



**CEDARWOOD
STATION**
by Optima Living

The Cedarwood Express



Message from The Principals:

Welcome to the **April edition** of Optima Daily. This month brings a renewed sense of energy and togetherness across our communities.

This spirit of connection comes to life at our Spring Open House: A Taste of Togetherness on April 18. It's a special opportunity to gather, share a meal, and experience the warmth that makes our homes so meaningful.

Throughout the month, we also celebrate Hospitality and Volunteer Appreciation Week, Admin Professionals Day, and Family Caregiver Day. We will also observe traditions such as Passover, Vaishakhi, and Easter.

As April unfolds, we look forward to sharing moments of kindness and togetherness with you.

Ali, Farid, & Karim



Message from Andrew's Desk:

Dear Residents,

They say spring started in March, but us Albertans know that April truly marks the end of winter. Spring brings with it a burst of great energy outside. Longer evenings, dripping snowbanks, and the first bright hints of green are popping up everywhere. The air feels fresher, the skies look bigger, and even a quick step outside makes the day feel new again.

With Easter here, it's a lovely time to gather, share a treat, and enjoy the brighter days together. Sure, we might still see a quick cold snap, but the season is turning our way—let's soak up the sunshine and welcome spring.

Inside at Cedarwood Station we are also welcoming some great energy! The 2nd floor renovations are moving along and that bright new paint feels so welcoming. I look forward to the future when all our resident floor renovations will be completed. I again thank everyone for their patience during the renovation work.

Happy Easter!

Fun With Recreation



Cedarwood is delighted to welcome home our March residents:

Gail F. & Derrick E.
Gail & Ray F.
Olga V.



Cedarwood is Celebrating the following birthday's this month!



Betty. P - April 1st
Kay. Y - April 7th
Art. H - April 16th
Bob. B - April 23rd
Mary. P - April 25th
John. W - April 27th



April Events

April 2nd - Decorating Easter Eggs

April 6th - Easter Buffet

April 7th Art With Afshan

April 8th Birthday Celebration

April 9th - Trivia Slam

April 12th - Sip & Social

April 15th - Classical Afternoon With Melissa

April 23rd - Building Bird Houses

April 27th - Visit From Ecole Edwards

April 30th - Pub Night

Bus Outings



Walmart: Thursday - April 2nd/16th/30th

Community Choir: Thursday - April 9th

Genesis Place: April 7th/23rd

Casino: Monday/Sunday - April 13th/26th

Ecole Middle School: Wednesday - April 22nd

Lunch Outing: Tuesday - April 28th

Inglewood Bird Sanctuary: Wednesday April - 29th

What's Happening ★ in Airdrie? ★

Airdrie Over 50 Club

- A welcoming space offering games, social events, and activities year-round
- 275 Jensen Drive NE
- Highlight: The club offers activities 7 days a week, including card games like cribbage and bridge, along with carpet bowling, floor curling, shuffleboard, fitness programs, dancing, and arts & crafts

Fraud Awareness

- Fraud can happen at any time, and it is becoming increasingly difficult to tell what is real and what is not.
- Canadian Anti-Fraud Centre: 1-888-495-8501
- Remember: Never share personal information, banking details, or passwords unless you are certain of who you are speaking with.

Airdrie Farmers Market

- A vibrant local market featuring fresh produce, homemade baking, artisan goods, and a variety of food vendors.
- Jensen Park / Plainsmen Arena – 320 Centre Ave E, Airdrie, AB, Saturday April 4th
- Highlight: The Airdrie Farmers Market runs every Wednesday from 3:30 PM – 7:00 PM

Old Town Pizza – Seniors Social

- Old Town Pizza is hosting a welcoming social gathering for seniors aged 65+, offering free coffee and light snacks in a relaxed, friendly setting.
- Old Town Pizza House – 805 Main Street SE, Airdrie, AB
- Highlight: Starting April 7th, from 2:00 – 4:00 PM, this drop-in social provides a great opportunity to meet others in the community

What's New In Recreation?



