



## The Cedarwood Express



### Message from The Principals:

Welcome to the February Edition of Optima Daily. February invites us to reflect on connection, care, and the relationships that shape our communities.

Throughout the month, we celebrate the bonds that bring people together and the everyday acts of kindness and respect that make a real difference. These moments help our communities feel welcoming and supportive.

What matters most is how those values are lived across our homes each day. Thank you for the warmth and positivity you bring to Optima Living. Wishing you a heartfelt February.

Ali, Farid, & Karim

**Optima Living**  
Let us welcome you home.™



### Message from Andrew's Desk

Dear Residents,

I cannot believe that it is already February! While this may be the shortest month of the year, it is going to be a busy one here at Cedarwood Station.

The Winter Olympics are being held in Italy this year and I know that I am excited to cheer on our athletes. Despite international conflicts and disagreements, I have always looked forward to the friendly competition of the Olympic games. While I was too young to attend the games in Calgary in 1988, I still remember watching Elizabeth Manley win the silver medal for Canada in women's figure skating. Her expression of joy is what the Olympics are all about. Get ready to cheer on Canada together this month!

February has many great activities planned. It marks the kick off to Passport to Paradise where we will be embarking on our own adventure to Italy on the 12th as well as France on the 20th. On the 26th residents are invited to the Team Appreciation Night and Karaoke. Finally, after a break in January, live entertainment returns this month for Happy Hour on the 27th.

There are some renovations coming to our Main Laundry room as well as the 2nd floor. You will see contractors coming and going this month as we prepare. I will let you all know more details at this month's Community Meeting on the 25th.

Have an amazing February and Happy Valentine's Day!!

## Fun With Recreation



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

**Betty. F**



**Cedarwood is Celebrating the following birthday's this month!**

**Linda. G - Feb 9th**

**Alderic. C - Feb 26th**

**Beatrice. C - Feb 13th**

**Norma. M - Feb 26th**

**Doreen. C - Feb 13th**

**Brenda. K - Feb 27th**

**Patricia. L - Feb 18th**

**Don. C - Feb 27th**

**Anne. W - Feb 20th**

**Marianne. G - Feb 20th**

**Terry. K - Feb 21st**

**Aldora. A - Feb 24th**



### January Events

**February 8<sup>th</sup> - Ladies**

**Social**

**February 10<sup>th</sup> - Men's Pool**

**Club**

**February 12<sup>th</sup> -**

**International Buffet**

**February 17<sup>th</sup> - Childrens**

**Choir Performance**

**February 23<sup>rd</sup> Trivia Slam**

**Rematch**

**February 26<sup>th</sup> - Team**

**Appreciation Night**

## Bus Outings



**Walmart - Thursday Feb 5th**

**Casino - Monday Feb 9th**

**Nose Creek Museum - Tuesday Feb  
10th**

**Walmart - Thursday Feb 19th**

**Lunch Outing: Stacked - Tuesday Feb  
24th**

**Luxstone - Thursday Feb 26th**



A vibrant, festive banner with a blue background, decorated with colorful streamers, confetti, and small heart and star shapes. At the top, a blue ribbon banner contains the word "Cedarwood" in white script. Below it, a larger orange ribbon banner contains the words "TEAM APPRECIATION NIGHT!" in bold yellow capital letters. The bottom section of the banner features a red background with a wooden-textured base holding various celebratory items: a blue shopping bag with pink tissue paper, a red alarm clock, several wrapped gifts in blue, red, and green boxes with yellow ribbons, a large pepperoni pizza on a white plate, and a small yellow gift box with a blue ribbon. A white card with the words "Thank You" in cursive is propped up next to the pizza. At the very bottom, a yellow ribbon banner displays the date and time, and the text "A Celebration for Our Amazing Cedarwood Team" is written in white. The entire scene is framed by colorful flowers and foliage at the bottom corners.

*Cedarwood*

**TEAM APPRECIATION  
NIGHT!**

*Thank  
You*

**Thursday, February 26<sup>th</sup> at 5:00 PM**

**A Celebration for Our  
Amazing Cedarwood Team**



## What's New In Recreation?



### **Friday Feb 6th 2026 Winter Olympics Kick-Off Happy Hour**

Join us as we celebrate the start of the 2026 Winter Olympics with themed drinks, light snacks, and a viewing of the Opening Ceremony. Let the games begin!

