



The Cedarwood Express



Message from Andrew's Desk

Dear Residents,

I would like to use this month's message to discuss two amazing virtues that I have witnessed here at Cedarwood Station: Gratitude and Patience.

On Thursday, February 26th, the entire team here at Cedarwood was overwhelmed with the level of gratitude shown to us from all of you! The Team Appreciation Night organized by residents, especially Marj S. and Eileen C. was a perfect night and truly humbling experience for me as General Manager. It is a pleasure for all of us to be able to come into your home every day, and although it is our job, being able to serve all of you is both rewarding and fulfilling. I want to sincerely thank all of you from every member of the Cedarwood Team for the gifts and your gratitude.

Patience is a virtue. As residents at Cedarwood Station, you exemplify this everyday that you take our elevator! I know that there can be some long waits, especially around mealtimes. There is also the game of Tetris trying to maximize the space and arrange residents by floors while entering. With my office right near the elevator, I hear these discussions and thank everyone for their patience. The elevator hallway call buttons are finally scheduled for replacement on Tuesday, March 10th. The day of repair will require some more patience as the elevator will be out of service for a good part of the day. We will provide all the details in a separate memo. This repair should ease the recent issues with hallway buttons. Again, I thank you all for your continued patience!

Message from The Principals:

Welcome to the March edition of Optima Daily. As we move into a new season, the first hints of spring invite a sense of renewal and brighter days ahead.

This month, we celebrate Employee Appreciation Day, International Women's Day, and Maintenance Worker Day, recognizing the dedicated people who help make our communities warm and welcoming each day.

Many will also observe meaningful traditions such as Holi, Eid al-Fitr, and Nowruz, offering reflection and renewal for those who celebrate.

As spring opens the door to new beginnings, we're grateful for the ways you make our communities feel vibrant and full of possibility. Wishing you a March filled with lightness and joyfulness ahead.

Fun With Recreation



Cedarwood is delighted to welcome home our March residents:

Betty. F



Cedarwood is Celebrating the following birthday's this month!



*Wes. F - March 3rd
Linda. O - March 4th
Bernice. K - March 1th
Christel. F - March 16th
Bonnie. K - March 20th
Jean. W - March 27th
Harvey. A - March 30th
Helen. K - March 31st*



March Events

Mar 4th - Garden Meeting

Mar 6th - Musical Bingo

Happy Hour

Mar 8th - Spring Fling Social

Mar 12th International

Buffet - Greece

Mar 17th - An afternoon at
the circus

Mar 18th - March B-day
Party

Mar 19th - Fraud Awareness
Talk

Mar 25th - Community
Meeting

Bus Outings



Airdrie Library - Tuesday March 3rd

Walmart - Thursday March 5th/19th

Casino - Monday March 9th/23rd

Military Museum: Tuesday March 24th

Stage West - Sunday March 29th

Chinese Buffet - Tuesday March 31st

What's New In Recreation?



Monday, March 16th – Boomwhacker Music Fun

Get ready to make some noise! Join us for an interactive Boomwhacker music session where we'll follow along with a guided video and play the notes shown on the screen. Each colorful tube has its own sound, and together we'll create music as a group.

Sunday March 15th A Musical Afternoon With Owen

Spend the afternoon enjoying live piano music as Owen performs a variety of classical pieces and familiar songs. A wonderful opportunity to relax, listen, and appreciate a special musical performance.



Monday March 16th BoomWacker Music

This interactive music program uses Boomwhackers to blend rhythm, listening, and teamwork. Follow along to songs and help create music as a group in this brain-boosting session.

Tuesday March 17th An Afternoon At The Cedarwood Circus

Step right up for an Afternoon at the Cedarwood Circus! Enjoy popcorn, sweet treats, and a variety of classic carnival-style games. From can toss to Giant Hungry Hippos, this fun-filled event is sure to bring laughter and playful competition for everyone.



Tuesday March 31st Moments With Meaning

Take a pause with Moments with Meaning, a calming and thoughtful program focused on reflection and appreciation for life's meaningful moments. Together we'll share stories, thoughts, and gratitude in a welcoming space.



Community Conversations



Thursday March 5th 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 March 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 March 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!

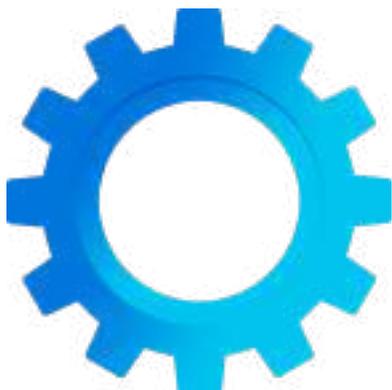


Wednesday March 25th Community Meeting

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

Thursday March 26th 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.



Monday March 30th 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!



Updates from our Teams:

Kitchen & Dining Update



Hello everyone, happy March. We have an exciting month planned for us! Join us for a Greek-inspired buffet on March 12th & Dinner club on March 19th. Also a reminder, please return all tray-service items from resident rooms. Dining room plates, mugs, and cutlery must remain in the dining area to support smooth service and maintain inventory.

Recreation Update



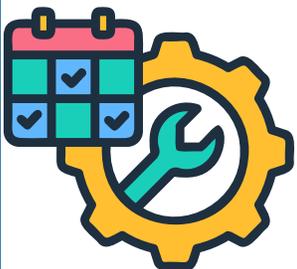
Hello everyone, Happy March! We're excited to welcome DJ back for Pub Night at the end of the month! Look forward to new programs, the continued SPARK sessions, and fun outings to the Military Museum, Stage West, and the casino. Thank you for your continued support and participation in recreation programs.