Then & Now: Towns Through Time - April 6th

Take a trip into the past as we explore how familiar towns have changed over the years! We'll compare vintage photos to present-day views, sparking memories and conversations about local history, fashion, and life back then.

A Walk Down Memory Lane - April 9th

Join us for a heartfelt journey into the past by bringing in a special photo that holds meaning to you. From early years and family milestones to travel adventures and life's proudest moments, residents will have the opportunity to share stories and reflect on the experiences that shaped their lives. This is a wonderful chance to connect, reminisce, and celebrate the memories that make each of us unique.



The Wisdom Tree - April 14th

Help us grow our Wisdom Tree by sharing your life lessons and words of advice! Residents will write thoughtful messages on leaves, which will be shared with students at École Edwards Middle School as a meaningful way to pass down knowledge and kindness.

100 Years of Change - April 21st

Take a journey through time as we explore how the world has evolved over the past 100 years—from medicine to technology and everyday life. Then, we'll look ahead and share our predictions for what the next 100 years might bring!

Gratitude Rocks - April 27th

Celebrate the beauty of the season by creating your own gratitude rock! Residents can paint and decorate stones with uplifting messages, colours, and designs, which will then be placed throughout our garden. This activity is a wonderful way to express creativity, spread positivity, and enhance our outdoor space together.



Community Conversations



Thursday April 2nd 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.

Thursday April 9th Coffee & Chat 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 April 20th 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!



Thursday April 23rd 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!

Friday April 24th Tool box Talk 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.



Wednesday April 29th Community Meeting

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



Updates from our Teams:



Kitchen Update

Dear Residents,

We're excited to share these upcoming dining events:

- April 6th – Easter Brunch Buffet
- April 18th – Open House with Snacks & Appetizers
- April 23rd – Dinner Club Night
- Please join us in welcoming our new kitchen team members, Svitlana and Andrii. We're happy to have them with us!



Recreation Update

Hello everyone, Camryn here. I just wanted to thank you all for such an amazing couple of months here at Cedarwood. You are such kind and inviting people, and I have enjoyed getting to know you all. Thank you for “welcoming me home” into our community, I look forward to another great month with you.

Community Corner

Hello everyone & Happy April!

Join us on April 18 (1–4 PM) as resident ambassadors—simply greet and chat with guests. We're also looking for a volunteer to showcase their suite during the open house.

As we say goodbye, thank you for the friendships and memories.

Until we meet again: Michael, Sharon, Isabelle, Max & Gail







Spring Into Smiles

Spring has sprung, and what a month it's
been,
With laughter, good food, and a few lucky
wins.

Our elevator's back—up and down we go,
After a short little break, it's running just so.
We travelled to Greece without leaving our
chair,
With music, great food, and smiles
everywhere.

Young Owen amazed us with keys and with
grace,

A talented touch that filled up the space.
St. Patrick's Day brought the jig to our feet,
With green beer, shamrocks, and plenty of
treats.

We tried our luck twice—now wasn't that
grand?

Some came for the fun... some came for the
snacks on hand.

Pub Night returned with music and cheer,
As DJ came back—what a welcome this
year!

Then off to Hawaii with limbo and flair,
Tropical drinks and warm island air.
Stage West had us laughing—what a
wonderful show,

And the Chinese buffet? Well... we definitely
overdid it, we know!

Now March waves goodbye as spring takes
the stage,

And we're ready for April—turn the next
page!

Just So You Know – Hearing Clinic Services

At Cedarwood, we are committed to offering residents as much choice as possible when it comes to services and supports. With that in mind, we are pleased to have two hearing service providers available in the community:

Superior Hearing and HearCanada.

Both providers offer services such as hearing aid cleanings, adjustments, and general hearing support.

- HearCanada visits on the 3rd Thursday of each month
- Superior Hearing visits on the last Wednesday of each month

Going forward, appointments will take place in residents' suites to ensure maximum comfort and privacy.

