



**OPTIMA LIVING**  
Let us welcome you home™



## Message from The Principals:

Welcome to the inaugural edition of Optima Daily, your source for community updates! This July, we celebrate Canada Day and embrace the joys of summer - whether enjoying the outdoors, staying active, or simply taking in the sunshine.

At Optima, we are guided by the value of respect: we honor each of you and the contributions you bring to our community.

Let this season remind us of the strength found in unity and shared purpose. Stay tuned for updates, happy reading!



**Summerwood**  
VILLAGE

An OPTIMA LIVING Community

## Note from the General Manager:

Dear Residents and Families,

First and foremost, I would like to extend my heartfelt gratitude to the residents, families, employees, and friends who contributed to surpassing our previous year's record in support of the Strathcona Food Bank. A special acknowledgment goes to residents June, Jean, and Judy, who spearheaded the Garage Sale in support of the food drive.

We are continually striving to enhance our services and the community. We always appreciate your feedback and look forward to working together with everyone in our community. We have commenced our annual Resident Satisfaction Survey, which will continue until July 11 and will be followed by Employee Satisfaction Survey. One significant upcoming improvement is the upgrade of our phone systems. Residents have expressed during coffee chats and monthly town hall meetings that receptionists are frequently occupied with phone calls. Consequently, we are implementing an automated answering system for incoming calls from outside our community. Please be assured that emergency call systems will continue to operate as usual. Additionally, housekeeping will be equipped with their own phones to improve response times from our hospitality team. Health Care Aides and Licensed Practical Nurses will also receive upgraded phones. We anticipate the completion of this project by late summer this year.

In August, we will conduct a comprehensive evacuation drill of Summerwood Village. Our objective is to educate and practice emergency procedures with our residents. Residents received fire safety education from Strathcona Fire Department on June 5th in relation to the evacuation drill. I would like to remind everyone that our muster point is the parking lot beside Save On Foods.

I wish you all a happy Canada Day and a fun Summer!

## Upcoming Events:



**July 1: Happy Canada Day!** Join us for a Canadian Edition of Trivia Tuesday at 10:45am in the Bistro, followed by a visit from the Paper Bag Fairies at 2:00pm for a Canada Day Photobooth and treats with cake from our local MLA Kyle Kasawski. Celebrations in Independent Living will wrap up with Canada Day Bingo at 3:15pm. For our Memory Living residents, the fun will continue with Canadian Bingo at 6:30pm for DAL 2 & 7:30pm for DAL1.



**Hop On Hop Off Shopping Bus:** Our Hop On Hop Off Bus will be on WEDNESDAY, JULY 2 at 10:30 due to Canada Day. The rest of the month it will be on Tuesdays. Jim will come to Summerwood for 10:30. Please sign up at the front desk so we know who all will be going. Throughout the day, Jim will be calling Summerwood to see if anyone else wants to be picked up.



**Bingo Update:** For July, we will be trialing having free bingo both Tuesdays and Thursdays, so no need to bring your quarters anymore! Please let any members of the recreation team know if there are specific prizes you would like to see on the bingo cart.



## Upcoming Events:



**July 4: Independent Living Outing** The Burger Bus is on the move July 4 at 12:30pm. Join us for a delicious meal at the newly opened Miss Saigon Vietnamese Restaurant. Miss Saigon was developed around bringing the Vietnamese culture to a new city. They bring the pho experience to a new level introducing class and elegance while providing their customers with the best Vietnamese food in town. This outing requires residents to sign up at the front desk and to pay for their own meal.



**July 18 @ 2:00pm: Resident Birthday Party with Entertainment by Doug Mitchell** Come down to the main dining room to enjoy cake and celebrate the birthdays of everyone born in July.



**July 22: Corn Roast with Entertainment by Charlie B and Friends:** Join us at 2:00pm for a corn roast at and entertainment in the gazebo. If the weather does not cooperate we will move it indoors.

**July 23: WeSeniors Road Show at Partridge Hill Hall** Hop on the bus at 11:30am and go for a drive out to Partridge Hill Hall. Enjoy a free hot dog BBQ and cake, loot bags, and door prizes, all while meeting friendly representatives from local vendors.



## Outings this Month:



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July 25: Independent Outing. Hop on the bus and take a trip to the Strathcona County Library. We will be going once a month so you can take out books.



Country Drives: July 3, 11 & 21 we will be taking our Country Drives through Elk Island National Park to enjoy some new scenery and hopefully see some wildlife while taking advantage of the Canada Strong free parks passes.



