



# NEWSLETTER



## WALKER CLINIC

Professional consultant Jacqueline Cloutier will be here to ensure our Residents are using their walkers correctly and safely. Our Housekeeping team will also sparkle the wheels thereafter!

## OUTING HIGHLIGHT

Bowden Village, here we come! We cannot wait to go out with our Residents after all these months! Our first outing will be bright and cheerful! If you have not signed up as yet, please sign up with May ASAP. Limited spaces available.

## PELVIC FLOOR HEALTH CLINIC

We are grateful to have Agnes Lee, Pelvic Floor Physiotherapist with us to introduce essential exercises to help strengthen your pelvic floor muscles, learn how to can keep this muscle functioning well, so you can go out and about with confidence.



## OUR NEWLY REFURBISHED SUITE

We are excited to showcase our newly refurbished mock-up suite. We will be starting our refurbishment project in due course. In addition to this, our common areas flooring will be updated as well - how exciting!

We are committed to ensuring our residents continue to have a quality living at Clover Living.

## DEHYDRATION 101

*Drinking enough water is important for everyone, but especially for older adults who are at greater risk for dehydration. A study found that 40% of seniors may be chronically under-hydrated.*

*Early dehydration symptoms in older adults often go unrecognized because many of the signs of mild dehydration could easily be caused by other health conditions or medication side effects.*

*Being familiar with the signs, can help you take action sooner rather than later. Mild dehydration symptoms:*

- *Dry mouth*
- *Dark-colored urine or a very small amount of urine*
- *Fatigue*
- *Dizziness*
- *Muscle cramps in limbs*
- *Headaches*
- *Feeling weak or unwell*
- *Being sleepy or irritable*

*Therefore, ensure you drink water consistently throughout the day. Do not worry that you will need to go to the bathroom often, your health is at risk if you do not consume enough water.*



Have you thought of infusing your water to make it delicious ?

## WITH GREAT APPRECIATION



We would like to thank Chef Chou for his endless dedication to Clover Living and our Residents. He will be retiring towards the mid of August. Chef Chou is famous for his braised beef brisket and daikon. He will be missed greatly, but of course he will be back occasionally to continue to serve our Residents. We will introduce our new Head Chef in person when he comes abroad.

## STAY SAFE, only you can protect yourself.

*1. Vaccinated Resident's: Masking is by choice, however it is still important to know that we need to continue to protect ourselves and our families. Masking has decreased a substantial amount of transmission.*

*2. Any Residents who are not feeling well or have a cold symptom– they must stay in their Suites and report to the Reception. If they need to go out for any necessary appointments, wearing a mask is mandatory.*

*3. Constant hand sanitizing is a must.*



## GENTLE REMINDERS

Please note that all Residents are responsible for their own garbage disposing. The garbage room is located on the main level.

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By now, every Resident would have received their rental increase notice. Should you have not received your letter, kindly speak to our Reception.

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Recent wildfire smoke leads to bad air quality in Alberta. Studies show this can trigger asthma, stroke and heart problems. Make sure you check the air quality index before going out.

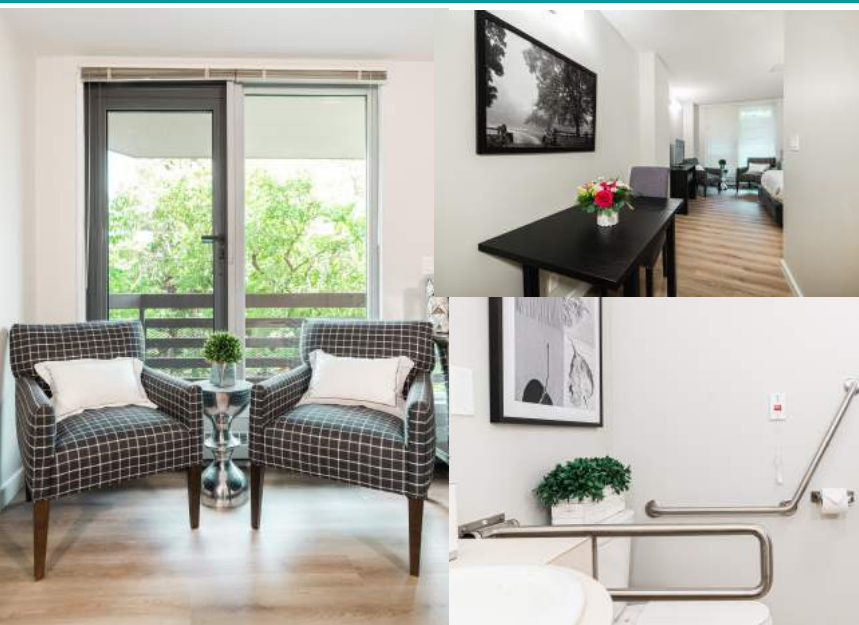
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Maintaining a positive attitude is important. Building new habits, and bringing inspiration into your life can be quite simple this could certainly lead you to a positive, happy and satisfying life.

## OUR REFERRAL PROGRAM

If you refer a friend to move into Clover Living, your friend will get \$200 off their first month's rent and you will get a \$100 rent deduction the following month.

T+C's applies\*





## HAPPY BIRTHDAY

Jane Wong  
 Ho, Kit Fong  
 Frank Szarka  
 Wong, Chung Lim

Amy Chan  
 Rita Chau  
 Li, Chao Hung  
 Yuan, Sum Yen

## OUR NEW RESIDENTS

Lau, Lai Man  
 Chin, Mei Kuen  
 Wu, Feng Xiu