



The Cedarwood Express



Message from The Principals:

Welcome to the July edition of Optima Daily. As summer settles in, we hope you're enjoying the sunshine and all that this season has to offer.

This month, we celebrate Canada Day and the diverse communities, cultures, and backgrounds that make Canada home. We also wrap-up our Annual Food Bank Drive and thank everyone for their generosity and support in helping those in need through their contributions. Whether you're spending time outdoors, enjoying the festivities, or making memories with loved ones, we wish you a happy July filled with joy, connection, and celebration.

Ali, Karim, Farid



Message from Bhushan Desk:

It has been a wonderful month serving as the Interim General Manager here at Cedarwood. I want to extend my heartfelt thanks to all our residents, families, and staff for their support and encouragement. Together, we celebrated an exciting milestone – Cedarwood has officially reached 100% capacity, a reflection of the strong, welcoming community you help create every day.

We also recently completed our Accommodation Audit, and I'm pleased to share that Cedarwood performed very well. The auditor highlighted many strengths across our building and team. A few small areas for improvement were identified, and these are already being addressed to ensure we continue meeting the highest standards of safety, comfort, and care. Overall, it was a successful audit, and I'm proud of the dedication our staff showed throughout the process.

As we look ahead, our General Manager, Andrew, will be returning on July 9th. At that time, I will be transitioning back to my role in the kitchen, where I look forward to continuing to support our dining program and resident satisfaction.

As we head into the month, we are also looking forward to an exciting Calgary Stampede season.

I would also like to recognize our July Rising Star – Clara from Housekeeping. Thank you, Clara, for all the excellent work you do and for your continued commitment

Thank you once again for making Cedarwood such a vibrant and caring place to live.

Warm regards, Bhushan Interim General Manager Cedarwood Station

Fun With Recreation



Cedarwood is delighted to
welcome home our June
Resident residents:

Elizibeth (Liz) . V.G



Cedarwood is Celebrating the following birthday's this
month!

Milton. V July - 2nd

Helen. L July - 7th

Mary. D - July 15

Shirley. L - July 27th

Dorothy. K - July 31st



July Events

July 9th - Stampede

Brunch Buffet

July 15th - July

Birthday Celebration

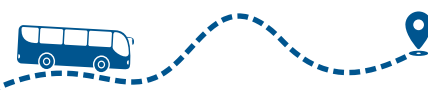
July 27th - Dog Days Of

Summer Social

**July 29th Community
Meeting**

**July 30th - Pub Night
With Tristan**

Bus Outings



Thursday July 2nd/16th/30th - Walmart

**Tuesday July 7th/21st - Century Downs
Casino**

Tuesday July 14th - Color Me Mine

Thursday July 16th - Cross Iron Mills Movie

Thursday July 23rd - New Horizons Mall

Tuesday July 28th Lunch Outing to

**Wednesday July 29th - Chochrane Ice
Cream**

What's New In Recreation?



Thursday July 2nd Head, Shoulders, Knees & Knows

A fun and educational program exploring the human body, how we change as we age, and how brain health, nutrition, exercise, and recreation can help us stay active, engaged, and feeling our best.

Wednesday, July 8 Lasso the Longhorn

Get ready for some Stampede fun with Lasso the Longhorn! Residents will have the chance to practice their roping skills, test their aim, and cheer each other on as they try to lasso our friendly “longhorn” targets. It will be a lighthearted afternoon full of laughs, western spirit, and a little friendly competition.



Monday, July 20 Cedarwood Pet Wall Collage

We are creating a special Cedarwood Pet Wall Collage featuring beloved pets from both residents and staff. Residents are invited to bring in photos of pets they have had throughout their lives, whether from recent years or tucked away in old photo albums. Together, we will build a wonderful display celebrating the animals who have brought us joy, comfort, laughter, and love.



Tuesday, July 21 Songs That Lift the Spirit

Join us for a cheerful sing-along featuring classic songs that bring back memories, lift our spirits, and fill the room with joy. Sometimes, a familiar song is all we need to brighten the day.



Monday, July 27 Dog Days of Summer Social

As July winds down, join us for our Dog Days of Summer Social! We will take some time to look back on our favourite summer moments, enjoy good company, and share some cool treats and snacks together. It will be a relaxed afternoon full of conversation, laughter, and sunny memories.



