

Message from The Principals:

Welcome to Optima Daily, your source for community updates. This August, we're celebrating an incredible 35,427.47 lbs of food donated to our Food Bank Drive—thank you for your generous support. At Optima Living, we are dedicated to exceptional care. With your valuable feedback from our satisfaction survey, we will continue to deliver on our promise. Communities will complete a code green drill this month to ensure emergency preparedness for all residents and team members. Stay tuned for more updates, and happy reading!

Note from the General Manager:

Dear residents and families,

Thank you for participating in our annual resident satisfaction survey. Your feedback is very important to us as we continue to listen to and improve our community year after year. Some of the examples from the outcome of the survey back in 2024 is the implementation of the two-seating meal schedule to improve the efficiency and atmosphere in the dining room during lunch and dinner. A more creative, interactive, unique and robust activity offered to our residents is also another result of the feedback that we received. July brought us a new phone system. This will reduce time waiting to speak to reception, as you can select the person you are looking to speak with independently.

In the topic of resident safety, we will be performing an evacuation drill of our community this month of August. We will educate residents and employees within the next couple of weeks to ensure the community knows what to do in the event of total evacuation. Education and training will be provided on a weekly basis on every floor to ensure all residents know what to do if we have to evacuate our community.

Upcoming Events:



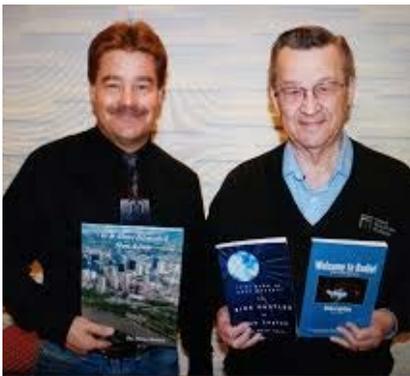
August 1 @ 1:30 pm: Independent Living Outing L'OCA Quality Market - Your next favourite thing? They've got it in store! Wander around and find out how they've packed every corner of L'OCA Quality Market with delicious scratch-made options, an outstanding collection of locally sourced items, and hundreds of handpicked grocery products you can't find anywhere else.



August 8 @ 12:30 pm: Lucky Lunch and Gambling at Century Casino - Hop on the bus and head into Edmonton for a free lunch at Century Casino followed by some gambling. This outing requires residents to bring their own money for the casino.



August 13 @ 10:45 am: Dental Hygiene Talk - Join us in the Bistro for a talk with Lindsey, a mobile dental hygienist. She will talk with us about the importance of proper dental hygiene and provide information about booking dental hygiene appointments right here in your home.



August 15 @ 2:00 pm: FAMILY EVENT: Join us in the main dining room for a presentation from Bob Layton and Shane Blakely. They will take us on a journey through their careers in broadcasting from behind the microphone and high in the sky.



Upcoming Events:



August 25 @ 2:00 pm: Corn Roast with Entertainment by Charlie B and Friends -The feedback was unanimous—everyone agreed that we had to bring back Charlie Brittain and his crew for another unforgettable corn roast party!



August 27 @ 3:15 pm: New Resident Welcome Italian Soda & Snacks Social - Come meet your neighbors and enjoy a relaxing afternoon with Italian sodas, tasty snacks, and great company!



August 29 @ 2:00 pm: Join us in the main dining room to celebrate the birthdays for the month of August. Wes and Wendy will be providing the entertainment.



You're Invited!

FAMILY ICE CREAM SOCIAL

Friday, August 15 @ 2:00pm

Join us for ice cream treats and hear Bob Layton and Shane Blakely tell us funny, bizarre and even sad stories from behind the microphone and high in the sky – things you may not have known about the wild world of broadcasting.



Bob Layton



Shane Blakely

Lifestyle & Programs Retrospect Independent Living:

July was a lively and adventure-filled month at Summerwood Village!

We kicked things off with Canada Day celebrations and kept the momentum going with a variety of outings, including our first trip to a WeSeniors Roadshow. A standout highlight was the Corn Roast with Charlie B and Friends, which brought the whole community together for music, laughter, and great food. Our Armchair Travel series took us on a journey across Canada, exploring unique and fascinating destinations. And of course, no summer month would be complete without plenty of ice cream and sweet treats! We're already looking forward to what August has in store—especially another round of Corn Roast fun!



HOP ON HOP OFF SCHEDULE

Our first pick-up is scheduled for 10:30 AM, but rides will be available throughout the day. To help Jim plan the schedule, please sign up at the front desk and let us know when you'd like to go!

Tuesday, August 5

Wednesday, August 13

Wednesday, August 20

Wednesday, August 27



WeSeniors Roadshow

Join the WeSeniors Roadshow for a BBQ lunch, socializing and valuable resources available in Strathcona County.

