Optima Daily

November 2026

CEDARWOOD STATION by Optima Living

The Cedarwood Express



Message from The Principals:

Welcome to the November edition of Optima Daily. As the month unfolds, we'll come together to reflect, raise awareness, and celebrate. On Remembrance Day, we pause to honour those whose courage and sacrifice helped protect the freedoms we enjoy today.

November also marks Fall Prevention Month, offering a reminder that simple steps, such as keeping floors free of clutter and participating in gentle exercise, can help prevent injuries and keep everyone safe.

We also look forward to celebrating Diwali, an occasion that symbolizes light, hope, and new beginnings.

May this November be a safe, meaningful, and joyful month for everyone.
Ali, Farid, Karim

Optima Living
Let us welcome you home.™



Message from Andrews Desk:

Dear Residents,

I would like to begin this month by thanking each of you for your diligence and cooperation during our current COVID outbreak. The mitigation measures we have put in place ask a lot of you, and the patience and good humour you have shown have made a real difference in keeping our community safe. We look forward to the outbreak being lifted as soon as the Alberta CDC determines it can be. Until then, activities will continue on a limited basis, and the dining room will soon be open again with two residents per table. This month's newsletter also includes a resident guide explaining how a respiratory illness outbreak works at Cedarwood Station, and I ask that you please take the time to read it. Thank you for bearing with us.

On Wednesday, November 11th, we pause to remember and honour the men and women who served Canada, those who did not come home, and the families who waited for them. I invite you to wear a poppy this month and to take a quiet moment at 11 a.m., wherever you are, to reflect on the freedom and peace we are fortunate to enjoy. To the veterans among us, and to everyone with a loved one who served, thank you.

There is also something very festive to look forward to! Our Sugar Plum Market, Cedarwood's own version of a Christmas market, takes place on Thursday, November 19th. It is a wonderful chance to browse, find a special treat or gift, and begin to feel the holiday spirit together. Please mark your calendars and come join the fun.

Thank you again for everything you do to keep our home safe and warm.

Wishing you all a wonderful November!

Fun With Recreation



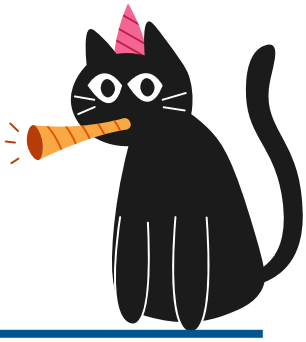
Christine. M



Cedarwood is Celebrating the following birthday's this month!



Bob. C – November 1st
Derrik. E – November 2nd
Ken. D – November 4th
Bev. I – November 8th
Ruth. M – November 14th
Dan. O – November 15th
Nora. M – November 15th
Bernard. C – November 26th



November Events

Nov 2nd - Info Chat With Andrew

Nov 5th - Team Appreciation Event

Nov 11th - Remembrance Day Broadcast

Nov 15th - Grey Cup Watch Party

Nov 18th - Birthday Party

Nov 19th - Sugar Plum Market

Nov 25th - Community Meeting

Nov 26th - French International Buffet

Nov 26th - Pub Night With DJ

Bus Outings



Walmart - Nov 4th, 5th, 26th

Crossfield Christmas Market - Nov 7th

Century Downs Casino - Nov 10th/24th

Women's Shopping Outing -Nov 16th

Luxstone Trivia Slam - Nov 17th

Lunch Outing To Mr. Mike's Steakhouse - Nov 30th

CEDARWOOD STATION · RESIDENT INFORMATION

How a Respiratory Illness Outbreak Works

For COVID-19 and influenza outbreaks

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1 Two residents test positive

Cedarwood Station receives 2 confirmed COVID-19 or influenza cases among residents within 7 days of each other.

↓

2 We report to Public Health

Alberta law requires us to call the provincial Public Health outbreak line right away. This is not optional.

↓

3 Public Health decides

The Medical Officer of Health's team reviews the cases and confirms they are linked to our community. **Cedarwood Station does not make this decision.**

↓

Outbreak declared?

NO — Public Health gives advice. We keep watching for symptoms.

YES — Outbreak measures begin. **Please turn the page.**

During the Outbreak, and How It Ends

4 Outbreak measures begin

Public Health sets many of the required measures. Cedarwood Station may add a few of its own to protect everyone. The full list is on page 3.

↓

5 Every day, we report and adjust

We report new symptoms to Public Health each day. We do not test for COVID-19 or influenza. As things improve, we bring activities back. Watch for memos and the schedules outside the elevator.