Community Conversations



Thursday July 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 July 9th 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 July 23rd Coffee & Conversation With Andrew

Join Andrew Our In house Manager, for this month's Coffee & Chat. Come together for open conversation about building updates, policies, questions, suggestions, and anything else on your mind.

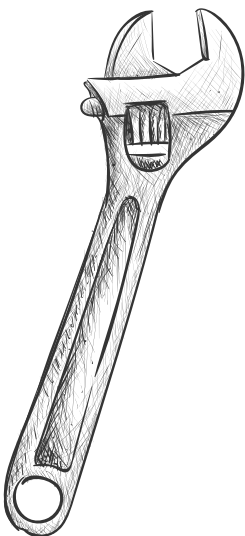
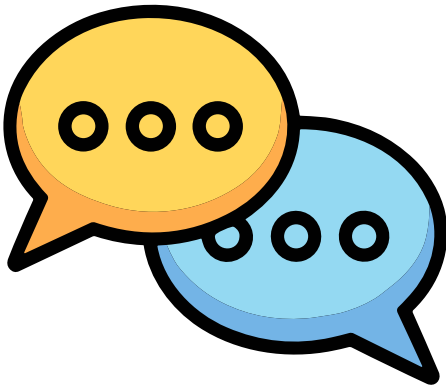
Monday July 28th Coffee with the Chef

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

Wednesday July 29th Community Meeting

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

Thursday July 30th 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.



June at Cedarwood

**June arrived with music bright,
with laughter filling every room,
as we began with Seniors Week
and watched our community bloom.
At Twistin' and Sippin', friends came by,
with floats and snacks to share.
We danced along to favourite songs,
with joy floating through the air.
Our Happy Hours brought cheerful tunes,
karaoke, smiles, and cheer.
We sang together, raised our cups,
and made more memories here.
We gathered for a summer BBQ,
with friends both old and new.
Good food, good company, and sunshine
made the day feel warm and true.
Father's Day was full of heart,
as we honoured the men we know.
With music, snacks, drinks, and a toast,
our gratitude was sure to show.
The students from École came to visit,
ready for games and conversation.
Young and older learned together,
bridging every generation.
We shared our stories, laughs, and lessons,
and found more in common than we knew.
Each generation left with something
meaningful, thoughtful, and new.
To end the month, Pub Night returned,
with DJ back to take the stage.
The music played, the room lit up,
and fun was felt by every age.
So thank you, June, for all you brought:
the songs, the smiles, the sunny view.
Now here comes July with open skies,
and more good times for us to do.**

Updates from our Teams:



Community Updates: Recreation

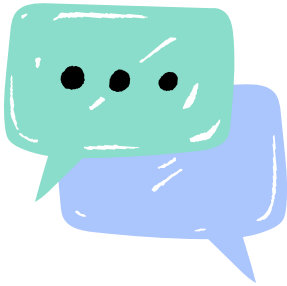
Hello everyone,

June was a busy and eventful month for Recreation, and we want to thank everyone for their patience, understanding, and flexibility along the way.

We truly appreciate everyone's cooperation while we worked through the bus situation. We are very happy to have the bus back and look forward to planning more fun outings for our residents to enjoy throughout July.

We would also like to extend a sincere thank you to all residents who participated in the 2026 Resident Surveys. Your time, feedback, and participation are greatly appreciated, and your voices help us continue building a strong and welcoming community.

Thank you again for a wonderful June. Here's to a sunny, joyful, and exciting July ahead!



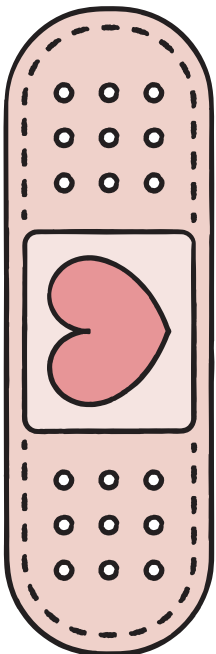
Wellness Update: July

We will be offering an educational seminar on good sleeping habits and sleep health, where residents can learn more about the importance of quality rest, healthy bedtime routines, and simple strategies that may help support better sleep.