If you are interested in booking an appointment, please sign up in the binder or speak with Recreation for assistance.

HearCanada



A national hearing care provider offering a wide range of services, including hearing assessments, modern hearing aid technology, and professional support tailored to individual needs.

Phone: +1 877-393-1277

Superior Hearing



A trusted provider with many years of experience supporting seniors, Superior Hearing offers personalized care including hearing aid maintenance, adjustments, and ongoing support to help residents hear their best.

Phone: (403) 980-4327



Introducing Spark: Your Path to Brain Wellness

What Is Spark?

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.

Understanding Brain Health and Cognitive Reserve

Your Brain Is Dynamic. As we age, our brains naturally change—but they also respond to the choices we make every day. That's where cognitive reserve comes in: it's the network of neural pathways and brain strength we build over time.

Your Brain Is Like a Cup. Picture your brain as a cup of water. Aging and conditions like dementia act like a straw, slowly reducing the water. Here's the good news: brain-healthy choices act like a faucet, refilling your cup. There's no upper limit—the more you fill your cup, the more cognitive reserve you have to support memory, focus, and independence as you age.

Spark is designed to help you fill that cup!

What Does Spark Include? The Three Pillars

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.

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



MENTAL HEALTH MATTERS

Taking care of your mind



MENTAL HEALTH MATTERS AT EVERY AGE

- Your mental health is just as important as your physical health!
- Many older adults experience emotional changes related to loss, illness, changes in independence, or loneliness
- It is normal to need support sometimes. This is true for all of us!
- Talking about mental health helps people feel less alone



REDUCING STIGMA

- Mental health challenges are common and treatable
- Experiencing sadness, anxiety, or stress does not mean weakness
- Many people improve with conversation, support, or professional help
- You are not alone - many people experience mental health challenges
- Seeking help is a sign of strength!

COMMON SIGNS TO WATCH FOR



DEPRESSION

- Feeling sad, empty, or hopeless
- Loss of interest in activities you used to enjoy
- Changes in sleep or appetite
- Feeling tired most of the time
- Withdrawing from others

ANXIETY

- Constant worry or nervousness
- Trouble relaxing
- Difficulty sleeping
- Feeling restless or tense
- Difficulty concentrating



IF YOU OR SOMEONE YOU KNOW IS EXPERIENCING THESE FEELINGS FOR SEVERAL WEEKS OR IT INTERFERES WITH DAILY LIFE, IT MAY HELP TO TALK TO SOMEONE



HELPFUL RESOURCES



- Your care team members are here for you! You can talk to your nurses and practitioners. They are ready to help!
- Spend time with family members, trusted friends, and your neighbours
- Join our fun daily recreation activities and programming. There's something for everyone!
- Spend time outdoors. Nature has a positive impact on our health
- Maintain consistent and quality sleep
- Prioritize proper nutrition and hydration



- Engage in fun hobbies: puzzles, music, reading, art, journaling, knitting, playing boardgames, whatever you enjoy. This can improve mood and reduce stress
- Join social clubs or faith communities to feel connected
- Move your body! Exercise with our recreation team, walk around, do some yoga, stretch, do seated chair exercises. These are great options to maintain your physical health while taking care of your mental health too!

What Is Environmental Sustainability?

Sustainability means living in a way that protects the earth's natural resources - like clean air, fresh water, and healthy soil - so they last for years to come.

Why It Matters:

Protecting our environment helps preserve clean air, water, and land for our children, grandchildren, and future generations. It also supports your health and well-being today.

Easy Things we can all do within our Homes and Communities!

- Turn off lights when you leave a room
- Use reusable shopping bags instead of plastic
- Recycle paper, cardboard, cans, and bottles
- Avoid wasting water - turn taps off when brushing teeth
- Unplug small appliances when not in use

Small Actions, Big Impact:

- Plant a flower or tree - it helps bees and clean air
- Share or donate items instead of throwing them away
- Walk or carpool, when possible, reduce emissions to reduce air pollution



Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally through earthday.org including 1 billion people in more than 193 countries.