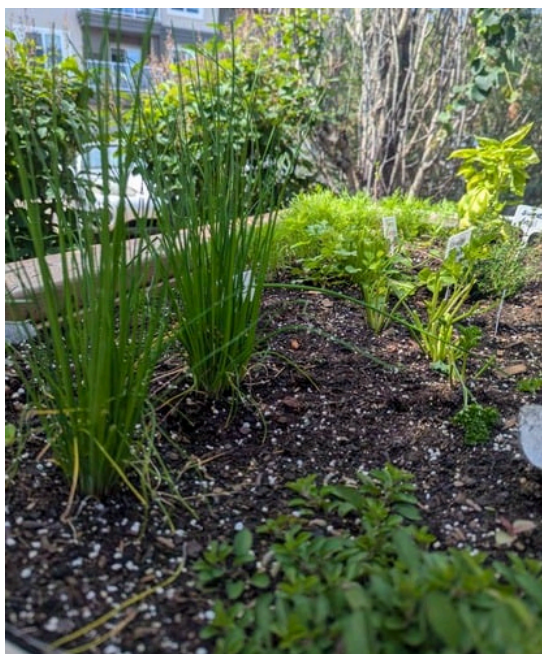
## Updates from our Chef:

Happy Canada Day! We are kicking off July with a delicious BBQ to celebrate Canada Day, featuring juicy burgers and hotdogs.

Now that summer produce is in full swing, our kitchen is taking full advantage of what the season has to offer. July's menu will highlight fresh, local fruits and vegetables. Expect to see more crisp salads, refreshing fruit platters, and garden-inspired side dishes.

We'll also be adding seasonal flair to our daily meals with homemade dressings, herbs from the garden, and light, vibrant flavors that reflect the best of summer.

As always, if you have suggestions or favorite summer dishes you'd like to see, let us know. Stay cool and enjoy the taste of summer.



## Lifestyle & Programs Retrospect Independent Living:

The month of June for Independent Living at Summerwood Village was packed with fun, engaging, and meaningful events designed to foster community, wellness, and joy among residents. The month kicked off with Senior's Week celebrations, offering daily themed activities such as trivia games, smoothie and ice cream socials, all geared towards Staying Sharp and Staying Safe. Our kitchen team provided the most delicious hot fudge for sundaes that were enjoyed by all to wrap up the week.

A variety of physical activities were regularly attended, including chair exercises, pool noodle workouts, ladder golf, bocce, and bowling, ensuring residents stayed active. For mental stimulation, we played lots of word games and provided Neurobics booklets for any residents interested in participating. If you would like a Neurobics booklet for next month, please let the recreation team or the reception know at the end of the month.

Creative expression is encouraged through craft sessions, like making our seascape as we transition the bird themed wall for a new season, while social connections are nurtured with Mocktail & Ice Cream Socials, Crib Club, Knit & Chat, and themed movie days. Outings to Walmart, Sherwood Park Mall, and scenic country drives add variety and adventure.

Our Burger Bus ventured to Waffle House where 14 residents and staff enjoyed waffles and burgers with great conversation.

Special events this month included National Indigenous Peoples Day with food tastings and a movie screening, and a Filipino Festival. Residents also enjoyed frequent Bingo games, church services, and support groups, along with presentations on fire safety, eye health, and fall prevention. We had the most adorable visitors from Northern Alberta Society for Animal Protection. They brought 8 kittens for everyone to play with and cuddle.

Our residents June, Jean and Judy organized a Garage Sale to raise funds for the Annual Optima Living Food Bank Drive. Thank you to everyone who helped set up, donated food, items for the sale, shopped the sale, and money. Our total donations to the food bank were \$820.25 from the garage sale, \$470 in cash donations and 362.5 pounds of food.

June wrapped up with the Optima Living Resident Satisfaction Survey week, which will continue until July 11. Please be sure to complete your survey and return to the blue Cookie Monster box at the front desk to receive a cookie.



# Transportation Update

July 1, 2025



Dear Resident and Family of Summerwood Village,  
Re: Transportation Services at Summerwood Village

We are very excited to share with you that in partnership with our other Optima Living Communities in Sherwood Park, we will be pooling our transportation resources to serve you better by increasing times available for appointments while still ensuring that the bus is available for group outings.

Transportation for appointments will now be available Monday to Thursday (excluding holidays) from 8:45 am and returning no later than 3:45 pm. Appointment transportation will be booked at reception on a first come first served basis and Summerwood will not be responsible for transportation booked outside of service hours or if the time has been booked by another resident. Appointment transportation is provided free of charge within a 20 km radius of Summerwood Village. A charge of \$1 per km will be applied for all appointments outside of the set radius. Please note that there are times when the vehicle may not be available due to routine service of the vehicle or driver absence.

Residents are responsible for their own transportation at these times.

Appointment transportation is a door-to-door service. If you require assistance to get from/to the vehicle for your appointment, a companion is required. Companions can be pre-booked to support at a cost of \$37 per hour. Residents must be able to transfer with assistance of one person to a standard vehicle for all appointment transportation.

The bus will be available from Monday to Friday from 10:00 am to 3:00 pm excluding holidays for planned outings. A shopping/banking shuttle will be offered on Tuesdays and be a continuous pick up and drop off shopping loop of local pharmacies, shopping locations, and banks. Summerwood will work in collaboration with the other Sherwood Park Optima Living Communities to offer regular opportunities for community involvement and enjoyment. Information on these outings will be included in your recreation calendars.