### **Sunday Feb 8th Ladies' Chit Chat & Tea**

Gather for a casual and friendly tea social with light refreshments and meaningful conversation. A perfect chance to relax and enjoy time together.

### **Tuesday Feb 10th Men's Games Club**

Our Men's Games Club is a relaxed social held in the games room, featuring pool, cribbage, darts, and shuffleboard. Come enjoy friendly competition, good conversation, and a fun, welcoming atmosphere.



### **Monday Feb 23rd Intergenerational Game & Social. Ecole VS Cedarwood Rematch**

Join us as we welcome students from École Edwards for a fun intergenerational game and social. Enjoy friendly competition, laughter, and the chance to connect across generations.

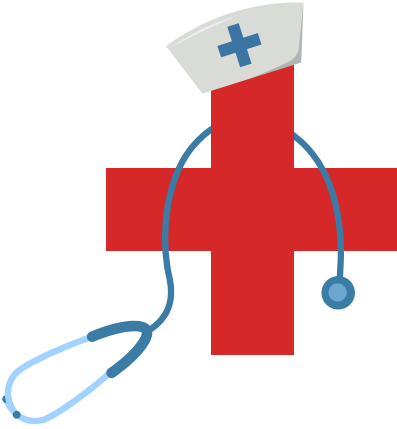
### **Cedarwood Team Appreciation Night**

The residents of Cedarwood Station are proud to host a special evening dedicated to celebrating and thanking our incredible team.

The evening will include pizza served by our residents, thoughtful gifts, and a heartfelt celebration of all that our team does each day. We'll then transition into karaoke and wrap up the night with a relaxed pub-style social.



## Community Conversations



### **Thursday February 5th** 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 blood pressure, please join in the theatre for more information.

### **Thursday February 12th** - 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.

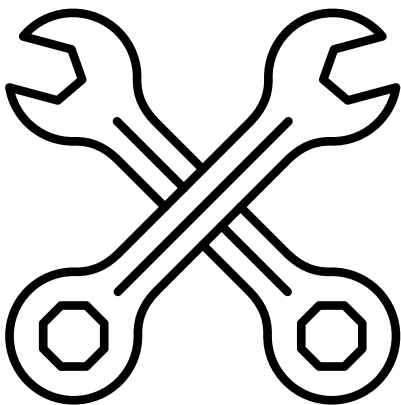


### **Thursday February 19th** Recreation Chat with Tristan

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

### **Monday February 23rd** 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 February 25th** Community Meeting

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

### **Thursday February 26th** 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.



## Updates from our Teams:

### Food Services Update



Hello everyone, and happy February! Our Food Services team has some exciting offerings lined up this month. Join us for a Valentine's-themed brunch on Friday, February 13, an Italian buffet on Thursday, February 12, and our popular Dinner Club on Friday, February 20. We're also pleased to share that wine service is now available at both lunch and dinner.

In addition, we've launched our new SPARK Menu designed to support overall health and brain function through nourishing ingredients that promote energy, focus, and overall well-being.

### Health Care Team:



Happy February! We Team would like to share a few upcoming wellness opportunities taking place this month. We'll be hosting a wellness chat with Tania along with a blood pressure clinic on Thursday, February 5 from 10:15–11:00 AM. In addition, we will be offering a Prevnar-20 vaccine clinic on Thursday, February 12 from 9:45–11:00 AM, followed by an RSV vaccine clinic on Thursday, February 26 from 9:45–11:00 AM. Both vaccine clinics will be held in the theatre.

### Community Update:



What an exciting milestone – Cedarwood has reached 100% occupancy! A huge thank you to our residents for your kindness, graciousness, and willingness to welcome tours and show your suites. We're also excited to share that we'll soon be launching Passport to Paradise, a collaborative campaign with our Culinary & Lifestyle teams. This experience will include special invitations for prospective residents and an immersive, fun experience designed just for you.











