



The Cedarwood Express



Message from The Principals:

Welcome to the August edition of Optima Daily. This month we're celebrating another successful Food Bank Drive. Together, our communities collected 52,247.72 pounds of food and cash donations for individuals and families experiencing food insecurity. Thank you for your generosity and support.

This August, we also celebrate British Columbia Day and Alberta Heritage Day, recognizing the history, cultures, and traditions that have shaped the places we are proud to call home.

Wishing you an enjoyable August filled with summer fun, celebration, and connection.

Ali, Farid, Karim



Message from Andrews Desk:

It is now 1 year since we brought back the "Cedarwood Express Newsletter"!

It is great being back at Cedarwood after my paternity leave. I am happy to report that Baby Grace and her mom are both doing very well. Stop by my office to see some pictures.

We have such an amazing team here at Cedarwood and I want to take this opportunity to thank every one of them and highlight the great work they all did during my leave, especially Bhushan as he filled in for me.

This August at Cedarwood will be an exciting month with several outings including a trip to the Calgary Zoo. For those who cannot make it to the zoo, we are bringing the animals to you during our Summer Carnival.

More building improvements will be coming as well. The projects include a new Parkade Garage Door and completing some work on the building exterior. We appreciate your patience and understanding for any inconvenience during these projects.

August traditionally brings warm summer days, vacations and fun. We cannot control the weather, but we will make sure to have some fun together and make every day at Cedarwood feel like a vacation!

Fun With Recreation



We did not welcome any new residents in July, but please continue connecting, chatting and getting to know your neighbours. Check back next month to see who may be joining our Cedarwood community!



Cedarwood is Celebrating the following birthday's this month!

Trish . S - August 11th

Roberta. R - August 14th

Vera. S - August 19th

Gayle. F - August 22nd

Healther. L - August 25th

Dianne. S - August 27th

Don. K - August 30th

Kay. N - August 31st



August Events

August 2nd - Coffee Social

August 5th/20th -

Summer BBQ

August 6th - Music Bingo With Andy

August 21st - End Of Summer Carnival

August 24th - Bday Party

August 26th - Community Meeting

August 27th - Pub Night

Bus Outings



Tuesday August 11th/25th - Century

Downs Casino

Thursday August 13th/27th -

Walmart/Superstore

Tuesday August 18th - Crossfield Donut man

Wednesday August 19th - Calgary Zoo

Thursday August 20th - Cross Iron Mills

Monday August 31st - Lunch Outing

SERENDIPITY

HAIR CARE

Resident Price List

SERVICES

PRICE

Shampoo Set	\$36+
Ladies Shampoo and Cut	\$36+
Men's Shampoo and Cut	\$27
Shampoo, Cut and Style	\$50+
Perm, Cut and Style	\$104+
Colour and Style (cut extra)	\$94+
Cap Highlights	\$94+
Foils (full head)	\$130+

HOURS

TUESDAY

9 AM - 4 PM

WEDNESDAY

9 AM - 4 PM

THURSDAY

9 AM - 4 PM

EFFECTIVE AUGUST 21, 2026

SERENDIPITY

HAIR CARE

I wanted to provide an update on the salon.

I have had to review my base rates in light of inflationary pressures and did some research around local market comparable rates for the services I offer. Based on these two factors, you will see my base rates have increased, effective Aug 21, 2026

Please know I don't make these decisions lightly as I realize we are all facing similar cost pressures and I thank you in advance for your understanding and support.

IMPORTANT: CALGARY ZOO OUTING

Wednesday, August 19

10:00 a.m.–3:00 p.m.

Join us for an outing to the Wilder Institute/Calgary Zoo! Transportation will be provided, and space is limited to 10 residents.

Cost: \$35 plus tax

Tickets will be purchased in advance by Cedarwood Station. Reimbursement may be made in cash or charged to your suite account.

A bagged lunch will be provided by the community. Residents may also purchase lunch or refreshments at the zoo at their own cost.

Registration deadline: August 15
Please sign up early—only 10 spaces are available!



What's New In Recreation?



Tuesday August 11: Objects Of Meaning

Bring along a treasured keepsake, family heirloom, photograph, or other meaningful item and share the story behind it. Together, we'll explore the memories, people, and experiences that make these special objects worth holding onto.