Cedarwood Station will also be hosting a Health & Wellness Expo on July 18th. This event will provide residents with an opportunity to learn more about health-related resources.

Throughout July and the coming months, the Wellness Team will also continue reviewing resident Green Sleeves to ensure information is current and updated when needed.

We look forward to another month of supporting resident wellness, education, and healthy living here at Cedarwood.









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

Health & Safety:

July's Emergency Review: **Extreme Weather**

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.

Loss of Services/Contingency Planning

What Is a Severe Weather Event?

Severe thunderstorms and high winds can develop quickly and may bring lightning, heavy rain, hail, strong winds, power outages, and in rare cases, tornadoes.

Environment Canada may issue:

- Watch – Conditions are favorable for severe weather to develop.
- Warning – Severe weather is occurring or expected soon. Immediate precautions should be taken.

How Residents Can Help

- Stay Informed
- Listen for community announcements and employee instructions.
- Remain Indoors
- During a warning, stay inside the building and avoid going outdoors.
- Stay Away from Windows
- Move away from windows, glass doors, and exterior walls.
- Follow Directions
- If asked, move to a designated shelter area or an interior hallway or room.

Remember: **Get In, Get Down, Get Covered**

- Get In: Move inside immediately.
- Get Down: Go to the lowest level possible.
- Get Covered: Protect your head and body from flying debris.

Our Commitment to You

Optima Living maintains emergency response plans for severe weather events. Employees are trained to monitor conditions, communicate updates, and take action to keep residents safe. Your safety and well-being remain our highest priority.



FALLS PREVENTION

Why Falls Matter

Falls can happen to anyone and small changes can make a big difference

Preventing falls helps you stay independent, active, and confident in your daily routine!

Common Causes of Falls

- Rushing to the bathroom or dining room
- Not using walkers or canes when needed
- Poor lighting or cluttered walkways
- Slippery floors (especially in bathrooms) or loose rugs
- Medications that cause dizziness or drowsiness
- Weak muscles or balance changes
- Improper footwear

Simple Ways to Prevent Falls

Use the Supports Around You

- Use your walker, cane, handrails on stairs even for short distances. Use grab bars in the bathroom
- Keep your call bell or phone within reach. Know where the call bells are in the walkways or public areas
- Ask your care team for help when needed, especially at night or when you're not feeling steady

Move Safely

- Take your time when getting out of bed or a chair
- Sit at the edge of the bed for a moment before standing up to avoid getting dizzy from getting up too quickly
- Wear your glasses and/or hearing aids to stay aware of your surroundings

Wear Safe Footwear

- Choose well-fitting, non-slip shoes
- Avoid walking in socks or loose slippers

Keep Your Space Safe

- Keep pathways clear (no cords, bags, clutter, or folded rug corners)
- Turn on lights before moving around, especially at night
- Let your care team know if something needs cleaning (e.g. spills) or fixing (e.g. safety supports)

Stay Strong & Active

- Join exercise or mobility programs (our recreation team has fun activities planned everyday!)
- Even light movement like walking or chair exercises helps improve balance and strength to prevent falls

Know Your Body

- If you feel dizzy, weak, or unsteady, sit down right away and ask for assistance
- Let us know about any new symptoms so we can help you stay safe

If You Do Fall

- Stay calm and call for help using your call bell / phone / watch / etc
- Try not to get up too quickly
- Always report falls to your care team, even if you feel okay

July Shining Star

Clara Moulton



☀ Shining Star of the Month – July ☀

We are proud to recognize Clara as our June Shining Star, a dedicated, hardworking, and kind member of our Cedarwood team.

Clara consistently brings warmth and positivity into the community. She is known for her strong work ethic, her reliability, and the care she shows in everything she does. Whether she is supporting residents, helping her coworkers, or simply taking the time to greet others with a smile, Clara makes a meaningful difference in the day-to-day atmosphere of our home.

One of the things that makes Clara so appreciated is the way she makes people feel seen. She always takes a moment to say hello, check in, and bring a little kindness into each interaction. Her friendly presence helps residents, families, and team members feel welcomed and valued.

Clara's dedication, compassion, and positive attitude truly reflect the spirit of Cedarwood. Thank you, Clara, for all that you do and for being such a wonderful part of our team.

Congratulations on being our Shining Star of the Month! ☀

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