR

Limit foods and drinks that are high in sodium or added sugar. Try decreasing the amount of sugary & salty snacks/treats, avoid fast foods and highly processed foods



5

DRINK YOUR FLUIDS

Water keeps every part of your body working properly. It helps your body flush wastes and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day—through your breath, sweat, urine, and bowel movements. You need to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. A common recommendation is to drink six to eight 250 mL (8 fl oz) glasses of water or other fluid every day



1

COLOUR YOUR PLATE

Aiming to have half of your plate filled with colour! Think Fruits & Veggies. Your goal is to fill half of your plate with vegetables and fruit at every meal. Frozen or unsweetened canned fruits or veggies are great alternatives to fresh



3

LET'S GET PHYSICAL

Physical activity increases your heart rate, strengthens your heart, and increases blood circulation through your body. This can help bring more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen. It lowers blood pressure and helps to reduce body fat. It also improves blood sugar and cholesterol levels

Walking is a type of aerobic exercise. It's one of the easiest ways to increase your physical activity and improve your health



4

HOW TO GET THE HEART PUMPING

1. Take part in at least 2.5 hours of moderate to vigorous aerobic activity each week.

2. Spread out the activities into sessions of 10 minutes or more

3. It's beneficial to add muscle and bone strengthening activities using major muscles for at least twice a week



6

FOOD FOR THOUGHT

Ensure to include whole grains and consider meat alternatives for protein. Try to prepare your meals using whole or minimally processed foods. Eat a variety of grain products every day. Include whole grain foods that have lots of fiber and nutrients. For proteins, want to limit highly processed meats that are high in saturated fats. Try to choose the following foods: Lean meats, fish, and meat alternatives like beans or tofu. Heart healthy fats like canola oil, olive oil, avocado, and nuts.



January Shining Star



Janine Hykawy Acuña

🌟 Shining Star Recognition 🌟

We are proud to recognize **Janine** for her dedication, hard work, and positive impact within our Cedarwood community. She has done an exceptional job helping get our craft and baking rooms organized and running smoothly, creating welcoming spaces for residents to enjoy.

Janine is a dependable and hardworking team member who consistently steps up during Happy Hours and special events, and she is always kind, social, and engaging with residents. Her strong work ethic, teamwork, and genuine care for others make her a true asset to Recreation.

Thank you, Janine – your efforts truly shine!

👏 Congratulations – well deserved! 👏

Cedarwood Leadership Directory



Andrew Yakielashek

General Manager

403.945.2222

andrew.yakielashek@optimaliving.ca



Tania Nogueira

Care Services Lead

403.945.2222

tania.nogueira@optimaliving.ca



Bhushan Negi

Food Services Lead

403.945.2222

bhushan.negi@optimaliving.ca



Geo Brittan

Building Services Manager

403.945.2222

geo.brittan@optimaliving.ca

Cedarwood Leadership Directory



Heather Crossen

Community Relations Coordinator

403.945.2222

heather.crossen@optimaliving.ca



Tristan Leacock

Recreation Manager

403.945.2222

tristan.leacock@optimaliving.ca



Dubravka Breuker

Administrative Assistant

403-945-2222

cws.admin@optimaliving.ca