



The Cedarwood Express



Message from The Principals:

Welcome to the October edition of Optima Daily.

This month, we're embracing warmth, gratitude, and togetherness as we recognize Thanksgiving, National Seniors Day, and Healthcare Aide Day.

We hope these moments offer time to connect with loved ones, reflect with appreciation, and celebrate the people who make exceptional care possible in our communities.

We wish you a wonderful October full of warmth!

Ali, Farid, Karim



Message from Andrews Desk:

As we welcome a new month, we would like to thank all our residents, families, volunteers, and staff for helping make our community such a warm and caring place. We appreciate the friendships, kindness, and sense of community that make our residence feel like home.

We are committed to providing a safe, comfortable, and engaging environment where residents can enjoy meaningful experiences and create lasting memories. Thank you for your continued support and participation in our community life.

After nearly five years as our Food Service Manager, Bhushan Negi has accepted a new role as Regional Hospitality Manager. We would like to congratulate Bhushan on this exciting opportunity and thank him for his dedication and leadership over the years.

During his time with our community, Bhushan has introduced many positive and meaningful improvements to our resident dining program, helping to enhance the overall dining experience for our residents. We are grateful for his contributions and wish him continued success in his new role.

We are also pleased to welcome Alejandra as our new Food Service Manager. Alejandra will be joining our team on October 5th. To ensure a smooth transition, Bhushan will remain with us until October 6th to support and assist with the onboarding process.

Please join us in welcoming Alejandra to our community and wishing both her and Bhushan success in their respective roles.

Fun With Recreation



Shirley. S
Patricia. C
Jessie. S
Christine. Mc



Cedarwood is Celebrating the following birthday's this month!



Gail. K - October 2nd
Arta. S - October 7th
Eileen. C - October 7th
Marg. R - October 10th
Lorna. K - October 12th
Earl. W - October 24th



October Events

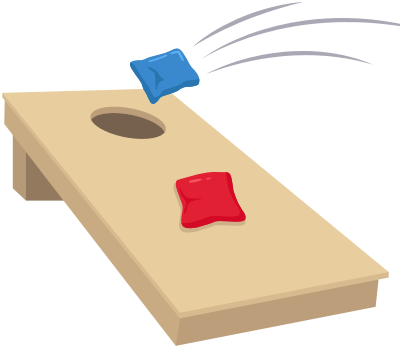
Oct 8th - Down sizing seminar
Oct 8th - Mini Pub Night
Oct 14th - Alberta Referendum Vote
Oct. 15th - Sip & Paint Night
Oct 21st - B-day Celebration
Oct 22nd - Frankenstein watch party
Oct 28th - Community Meeting
Oct 29th - Pub night with DJ
Oct 30th - Halloween happy hour/costume contest

Bus Outings



Thursday Oct 2nd - Country Drive
Tuesday Oct 6th - Mens Club To Minhas
Thursday Oct 8th/22nd - Walmart
Tuesday Oct 13 - Women's Shopping Outing
Wednesday Oct 14th - Military Museum
Tuesday/Thursday Oct 20th/29th - Century Downs Casino
Sunday Oct 25th - Cremona Heritage Market
Tuesday Oct 27th - Lunch Outing

What's New In Recreation?



Work Up an Appetite Activities - Sat/Sun

This October, we are introducing a new series of weekend activities designed to keep everyone moving, engaged, and having fun. Including mini-golf putting, beanbag toss, ladder ball, pool, shuffleboard, and more. Come join us, try something new, and work up an appetite!

Cedarwood Singalong

Beginning Sunday, October 4, residents are invited to join us every other Sunday at 3:00 p.m. for the Cedarwood Singalong. We'll gather to enjoy familiar songs, live piano accompaniment, and music chosen by our residents. Whether you love to sing, make requests, play along, or simply listen, everyone is welcome to join in the fun!



Mini Pub Night

Join us on Thursday, October 8, for a relaxed evening of music, light snacks, and refreshments. This laid-back version of our regular pub night will feature speaker music instead of a live performer, creating a comfortable atmosphere for residents to socialize and enjoy the evening together.

Cedarwood Sip & Paint

Join us on Thursday, October 15, for a fun and creative evening at our Cedarwood Sip & Paint. A resident's family member will lead a follow-along painting session, with a beverage and light snacks included. Bring your creativity and enjoy an evening of art, conversation, and family-friendly fun!



It's Alive! Frankenstein Watch Party

Join us on Thursday, October 22, for a spooky movie night featuring the original 1931 classic, Frankenstein. Enjoy this iconic black-and-white horror film alongside themed snacks, drinks, and a fun Halloween atmosphere.



Community Conversations



Thursday October 8th: 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 October 22nd : 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 October 28th : Community Meeting

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



Friday September 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.



Updates from our Teams:

A Message from the Cedarwood Team

As we move into the fall season, we are pleased to share a few updates with our community.

Fall & Winter Menu Coming Soon

Our new Fall/Winter Menu will launch in mid-October and will feature comforting seasonal favourites, fresh flavours, and a variety of nutritious options. We look forward to sharing these new selections and enhancing our residents' dining experience.

Staff Appreciation

We extend our heartfelt appreciation to our dedicated staff, whose compassion, commitment, and teamwork help create a welcoming and supportive environment for our residents each day.