We believe that these services will greatly improve the quality of life for you by providing consistent, reliable and convenient transportation solutions.

If you have any questions or need further information, please do not hesitate to contact me.

Sincerely,  
Paul Ramirez  
General Manager

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



## 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.



We're excited to welcome Ellen to our Recreation team! She brings great energy and a passion for engaging others through fun, meaningful activities. Ellen is a fantastic addition who's eager to get to know everyone and help make our programs even more enjoyable. Be sure to say hello and give her a warm welcome as she settles in!

### 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

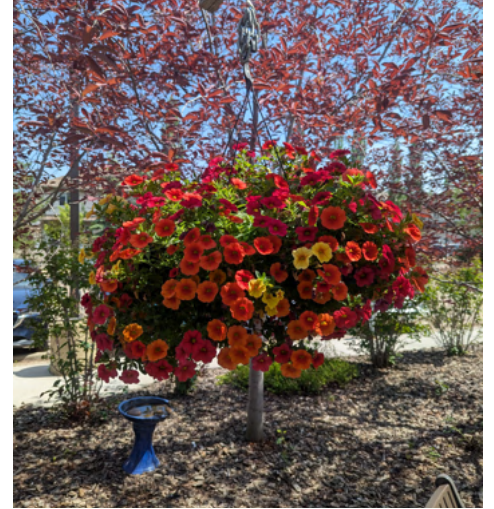
We work with one another to create an empowering, inviting, and person-centred home, uplifted by the diversity we create as a community.

##### We do the Right Thing

We are passionate about doing right by you every day.

# Our Garden

A huge thank you to Wallish Greenhouse for their generosity in donating some hanging baskets and providing a generous discount for the rest of our garden. Thank you to all of our residents who have been helping to maintain the garden.



# Health & Safety:

## Code of the Month

### **Grey** **Shelter in Place/Air Exclusion**

In the event of wildfire smoke affecting air quality, our community activates **Code Grey** to protect the health and safety of all residents.

This involves measures like closing windows, limiting access to one set of doors, and turning off HVAC systems to minimize smoke exposure. Once air quality returns to normal, the Code Grey will be cleared.

Stay safe and stay informed!



### **Stay Safe in the Summer Heat**

As the summer heat kicks in, it's important to stay extra cautious, especially for seniors. Heat-related illnesses can happen quickly, so be sure to stay hydrated - drink plenty of water throughout the day. Wear lightweight, breathable clothing and take frequent breaks in the shade or air-conditioned areas.

If you're spending time outdoors, make sure to use sunscreen and avoid being in direct sunlight for long periods. For those who are unable to get outside, open windows or use fans to ensure good airflow.

Take care of yourself and your loved ones by staying cool and safe this summer!



# Brain Health: Simple Tips for a Sharp Mind

Why does brain health matter? Brain health matters because it supports memory, thinking, and overall well-being, helping you stay connected with loved ones and enjoy life



## Stay Mentally Active & Socially Engaged

- Try our 10:45am Brain Games, puzzles, or reading: Activities like crosswords, Sudoku, or reading stimulate your brain.
- Learn something new: Take up a hobby or learn a new skill to keep your brain engaged.
- Join clubs, groups, or attend events: Connecting with others is important for mental well-being.



## Eat a Brain-Healthy Diet

- Include Omega-3 rich foods: Fish, nuts, and seeds support brain function.
- Eat colorful fruits and vegetables: They provide antioxidants that protect the brain.
- Limit processed foods: Try to reduce sugary and high-fat foods for better cognitive health.

## Exercise Regularly

- Physical activity is key: Regular exercise helps improve memory and cognitive function.
- Try walking, dancing, or gentle stretching: Even low-impact activities boost brain health.



## Get Enough Sleep

- Aim for 7-9 hours each night: Sleep is essential for memory consolidation and brain recovery.
- Create a relaxing bedtime routine: Avoid screens and caffeine before bed.

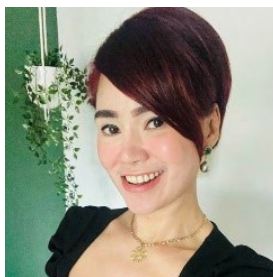


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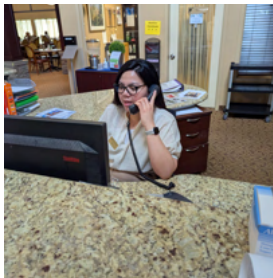
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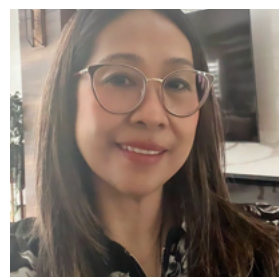
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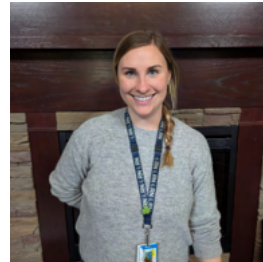


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