Feeling unwell? Tell the care team right away if you have:

- Fever
- Runny or stuffy nose
- Nausea or diarrhea
- Cough
- Shortness of breath
- Sore throat
- Loss of taste or smell

↓

6 The countdown

The outbreak can end once enough days pass with no new resident case: **14 days for COVID-19** or **7 days for influenza**. Public Health confirms the lift date.

↓

New resident case?

↻ **YES** — The countdown starts over and the lift date moves later. Back to step 6.

NO — Once the countdown ends, go to step 7.

↓

7 Public Health declares it over

Only Public Health can end the outbreak. We then lift restrictions, clean thoroughly, take down signs and let you know right away.

Who Decides, and Who Sets the Rules

Residents

Tell the care team when you feel unwell, and please wear a mask in common areas.

Cedarwood Station

Watches for symptoms, reports to Public Health, and keeps you informed.

Public Health

Declares the outbreak, sets the rules, and decides when it ends.

Required by Alberta

- **Ill residents stay in their suites during the isolation period. The care team will let you know when your isolation period is over**
- Team members wear masks at all times and extra protection when entering suites of ill residents
- Extra cleaning of high-touch surfaces
- No parties or large gatherings
- Cancel non-resident events

Added by Cedarwood

- Dining room may close. Max 2 people per table when open
- Maximum 4 people in the elevator
- Masks encouraged in common areas
- Masks required if you have symptoms
- Activities available for residents not in isolation with distancing and masks

Our first possible lift date: _____

This date can move later if a new resident case is found.

Questions? Please speak with Andrew Yakielashek, General Manager, or any member of the care team.

Source: *Guide for Outbreak Prevention & Control in Supportive Living Accommodations*, Primary Care Alberta and Alberta Health Services, last updated Dec 19, 2025.

What's New In Recreation?



November Programming Update
Programming during the first two weeks of November will look a little different as we work around the outbreak. Tristan and the Recreation Team have planned a variety of fun activities to keep everyone entertained and connected.
Please remember to wear a mask when attending programs.

Work Up an Appetite Fitness — Mondays & Wednesdays
Before Dinner
Come on down for some friendly competition before dinner! We're bringing back favourites like beanbag toss, ladder ball, and mini golf for a fun way to get moving and enjoy time with your neighbours.



National Coffee Day Social - November 23rd
Let's catch up over a cup! Join us to sample different flavours of coffee, enjoy some tasty snacks, and reconnect with your neighbours. We've missed gathering together, so come settle in for a relaxed afternoon of good conversation and familiar faces. There's a seat waiting for you!

Jukebox Jury — November 24th
Two singers, one song–you be the judge! In this new musical program, we'll listen to two versions of the same song, guess which came first, and try to name the singers and the years. Share the memories each version brings back.



Bingo with HearCANADA - November 25th
Join us for a special afternoon of bingo hosted by HearCANADA! With special prizes, friendly faces, and plenty of chances to call "BINGO!", it's a great opportunity to enjoy an old favourite or give something new a try. Whether you're a regular player or joining us for the first time, come down and join the fun!

Community Conversations



Thursday November 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

Tuesday November 10th : Coffee & Conversation with Alejandra

Join Andrew Our In house Manager, for this month's Coffee & Chat. She will be updating you all on the upcoming menus's, speical kitchen events, and answering any questions you may have!



Thursday November 12th: 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 for this month's Coffee & Chat. Come together for open conversation about building updates, policies, questions, suggestions, and anything else on your mind.

Wednesaday November 25th: Community Meeting

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



Friday November 27th: Tool box Talk With Geo

Join Geo for a conversation about all things building-related. Bring your questions, concerns, or requests.

Updates from our Teams:

An Update from Your Recreation Team

Hello everyone,

We know this has been a challenging time, and we are grateful for your continued cooperation in following outbreak protocols and helping keep our community safe.

While we remain on outbreak status, we plan to offer some November programming on a floor-by-floor basis, as permitted by our outbreak guidelines. This will help reduce contact between floors while providing opportunities to stay engaged and connected.

Activities may change as the situation evolves, and we will keep you informed of any updates.

Thank you for your patience, understanding, and kindness. We look forward to sharing some enjoyable moments with you throughout November!

Warmly,

Your Recreation Team

A Friendly Reminder from Our Nursing Team

Cold and flu season is here! A little preparation and a few everyday precautions can help keep you and your neighbours well.

Please report any new symptoms to the nursing team promptly, including a sore throat, runny nose, cough, fever, body aches, or an upset stomach–even if they seem mild.