PLEASE SIGN UP AT FRONT DESK.

Pickup will be at 11:00 am.

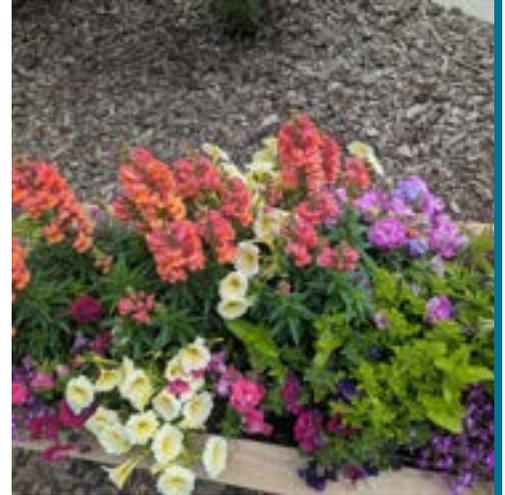
Tuesday, August 12 at Josephburg
Tuesday, August 19 at North Cooking
Lake
Tuesday, August 26 at Wye
Community Hall



Come for the food, stay for the connections!

Our Garden

A heartfelt thanks to Wallish Greenhouse for donating beautiful hanging baskets and offering a generous discount on our garden plants. The garden has flourished this July—residents are enjoying fresh strawberries while we eagerly await the tomatoes!



Art Corner

Our residents have been hard at work transforming our art corner into an under the sea oasis.



MEMORY LIVING

July at Summerwood Village Memory Care was full of energy, creativity, and connection. Residents celebrated Canada Day in style with themed games, a photo booth, and cake from our local MLA office. The month featured a well-rounded mix of daily fitness, brain games, and spiritual services, alongside enriching experiences like music therapy, art sessions, and sensory activities. Social highlights included smoothie and ice cream socials, birthday celebrations, and a warm welcome party for new residents. Outings to local parks and scenic drives added a refreshing change of pace, while special events like the Corn Roast with live entertainment brought the community together. It was a joyful month of engagement, laughter, and meaningful moments.

REMINDER

All shampoos, conditioners, soaps, cleaning products, lotions etc. must be kept in the provided locked cabinets for resident and to meet government requirements.



MEMORY LIVING EVENTS

DAL 1:



August 11 @ 10:00 - Tim Hortons Trip

August 18 @ 10:00 - Walk at Broadmoor Lake

August 15 @ 2:00 - FAMILY EVENT with Bob Layton

August 25 @ 10:00 - Drive Through Elk Island Park

August 25 @ 2:00 - Corn Roast

August 29 @ 2:00 - Birthday Party with Wes & Wendy

DAL 2:

August 7 @ 10:00 - Walk at Broadmoor Lake

August 14 @ 10:00 - Drive through Elk Island Park

August 15 @ 2:00 - FAMILY EVENT with Bob Layton

August 21 @ 10:00 - Tim Hortons Trip

August 25 @ 2:00 - Corn Roast

August 28 @ 10:00 - Country Drive

August 29 @ 2:00 - Birthday Party with Wes & Wendy



CODE OF THE MONTH

As part of our ongoing commitment to safety, Optima Living communities will be conducting a full evacuation drill this month. We appreciate your cooperation and encourage everyone to take the drill seriously to ensure we're all prepared in case of an actual emergency.

Health & Safety

Code of the Month

Code Green - Evacuation

In the event of a situation requiring evacuation, our community activates Code Green to ensure the safety of all residents.

Situations that may trigger Code Green include fire, gas leaks, or other environmental hazards.

This means all individuals must leave the building or affected area immediately and follow emergency procedures.

**OUR CODE GREEN DRILL WILL BE
AUGUST 26 @ 10:00 AM**

CODE OF THE MONTH

Steps for Residents During Code Green:

1. Remain calm and listen to the directions of the employees or emergency personnel
2. Bring essential items only (keys, phone, medications if safely accessible).
3. Close doors behind you to help contain any hazards.
4. Proceed to the designated assembly area outside the building.
5. Do not re-enter the building until the all-clear is given by emergency services or employees in charge.
6. Once the situation is resolved and the area is confirmed safe, the Code Green will be cleared, and residents will be notified when it is safe to return.
7. Your safety is our top priority. Stay alert, follow directions, and look out for one another.

**** Employees/emergency personnel will assist residents who require support with mobility or other needs.**

TRANSPORTATION UPDATES

Ed will be taking some well deserved vacation days in August. On these days we will **not** have medical appointment transportation available.

August 5

August 6

August 7

August 11

August 12

Employee Recognition: The Shining Star of the Month

Optima Living is thrilled to announce the Shining Star Recognition Program to recognize those who embody the Optima Values and to celebrate the everyday ways our teams live these values that defines our community. Each member plays a vital role in shaping the culture of our organization and the Shining Star Recognition Program is our way of shining a spotlight on the remarkable team members who live and exemplify the company's values.



