



APRIL 2023

ISSUE 60

NEWSLETTER

Medication Safety Week is observed from April 1 to 7. It serves as a reminder that we must be more cautious about "how we use & store our medication". It's important to know "what you are taking, how to take it correctly, and when to discard it".



HERE ARE SOME TIPS FOR YOU:

- Make a list of your medication and supplements you're taking right now. This is a great way to keep track of your medicine, so you know when and how to take them. This list will also help you and/or any First Responder during an emergency, as well your Doctor, to be aware of your current medicine schedule.
- Learn why and when you're taking them and whether you should take on an empty stomach or with food. What should you do if you forget to take your medicine? What side effects should I look for? Could I save money by using a generic drug, that would be equally effective?
- Store your medication properly. All drugs should be kept in their original containers in a cool and dry location. Properly dispose of all expired drugs. Most pharmacies will accept your old medications and dispose of them correctly. By doing so, you will be reducing the risk of taking expired medication.

Let's review what was covered during - Tea with Anthony.



If there is a fire alarm :

1. Stay calm
2. Stay in the unit (under safe conditions)
3. Close the suite door, but unlock it
4. Place a wet towel to block the door gap to prevent smoke from entering the unit as a safety precaution
5. Wait for notification from Front Desk or firefighters

MEAL COLLECTION TIMES

In order to better serve you, kindly ensure that you come at the following times, and remember, we will have to serve the Residents who are seated first.

Thank you for your understanding.

BREAKFAST

8:15 - 8:45

LUNCH

12:00 - 12:30

TEA

2:30

DINNER

5:15 - 5:45

**01 MEDICATION SAFETY
TALK BY 101 Pharmacy**
April 3rd 2.30pm



**02
EASTER ACTIVITY
SHEETS**

Please pick up these sheets, containing "Brain Teasers" from Front Desk between April 3rd -

**03
CHERRY BLOSSOM
PAINTING
WITH
EVA**



April 14th 1.30pm
Please register
with May



04 Bell Performance

You do not want to miss this! The Hand Bell Ringers are performing at Clover Living on **April 13th 1.30pm**

05 Ultimate Physique Challenge

April 21st 1:30pm



Residents and staffs will team up for this ultimate challenge. Join us or cheer for us.



06 Dentures Talk by Dr. Gilbert NG

We are delighted to have Dr. Gilbert back to talk to us about dentures. If you are interested, please come and join us.

April 24th at 1.30pm

If you do not have a dentist, please connect with him at CHV Dental, Centre Street



celebrating

07 SUPERHEROES

Each year on **April 28th**, National Superhero Day honors superheroes, both real and fictional. Batman, Superman, Captain America, Wonder Woman, Iron Man, Hulk, and Spiderman are just some of the superheroes whose names we recognize. Even though they are fictional, these superheroes provide role models for some of us. If you have your own capes to flaunt or masks to wear, join us on April 28th!

BIRTHDAY LIST

**MAY, WALLY, PETER,
SE HO, BRANDON, SHIRLEY**





STAFF EXERCISE
BIKE RELAY



ST. PATRICK'S DAY



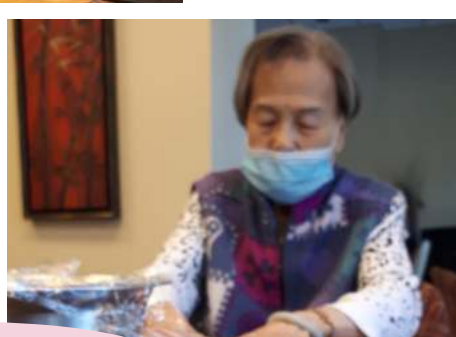
PUPPLE DAY



FLOWER
ARRANGEMENT



CONCERT



CLAY
WORKSHOP