Toolbox Talk – Maintenance Update

Hello everyone, and thank you for the warm welcome over the past six months.

Upcoming projects include the long-awaited elevator upgrades, the 2nd-floor renovation, and new preventative maintenance programs to keep Cedarwood Station safe and comfortable.

Please feel free to say hello or share any maintenance concerns, and remember to notify the concierge desk as well.







*February came with frosty air,
Snowflakes dancing everywhere.
We kicked things off with Olympic cheer,
Watching the Winter Games from far and near.
A lovely tea for the ladies to share,
While the men played pool without a care.
Red and white wine, laughter and cheer,
Bringing friends and neighbours near.
Valentine's joy filled hearts with delight,
With treats, sweet drinks, and love shining bright.
Our SPARK programs kept minds strong and keen,
With thoughtful moments shared between.
We travelled the world without leaving our chair,
To Italy and France through Passport to Paradise flair.
A trivia rematch is coming soon,
With École friends arriving this afternoon.
Stacked pancakes piled high with pride,
Bigger than heads — we laughed inside!
We wrapped up the month in a pub night glow,
With karaoke, pizza, and a staff appreciation show.
Now February waves goodbye at last,
As we welcome March and the fun coming fast.*

Community Engagement & Volunteering

To ensure Optima Living Communities provide a variety of lifestyle programs that:

- Are person-centered, respectful, culturally sensitive, and ethical within a flexible socio-recreation environment and developed in alignment with Optima Living's mission, vision, and values.
- Provide life enriching activities that reflect resident interests and a balance of the across the seven (7) dimensions of wellness.
- Activities will be documented and communicated provided to residents to make them aware of lifestyle enrichment programs available to them.
- Provide clear understanding of the expectations set for all program services provided within each community.
- Meet professional standards, applicable legislation, and is evidence-based on best practices and program execution.
- The Lifestyle & Programs function will provide opportunities for all residents to participate in a variety of individual, small, and large group activities designed to ensure a balance of Social, Physical, Intellectual, Spiritual, Vocational and Environmental programs; and reflect person-centered activities based on resident needs, abilities, interests, and habits – a whole person wellness approach.
- Activities must be inclusive and reflect the diverse cultural backgrounds of the community Programs are evaluated regularly for effectiveness and relevance and will be modified as needed to stay relevant to residents' needs, abilities, interests, and habits.
- Adhere to Optima Living Lifestyle & Programs standards of practice.
- Lifestyle & Programs will use an interdisciplinary approach to program provision.



Volunteering with Optima Living

1 Volunteering with Optima Living

Volunteers are an integral part of Optima Living, playing a vital role in providing exceptional services and experiences to our residents. You help enhance their quality of life by supporting them in daily enriching activities and creating meaningful connections. The impact of volunteering is profound, not only for the residents but also for you as a volunteer. Volunteering is a dynamic experience. Resident needs and interests evolve—some activities may fade, while others are revived. Health conditions can also change what's possible for some residents. Like anyone, residents often seek something new or different. Similarly, your own interests and abilities may change over time, and as your involvement grows, you may find yourself wanting to try new activities as well. It's common for volunteers to adapt their roles, and this flexibility is essential for a fulfilling experience.

Volunteering Benefits our Residents

2

Volunteers illuminate the journey of our residents, offering companionship, purpose, and a guiding light toward a brighter tomorrow.

Your involvement enriches the lives of our residents, fosters a sense of community, and helps **Welcome People Home**.

Through your gift of time, residents can:

- Stay connected to their community
- Explore diverse cultures
- Discover or rekindle old interests
- Participate in activities they might not otherwise enjoy
- Experience the joy of friendship, connection, and belonging
- Build meaningful relationships with others



3 Volunteering Benefits for you!

"Giving is Receiving"

Volunteering is not only about giving—it is a rewarding experience that brings joy and fulfillment. Research shows that volunteering positively impacts both physical and mental health. It is good for your heart, mind, and soul.

Here's how volunteering benefits you:

- Build relationships and make a tangible difference in someone's life
- Experience a sense of belonging and boost self-esteem
- Enhance communication and organizational skills
- Demonstrate your value to schools and employers
- Share your skills, interests, and hobbies & Foster creativity and personal growth

Health & Safety:

March's Emergency Review: Code Pink (Elevator 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 Pink (Elevator Emergency)

What Is a Code Pink Event?

A Code Pink is declared when there is an elevator-related emergency.

This may include:

- An elevator malfunction or mechanical failure
- Residents or staff trapped inside an elevator
- Sudden stoppage between floors
- Elevator alarms activated

Elevator emergencies require immediate attention from trained staff and, if necessary, emergency responders to ensure everyone's safety.

What you can do:

- Follow Instructions Immediately
- Listen carefully for announcements or directions from employees. You may be instructed to avoid certain elevators or remain in place.
- Remain Calm
- Avoid crowding around the elevator area. Clear access is essential for maintenance teams and emergency responders.

If you are inside an elevator:

- Use the emergency call button
- Stay inside the elevator
- Wait for assistance
- Do not attempt to force doors open or exit between floors

Our Commitment to You

Optima Living Communities has established Code Pink protocols to respond quickly and effectively to elevator emergencies. These procedures include coordination with maintenance teams and emergency services to ensure a safe resolution.

March Shining Star

Lue Lu



🌟 Shining Star Recognition 🌟

We are proud to recognize Lue for her thoughtful, compassionate, and responsive care as a valued member of our Cedarwood team, especially within the Wellness Department.

Your dedication and willingness to rise to every need and request do not go unnoticed. We are so grateful for everything you do for our residents and our team.

Thank you, Lue – your efforts truly shine!

👏 Congratulations – well deserved! 👏

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