

Summer is finally here, bringing warmer days and a packed calendar of excitement! June kicks off with Seniors' Week celebrations, featuring a neighborhood walk, a Mahjong tournament, and a fun ukulele class at Studio Bell. We are also honoring the special men in our lives with a Father's Day Youth Talent Show!

Plus, inside this issue, check out our quick tips on brain health, heat safety, and safe summer eating.

Wishing everyone a safe, healthy, and joyful start to the season!

UPCOMING ACTIVITIES:

- | | |
|-------------|-----------------------------|
| June 1 | - Neighborhood Walk |
| June 3 | - Free Studio Bell Tour |
| June 5 | - Art Presentation |
| June 8 | - Medication Safety Talk |
| June 9 & 10 | - Mahjong Competition |
| June 12 | - Crystal Dumpling Workshop |
| June 15 | - WCCA Concert |
| June 19 | - Dragon Festival Day |
| June 19 | - Dragon Boat Games |
| June 21 | - Father's Day Performance |
| June 25 | - Picnic + Shopping |
| June 26 | - Movie: In Broad Daylight |

SPOTLIGHTS

1. **Brain Health** is More Than Memory
2. **Stay Cool** in The Heat
3. General and Food **Safety** Reminder

BRAIN HEALTH IS MORE THAN MEMORY

Catching small changes early can make a big difference in supporting your overall well-being.

Early Signs Often Overlooked

Behavior changes: Social withdrawal, or increased frustration and anxiety.

Routine confusion: Struggling with medications, appointments, or game rules.

Conversation trouble: Having a harder time following along with others.



Everyday Habits for Brain Health

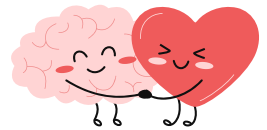
Stay social: Keeps your mind engaged and protects hearing.

Sleep well: Vital for memory and concentration.



Protect your heart: A healthy heart means a healthy brain.

STAY COOL IN THE HEAT



As temperatures rise, please use fans and monitor your room temperature. While air conditioning is in common areas only, you can stay hydrated by using the water dispenser available in the lobby 24/7.

FOOD SAFETY REMINDER

Per the resident handbook, food and beverages should never be taken from the dining room to your suite unless required for medical reasons. Warm summer weather increases the risk of food-borne illness and can quickly attract pests or insects.

LOOKING OUT FOR YOUR SAFETY

At Clover Living, your safety and well-being are always our top priorities. Here are four daily procedures we use to check in on you every day:

Door Card System

Each night, we flip them up; you flip them down when you head out in the morning. If yours is still up around lunchtime, we'll call to check on you.

Mealtime Check-Ins

We love seeing you at meals! If you miss one without letting us know, reception will reach out just to make sure you are feeling well and safe.

Quarterly Fire Drills

Regular fire drills help residents become familiar with emergency procedures, evacuation routes, and safe exits throughout the building.

Helpful Reminders

Please sign in and out when leaving the building.

If you are feeling unwell, please notify reception or office staff.

Ling, Angela, Leah,
Ben, Sam, Keith,
Ricky, Ms. Liang,
Rita, Mr. Yu, Sau,
Ms. Xia, Cindy



Hello Summer!



MOTHER'S DAY CRAFT



MOTHER'S DAY



PEDAL FUN RACE



SUSHI WORKSHOP



FLUTE RECITAL



FIRE DRILL