Anit has been making delicious food at Summerwood for the past 12 years. You'll often see him out in the garden harvesting herbs to infuse dishes with homegrown flavor. He claims his favorite thing to make is everything (but we all know his soups are the best). Anit's passion, creativity, and one-of-a-kind spirit make him an irreplaceable part of our kitchen team. We're so grateful to have him bringing joy to every meal.

Our Values

Respect, Dignity, Collaboration

We Respect You

We actively listen to provide a dignified and welcoming home where everyone feels comfortable and supported to live their best life.

We Uphold your Dignity

We respect what you say and support your right to make choices yourself.

We Work Together

We work with one another to create an empowering, inviting, and person-centred home, uplifted by the diversity we create as a community.

We do the Right Thing

We are passionate about doing right by you every day.

Got Aches and Pains??



Preferred
Massage Therapy

We are pleased to announce that we will be having Gail from Preferred Massage therapy onsite to perform chair massage for the residents and staff. She will be here in the morning of August 21st from 9-NOON (will be extended based on signup)

- Gail Korpan 780-919-4825 Based in Sherwood Park

Here's a breakdown of the chair massage options available. These rates include travel, setup, and everything needed for a seamless onsite experience.:

15-minute massage: \$38.00 + GST

30-minute massage: \$58.00 +GST

- Direct billing available to most insurance companies where eligible,
- Credit card or debit payment also an option

SIGN UP AT FRONT DESK



Safety in Movement

Simple Tips to Stay Safe and Move with Confidence

1. Strengthen Your Body

- Engage in gentle exercises like walking, stretching, or seated leg lifts.
- Participate in balance and coordination programs designed for seniors.

2. Safe Footwear Matters

- Wear well-fitted, non-slip shoes with sturdy soles.
- Avoid walking in socks or slippers without grips.

3. Clear Your Path

- Remove tripping hazards like loose rugs, cords, or clutter.
- Ensure hallways and living areas are well-lit.
- Use grab bars in bathrooms and sturdy handrails on stairs.

4. Medication Awareness

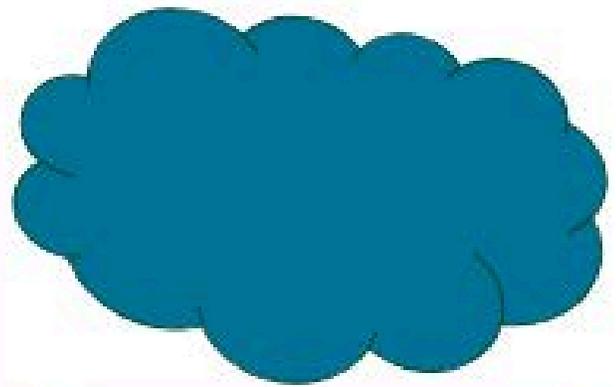
- Some medications may cause dizziness or drowsiness.
- Ask your nurse about side effects that may increase fall risks

5. Assistive Devices for Safety

- Use walkers, canes, or other aids if your healthcare provider recommends.
- Ensure these devices are in good condition and fitted to your height.

6. Know Your Limits

- Ask for help when needed — especially when getting out of bed or reaching for high shelves.



What to do if you Fall!

1. Stay Calm!
2. Check your Body
3. If you are hurt, please call for help - stay where you are and stay warm!
4. If you are not hurt, follow these steps
 - Roll on your side & crawl to a sturdy chair
 - Get into a kneeling position and brace your arms on the chair
 - Put one knee up and place your foot on the floor
 - Push your body up, pivot your body, and sit on the chair



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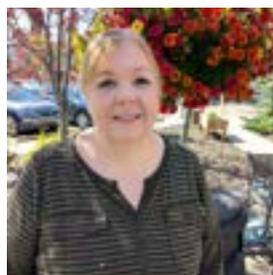
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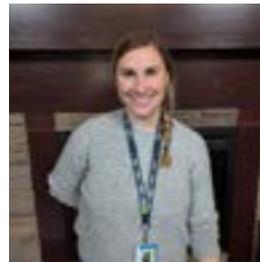


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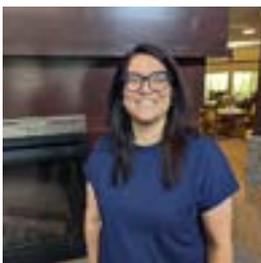
AHS Case Managers



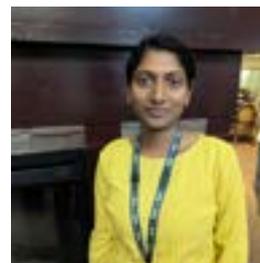
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