Final Thought:

Every **small step** makes a difference. Living **simply, sharing, and reducing waste** are ways seniors have been supporting sustainability for years-now it's time to keep it going.

Let's care for our world, one thoughtful choice at a time.

ENVIRONMENTAL SUSTAINABILITY

SUSTAINABILITY MEANS LIVING IN A WAY THAT PROTECTS THE EARTH'S NATURAL RESOURCES--LIKE CLEAN AIR, FRESH WATER, AND HEALTHY SOIL--SO THEY LAST FOR YEARS TO COME.

REDUCE & REUSE

Easy Things we can all do within our Homes and Communities!

- Turn off lights when you leave a room
- Use reusable shopping bags instead of plastic
- Recycle paper, cardboard, cans, and bottles
- Avoid wasting water - turn taps off when brushing teeth
- Unplug small appliances when not in use



Reusable bottle and bag

SMART SHOPPING TIPS

- Choose locally grown fruits and vegetables
- Look for refillable or recycling containers
- Buy products and items with less packaging
- Share or donate items instead of throwing them away.
- Walk or Carpool when possible, reducing emissions to reduce air pollution

FUN FACTS

- If every Canadian household switched one light bulb to LED, we could save enough energy to power over 30,000 homes for a year!
- Recycling one aluminum can saves enough energy to run a TV for 3 hours.
- Trees not only provide oxygen--they cool the air and help reduce noise pollution
- Seniors Create less waste on average than younger generations



Health & Safety:

April's Emergency Review: Code Purple - Hostage

At our Optima Living Communities, the safety and well-being of our residents is always our highest priority. Each month, we highlight one emergency code to ensure everyone is informed and prepared should a situation arise.

Code of the Month

Code Purple - Hostage

What Is a Code Purple Event?

A Code Purple is declared when there is a hostage or active threat situation within the community. This could involve:

- A person holding someone against their will
- A violent or threatening individual in a common area
- Situations where employees or residents may be at risk

Immediate action is critical to ensure safety.

What You Can Do

If you are in the building:

- Follow instructions immediately: Listen to employees or security announcements. Directions may include locking doors, staying in a safe location, or evacuating certain areas.
- Stay calm and quiet: Avoid drawing attention to yourself or moving toward the threat.
- Lock and barricade: If possible, secure yourself in a room or apartment.

If you are outside or can safely leave:

- Evacuate if directed: Use safe routes away from the threat.
- Avoid the area: Do not attempt to confront the individual or enter affected areas.

If you witness the event:

- Do not intervene directly unless instructed by trained personnel.

Our Commitment to You

Optima Living Communities have a Code Purple protocol to respond quickly and effectively to hostage or threat situations. Employees are trained to guide residents safely, coordinate with local law enforcement and emergency services, and keep everyone informed. Your safety is our priority—stay calm, follow instructions, and trust our trained employees.

April Shining Star

Olha Hladun



Shining Star Recognition

English- Olha is a hard worker who always comes in with a smile on her face. She takes pride in her role and approaches every shift with dedication and consistency, even during our busiest times. Her positive attitude, reliability, and strong work ethic play a key role in keeping the kitchen running smoothly and allowing the entire team to perform at their best. Olha is a valued and essential part of our operation, and her contributions do not go unnoticed.

Ukrainian- Вона є працьовитою людиною, яка завжди приходить на зміну з усмішкою на обличчі. Вона пишається своєю роботою та підходить до кожної зміни з відданістю і стабільністю, навіть у найнапруженіші періоди. Її позитивне ставлення, надійність і сильна трудова етика відіграють ключову роль у злагодженій роботі кухні та дозволяють усій команді працювати на найкращому рівні. Вона є цінною та незамінною частиною нашої команди, і її внесок не залишається непоміченим.

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