February found us stepping strong,  
Into a year both fresh and bright,  
With hope, with laughs, with plans so bold,  
And days filled full from morn to night.  
Men's Club buzzed with nachos warm,  
Cards were dealt, the stories flew,  
Cribbage, poker, friendly fun—  
Even Andrew joined in too.

We proudly shared our SPARK anew,  
With movement, meals, and minds alight,  
New activities, fresh ideas,  
Wellness growing day and night.

Paintbrushes danced as Afshan came,  
Art and joy in colors spread,  
While memories were gently made,  
And smiles said what words had said.

Young minds met old in trivia play,  
Generations laughed, then tied—  
A rematch planned, the story set,  
With Ecolé Edwards by our side.

From China's feast to tacos bold,  
Our dining team made magic true,

And Pub Night wrapped the month just right—  
With cheers, good times, and something brewed.

February shone with heart and cheer,  
Connection strong in all we do—

Here's to more adventures still,  
And a year that keeps on shining through.



# 5

## Things to know about managing your finances

### 1 Estate Planning

Having a will and a Power of Attorney helps you plan for the distribution of your assets and protect your legacy.

Appoint someone you trust to follow your wishes to act as your power of attorney when needed.



### 4 Be aware of financial abuse

If you know or suspect financial abuse, contact the Family Violence Info line at 310-1818 (Alberta) or Seniors First BC at 1-866-437-1940 (BC). Remember, financial abuse is not your fault, and you can get help.



### 2 Maximize retirement income

Understand your retirement funds, investment options and optimize your Social Security in order to sustain a comfortable lifestyle.

### 5 Beware of scams!

There are many different ways criminals will try to steal your information and your money. Learn how to spot them and protect yourself! Never give personal information over the phone, email or text. Your financial institutions would never contact you to ask for details about your accounts, passwords or credit cards.

### 3 Refresh your budget

Keep detailed records of your income and expenses for a clear understanding of your financial situation. Review your budget regularly and adjust it when there are changes. Unexpected things happen, so try to keep some funds set aside just in case!

### More Information

[Financial Literacy Resources for the Elderly - NICE Canada](#)

[Your Money: Seniors Canadian Bankers Association](#)

[What every older Canadian should know about : Frauds and scams](#)





## Health & Safety:

### February's Emergency Review: Code Blue (Cardiac Arrest / Medical Emergency)

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 Blue (Cardiac Arrest / Medical Emergency)

#### What Is a Code Blue Event?

A Code Blue is declared when a resident or staff member is experiencing a medical emergency, such as a cardiac arrest, severe injury, or sudden illness requiring immediate medical attention. This is a serious situation that demands quick action and clear communication.

#### How Residents Can Help:

- **Follow Instructions Immediately**
  - Listen for announcements from employees or emergency responders. Guidance may include staying in place or assisting in a safe way.
- **Remain Calm**
  - Panic can slow emergency response. Employees are trained to handle medical emergencies efficiently.
- **Do Not Interfere**
  - Let trained employees and emergency responders manage the situation. Only assist if specifically instructed.
- **Provide Information**
  - If you witnessed the emergency or know relevant medical details about the resident, share this with staff promptly.
- **Stay Informed**
  - Updates will be provided as soon as it is safe. Avoid crowding the area, as this can impede emergency response.

### Our Commitment to You

Optima Living Communities has detailed Code Blue protocols in place. These include coordination with medical personnel and emergency services to ensure residents receive rapid and effective care. Every precaution is taken to protect life, maintain calm, and resolve the situation as quickly as possible.

# February Shining Star



*Mandeep Mann*

## 🌟 Shining Star Recognition 🌟

We are proud to recognize **Mandeep** for her dedication, hard work, and positive impact within our Cedarwood community. In healthcare, it's not always how much you do but how much compassion and kindness you share with others. Your personal strength, dedication and contribution to our residents the last few months while they were unwell with the flu and of course the passing of a beloved resident has not gone unnoticed, Mandeep.

We are all so GRATEFUL and THANKFUL for you

Thank you, Mandeep – your efforts truly shine!

🌟 Congratulations – well deserved! 🌟



## Cedarwood Leadership Directory



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