Thursday August 13: Peace Of Mind: Mental Health As We Age

Join our practicum student, Peace, for an open and encouraging conversation about mental health and why it matters as we age. We'll explore emotional well-being, common challenges, and simple ways to care for our minds and support one another.



Thursday August 20th: Fun & Games With Tristan & Friends

A much-loved Cedarwood tradition is returning with a fresh twist! Join Tristan and friends for an evening of entertaining games, favourite songs, tasty snacks, and plenty of laughter.

Monday, August 17: Coffee, Music & Meaning

Enjoy warm coffee, light snacks, familiar music, and a few favourite sing-along songs. This welcoming and respectful gathering offers a comfortable space to connect, share what matters to you, and discuss important issues affecting older adults.



Monday, August 31: Nail Care With Camryn

Calling all Cedarwood ladies! Join Camryn for a relaxing afternoon of colourful nail polish, friendly conversation, and a little well-deserved pampering. Choose your favourite shade and leave with your nails looking fresh and fabulous!



Community Conversations



Thursday August 6th 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 August 13th 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!

Tuesday August 18th 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!

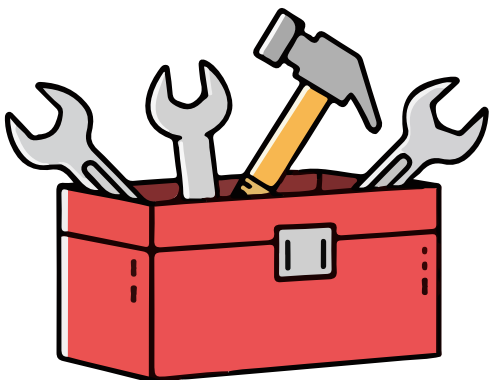


Thursday August 20th Coffee & Conversation With Andrew

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.

Wednesday August 26th Community Meeting

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



Thursday August 27th 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.



July Memories

**Canada turned one hundred and fifty-nine,
So we celebrated in true Cedarwood style!**

With red and white and spirits bright,

We started July with pure delight.

Then Stampede season came riding our way,

**With music and games at our Happy Hour
day.**

**There were snacks and activities all week
long,**

**And a barbecue luncheon to keep spirits
strong.**

At Color Me Mine, creativity shone,

As each chose some pottery to call their own.

**With brushes and colours, imagination ran
free,**

Creating keepsakes as lovely as could be.

Our Wellness Expo brought friends together,

**With Heather, Silver Circle, and community
partners.**

**They shared their support, their knowledge,
and care—**

A wonderful day made special to share.

We finished the month with Tristan's guitar,

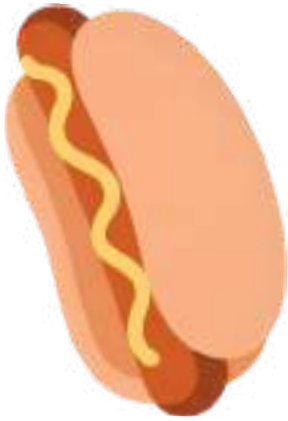
**Then karaoke voices—our own Cedarwood
stars!**

July brought laughter, friendship, and cheer,

**Now August awaits as summer slowly fades
this year.**



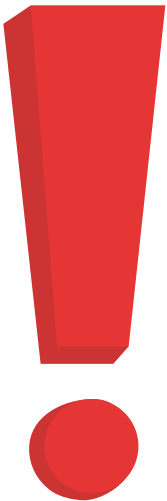
Updates from our Teams:



Kitchen & Dining Update

Hello everyone, and happy August! We're looking forward to hosting summer BBQs and enjoying great food together. We're also welcoming three to four new team members, so please help us give them a warm Cedarwood welcome.

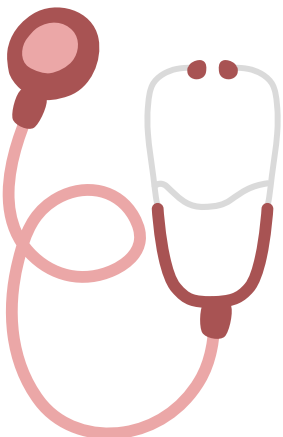
As a reminder, please keep all dining-room dishes and cutlery in the dining room. Residents receiving tray service are asked to return plastic plates and trays to the kitchen so they can be cleaned and reused.