Wash your hands often, wear a mask as directed, and arrange to enjoy meals in your suite when you are feeling under the weather.

It is also helpful to have a few comfort supplies available in your suite, such as tissues, a thermometer, and drinks to help you stay hydrated. Before stocking or taking cold and flu remedies, including Tylenol, Gravol, or vitamin supplements, please check with the nursing team or your pharmacist to make sure they are appropriate for you.

Thank you for looking after yourselves and one another. If you are feeling unwell or have questions, please reach out–we are here to help!

Your Nursing Team

From the entire Cedarwood Team

Our halls may feel a little quiet,

We miss the laughter that we share,

But even while we're spending time apart,

There's still so much kindness everywhere.

We know this outbreak hasn't been easy,

And some days feel especially long.

You don't have to smile through every moment—

Even on hard days, you still belong.

Thank you for wearing your masks,

For staying in your rooms with care.

Each thoughtful thing you do helps protect

The neighbours and friends we share.

To our team stepping in wherever needed,

Helping beyond your usual day:

Your patience, heart, and willing hands

Make a difference in every way.

Please keep taking care of one another,

As we work toward brighter days.

We look forward to music, games, and gatherings,

And sharing laughter in familiar ways.

Until then, we wish you comfort,

Good health, and moments of cheer.

Stay strong, dear Cedarwood family—

You're cared for, and we're right here.

With warmth and gratitude,

Your Cedarwood Team











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:

November 's Emergency Review: Brown - Hazardous Materials/Spill

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

What is Code Brown?

Code Brown is activated in response to the release or spill of hazardous materials, such as chemicals or biohazards, that may pose a threat to the health and safety of residents, employees, or visitors. These incidents require immediate containment and proper handling to prevent exposure or injury.

How Residents Can Help

During a Code Brown event, your cooperation is essential to ensure the safety of everyone in the community.

Please follow these important guidelines:

- Stay Calm and Remain in Place: Do not attempt to clean or investigate the spill yourself. Wait for instructions.
- Follow Instructions: Listen carefully and follow the directions provided by employees and emergency personnel.
- Avoid the Area: Stay away from the location of the spill or any area identified as unsafe.
- Report Symptoms or Concerns: Notify an employee immediately if you experience any unusual symptoms such as dizziness, nausea, difficulty breathing, or if you have any concerns about exposure.

Thank you for your attention and cooperation in keeping our community safe.

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 Brown event, our team will follow established emergency procedures, provide clear instructions, and take appropriate steps to help keep everyone safe.

5 Social Media Safety Tips



Don't Give Out Personal Information

- Avoid putting personal information, phone numbers, addressess or current locations, on social media sites
- Some cyber criminals will use personal information you've put online to make their scam seem more legitimate

Create Unique/Complex Passwords



- Create passwords with a combination of letters, numbers, and symbols.
- Don't use words easily found online, like a pet's name or a birthday
- Try using a "Passphrase" with 4 or 5 words together instead of just 1
- If you think you were hacked, don't be afraid to change your password



Avoid Suspicious Online Links

- Some websites may steal your personal information by asking you to look at something funny or take an online quiz by clicking a link
- Scam links will use catchy phrases or pretend to come from someone you know – This is called "Phishing"
- When in doubt just delete the message



Keep Your Device Updated

- Keep your device software up to date so it is not vulnerable to malware.
- Once malware is on your device, it can send spam messages, steal your information or harm your device.
- Remember to lock your phone or have auto-lock set up so your phone screen turns off after 1-2 minutes

Beware of Fake Accounts

- Scammers will use accounts that look like someone you know, including pictures and names
- Before following or friending an account, check to see if you are already following that person, if you are, it's a fake account!

November Shining Star

Leah Licyayo



🌟 Shining Star of the Month – Leah 🌟

We are proud to recognize Leah, a caring and dedicated member of our nursing team, as our Shining Star of the Month.

Throughout the outbreak, Leah has shown tremendous kindness and commitment to our Cedarwood community. Even during challenging days, she greets residents with a smile, offering reassurance and helping them feel supported and cared for.

Leah's willingness to lend a hand reaches across departments. From supporting her nursing colleagues to helping the kitchen team distribute lunches and dinners, she steps in wherever she is needed. Her teamwork and positive attitude have made a meaningful difference for residents and coworkers alike.

We are incredibly grateful for the care, flexibility, and dedication Leah brings to Cedarwood Station. Her efforts remind us how much we can accomplish when we support one another.

Thank you, Leah, for everything you do. Congratulations on being our Shining Star of the Month! 🌟

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