

ISSUE 39| JULY 2021

NEWSLETTER



KEEPING YOU SAFE IN YOUR OWN HOME

As we continue to enjoy our daily lives, sometimes we do not know that we create our own hazards within our own homes.

Have you looked around your own space? is there clutter that is not necessary? Are you keeping everyday items in difficult-to-reach places?

These are some questions you must ask yourself. If your home is filled with clutter, this can limit your mobility and may cause to potential slip, trip, or fall. Ensure regularly accessed items are kept within easy reach, you should not have to stretch for any of these items, or bend under your counters or high in the cupboards.

OVERVIEW:

- **Keeping You Safe In Your Own Home**
- **Yearly Rental Increment Notice**
- **101 Pharmacy**
- **Staying Safe**
- **July's Exciting Activities**
- **Keep Hydrated In The Heat**

Keeping you safe in your own home (cont.)....

We all have microwaves in our homes. Are we using the right temperature and number of minutes to heat your food? Do you know that overheated food and beverage can cause a fire? Keep any type of metal out of the microwave, this includes aluminum foil.



Remember, as we progress with our daily chores, do not forget when we are boiling that delicious homemade soup! Sometimes we tend to forget, and then burn the soup, risking damage to your pots and potentially a fire. Maybe use a slow cooker instead.

Introducing the **Slow Cooker** a safe, worry free method of cooking without the worry of burning your food.



Therefore, we would like to encourage all of you to evaluate your space and your ability to continue to use it safely. Remove any potential dangers or hazards and help protect our community.

If you need any assistance, please speak to us. We are happy to come up and assist.

July's Exciting Activities

July 7 Chocolate Day

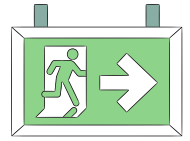
July 18 Ice Cream

July 9 Stampede Breakfast

Mid- July Police session

Our Resident Support team are planning outings for the month of August and September. Stay tuned!

Lastly, if you hear the fire alarm, what should you do?



1. Stay calm.
2. Ensure your door is closed.
3. Wait for the announcement.
4. Follow the instructions of our team and the Fire Department.
5. Do not stay in the hallways.
6. If evacuation is needed, take your emergency bag, close your door and go down via the nearest staircase.
7. If you are unable to walk, call the Front Desk and stay in your room until help arrives.



YEARLY RENTAL INCREMENT NOTICE

Please be informed that effective October 1st, 2021, there will be a rental increase of your suites. You will be receiving your individual notice. Clover Living is license under Alberta Health's Supportive Living Accommodation Licensing Regulation and remains one of the most affordable supportive living communities in Calgary. Our rental increase remain lower than Alberta Health's continuing care accommodation charges and are significantly below the average monthly rate of living units as surveyed by Calgary Mortgage Housing Company in their 2021 Seniors Housing Report.

Clover Living appreciates your residency and we strive to provide the best value Supportive Living services to you.

8. Most importantly,
STAY CALM





IN-HOUSE PHARMACY

As we are slowly returning back to our normal life, 101 pharmacy will start to provide a little more service for our Residents. We are blessed to have Herbert, who continuously provides exceptional service to our Residents. With proper protocol in place, he will start to check our Residents blood pressure and also review their medications on one-to-one basis every Thursday.

" We are so grateful to have 101 Pharmacy at our doorstep. My husband needed his new medication immediately and I had no means of going to the pharmacy. With the help of Clover Living and 101 pharmacy the medication arrived the same time as we got home from the clinic!",

A Grateful Resident

STAYING SAFE

With the recent robbery issues amongst the seniors in the Chinatown community, the Business Improvement Area Executive Director Terry Wong has initiated progressive talks with the Community Police, to bring greater awareness to the issue in and around Chinatown. We will also be working with the Community Police to look at ways to keep everyone safe.



EXTERIOR WINDOW CLEANING

Time for our annual exterior window cleaning. Beginning July 19th for 2 days, a special team of cleaners will begin the task to cleaning all the exterior windows, to ensure the sun can shine in to brighten your day. Kindly ensure you close your blinds and windows for privacy.

HAPPY BIRTHDAY

Mrs. Wong Mrs. Chow
Janet Sam Anh Mrs. Seto
Mrs. Chao



flash back....