Nursing Update

Hello everyone, and happy August!

Wildfire smoke can irritate your eyes and lungs, causing burning eyes, a runny nose, coughing or difficulty breathing. Adults aged 65 and older and those with heart or lung conditions are at greater risk.



On smoky days, keep windows and doors closed, use a HEPA air purifier if available, and set air conditioning to recirculate. Check local air-quality updates, drink plenty of water and limit outdoor activities. If you go outside, consider wearing a well-fitting mask. Call 911 for chest pain, chest tightness or severe difficulty breathing.



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:

August's Emergency Review: Evacuation

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 Green – Evacuation

What is a Code Green?

A Code Green is announced when it is necessary to evacuate an area, floor, building, or the entire community due to a hazardous or unsafe situation.

Examples may include:

- Fire or smoke affecting part of the building, Gas leak or hazardous material release, Structural concerns, Utility emergencies, Police or emergency services direction, Any situation where remaining in the area is unsafe.

Evacuations may occur in phases, beginning with a single room or area and expanding only if needed.

How Residents Can Help

- **Stay Calm** - Remain calm and wait for instructions from employees or emergency responders.
- **Follow Employee Directions** - Employees are trained in evacuation procedures and will safely guide residents if movement is required.
- **Take Only Essential Items** - If time permits, bring only necessary items such as glasses, hearing aids, mobility aids, or medications if instructed. Do not delay evacuation to gather personal belongings.
- **Use Your Regular Mobility Aid** - Walkers, wheelchairs, and other mobility devices should be used whenever possible. Employees will provide assistance as needed.
- **Remain Together** - Stay with employees and other residents until the All Clear is announced or further instructions are provided.

Our Commitment to You

Our employees are trained in emergency evacuation procedures and participate in regular drills. If a Code Green occurs, our team will guide residents safely and work closely with emergency responders to ensure everyone is accounted for.

Your safety is always our highest priority.

OPPORTUNITIES FOR PEER SUPPORT

AND SOCIAL CONNECTION

Opportunities to engage in peer support, share experiences and form social connections are all around. Be patient and open yourself up to trying one new thing.



CONNECT AND SHARE EXPERIENCES AT:

- 1:1 VISITS
- MENS/WOMENS GROUP
- BOOK CLUB
- SOCIALS

SOCIAL MEDIA

- CONNECT WITH FRIENDS, FAMILY AND SUPPORT GROUPS THROUGH SOCIAL MEDIA
- FIND COMMUNITY EVENTS

MEET FRIENDS THROUGH MONTHLY EVENTS AND ACTIVITIES:

- FAITH SERVICES
- EXERCISE PROGRAMS
- VARIOUS OUTINGS

LOCAL SUPPORT GROUPS AND COMMUNITY PROGRAMS:

- FCSS
- MUSEUMS OR OTHER VOLUNTEER PROGRAMS AND EVENTS



Look at monthly calendar updates for more opportunities to connect

July Shining Star

Camryn Cleverly



☀ Shining Star of the Month – August ☀

We are proud to recognize Camryn as our August Shining Star, a hardworking, reliable, and deeply appreciated member of the Cedarwood team.

Camryn has been an incredible support to our recreation department and consistently approaches her work with enthusiasm, dependability, and care. She has done an amazing job leading her programs, creating enjoyable experiences, and ensuring residents feel welcomed and included.

One of Camryn's greatest strengths is the connection she has built with our residents. They genuinely look forward to seeing her and appreciate the kindness, patience, and positive energy she brings to every interaction. Whether she is running an activity, lending a helping hand, or spending time with residents, Camryn always makes a meaningful difference.

Camryn's dedication and strong work ethic truly reflect the spirit of Cedarwood. We could not ask for a better Recreation Aide or a more dependable member of our team. Thank you, Camryn, for everything you do and for being such a wonderful part of our community.

Congratulations on being our Shining Star of the Month! ☀

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