This month, we are especially pleased to recognize Gloria as our Shining Star.

Gloria consistently goes above and beyond to support our residents, coworkers, and community. Congratulations, Gloria, and thank you for all that you do!

Family Corner

We are grateful to our residents' families for their continued support and involvement. Your visits, encouragement, and participation contribute greatly to the well-being and happiness of our residents. We encourage families to stay connected and take part in community life whenever possible.

Thank You

Thank you to our residents, families, volunteers, and staff for helping make Cedarwood such a special place to live and thrive. Together, we continue to build a caring, respectful, and supportive community.

Wishing everyone a happy, healthy, and enjoyable month ahead!



Seasonal Fall at Cedarwood

September began with Alberta pride,
As our handmade map spread far and wide.
With colourful pins and strings in place,
We traced the journeys of every familiar face.
We enjoyed fresh apple pies at our happy hour,
Then visited Sweet Tooth for an ice cream tower.
Our first country drive took us through beautiful
views—

We wandered a little, but had nothing to lose!
At Pasu Farms, we shared a wonderful meal,
With breathtaking sights and memories to feel.
Our Open House brought new friends through the
door,
With homemade bread, movies, and plenty more.
Cole Briggs had us dancing with music and cheer,
While Oktoberfest brought pretzels, sausage, and
beer.

We celebrated September birthdays in style,
With Old Town Pizza and plenty of smiles.
Now October is waiting with pumpkins in sight,
Spooky surprises and Halloween delight.
September was busy, joyful, and bright—
And Cedarwood's next adventure is just taking flight!





Cedarwood Stitchers

The Cedarwood Stitchers are a charitable group whose members transform donated yarn and materials into thoughtful handmade items. Their creations include wheelchair throws, large bed blankets, shoulder wraps, and much more.

To date, the Cedarwood Stitchers have donated more than 70 handmade items both within Cedarwood and throughout the wider community. Each piece provides warmth, comfort, and a meaningful reminder of the care behind it.

The group also celebrates creativity across generations.

One of their youngest members, just 12 years old, has already created her own lap quilts, blouses, hats, and toys. Her talent and imagination are a wonderful reflection of the creativity shared by the Stitchers.

The Cedarwood Stitchers are also responsible for creating the beautiful quilted items given out during our Open House. We are incredibly grateful for the time, skill, generosity, and kindness they continue to share with our community.



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:

October's Emergency Review: Orange - Mass Causality

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 Orange

Code Orange - Mass Causality

What is Code Orange?

Code Orange is a critical alert activated during hazardous materials incidents or large-scale external emergencies that may impact our community's safety. This includes serious events such as wildfires, earthquakes, severe flooding, or acts of terrorism.

These situations pose significant safety risks and may result in multiple injuries.

How Residents Can Help

During a Code Orange event, your cooperation is vital to ensure everyone's safety.

Please follow these important guidelines:

- **Stay Calm and Remain in Place:** Avoid unnecessary movement unless you are specifically instructed otherwise.
- **Follow Instructions:** Listen carefully and comply with directions from emergency responders and official personnel.
- **Avoid Affected Areas:** Do not attempt to investigate or enter hazardous zones.
- **Report Symptoms or Concerns:** Immediately inform emergency responders if you experience any unusual symptoms or safety concerns

Our Commitment to You

Optima Living is committed to protecting the safety and well-being of our residents, team members, and visitors. During a Code Orange, our team will follow emergency procedures, provide clear instructions, and work with emergency responders to keep everyone safe. We ask that you remain calm and follow directions throughout the emergency.

Nurturing Family Connection and Communication

01

Practice Empathy & Active Listening

- Listen to understand rather than to respond.
- Don't try to "fix" your family's problems. Instead listen to them and encourage their own strengths. Allow them to ask you what they need
- Listen if you expect to be heard



02

Establish Consistent, Scheduled Time Together

- Life gets busy, plan a time to spend time together, call, message or even send a letter!
- Set a consistent routine and give your family member something to look forward to.



03

Plan Activities Together

Instead of always sitting and talking, plan an activity to do together:

- Puzzles
- Card games or board games
- Go for a walk
- Look at old photo albums



04

Acknowledge errors and take Accountability

- Demonstrating humility through saying you're sorry can help strengthen trust and respect among family members
- Apologizing shows no one is perfect and that you can learn at any age
- Acknowledge that all feelings are okay, but not all behaviours



October Shining Star

Gloria Mesede



☀ Shining Star of the Month – October ☀

We are proud to recognize Gloria as our October Shining Star, an exceptionally hardworking, caring, and dedicated member of the Cedarwood team. Gloria consistently goes above and beyond for our residents. She is often seen engaging in meaningful and friendly conversations, helping residents feel valued, welcomed, and at home within our community.

Whether she is ensuring residents' needs are met in the dining room or supporting the kitchen team with food preparation, Gloria is always willing to lend a hand. Her positive attitude, teamwork, and commitment make a meaningful difference each day.

Gloria's compassion and dedication truly reflect the spirit of Cedarwood. We are incredibly grateful for everything she does to support our residents, coworkers, and community.

Thank you, Gloria, for your continued hard work and care. Congratulations on being our Shining Star of the Month! ☀

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