



SENIOR WEEK JUNE 7-13

Celebrating Seniors Week with Clover Living and The Calgary Chinese Elderly Citizen Association. After more than a year of fighting this pandemic, we now look ahead to happier times. To celebrate this year's Senior Week, together with the CCEC Association we are looking to collect 100 "Positive & Happy Wishes" to inspire our Seniors towards happier times. We are also collaborating with CCEC on their initiative. "A Walk A Day " to encourage all seniors to stay active and improve their health and wellbeing. Details are shared on our notice boards.



OVERVIEW:

- Senior Week June 7 - 13
- Spring Activities
- Father's Day
- Welcome New Team Members
- New Ownership
- 4 Ms

There are a couple of fun activities planned for the month of June. We encourage all residents to join us in these activities, it's important to keep active. Look out for these highlights on our Activity Calendar.

Outdoor Planting
Dragon Boat Festival
Trishaw Ride on Father's Day
Opera at The Park
National Pink Day

WELCOME NEW RESIDENT MANAGER

We are very excited to have Anthony Lee (李永智) join us at Clover Living as our Resident Support Manager.

Over 14 years experience with his exceptional Kinesiology knowledge, Anthony will bring a therapeutic approach towards health management, including physical health, psychological, emotional, nutrition and spiritual healing for our residents. He is very enthusiastic to work with our Residents to provide chronic pain management exercises, proactively work with Residents in fall prevention and many more.

Anthony, who previously led a group of highly enthusiastic team members at his last place of employment, is known for his limitless passion for helping his clients work towards healthy lifestyle.

Anthony enjoys spending time with people, sharing life stories, and his goal is to encourage ALL Residents in Clover Living to stay active, healthy and experience great joy in their lives.

Anthony was born in Hong Kong and moved to Vancouver in 1996 with his parents and 2 younger siblings. Calgary became home in 2006 after he graduated with a Bachelor's Degree in Kinesiology from Simon Fraser University. Soccer is his favorite sport and he's a big Manchester United fan. Nowadays, you may find him hiking in the Rockies or riding his bike along the Bow River, with his wife Cindy and their daughter Bethany. Anthony and his family is also active member at South Calgary Chinese Evangelical Free Church.



In addition to Anthony, we have two new team members who have joined us a month ago, Lilian and Sabin, they too have a tremendous passion for caring.

I trust you have met them both; we are so thrilled to have them part of the Clover Living family.



LILIAN



SABIN

NEW OWNERSHIP



We are pleased to announce that, effective June 1st, 2021 Clover Living will be part of Trico Group, a well-respected and reputable organization with a social conviction in "Doing Well by Doing Good".

Clover Living will continue to operate as normal, with a base rent structure, closely aligned with the Alberta Continuing Care charges. Look for some exciting changes coming our way.



FATHER'S DAY SPECIAL ACTIVITY

Bring your Father and join us for a front row seat, as we cruise the Bow River Pathway network, weather permitting of course.

We are very blessed to work with Jane Hu from Cycling Without Age. She has generously agreed to loan us her Trishaw and will be riding with you this Father's Day.

Remember our safety protocols, only Resident(s) or Resident Couples or Designated Family members may participate.

Here is what you need to know :

- Rides are 30-45 minutes.
- Book by June 6th with May.
- Riding with your Father, remember you must be his Designated Visitor and be vaccinated, due to the closeness.
- There is a Handbook and Waiver form for participants to review.



Flash BACK



VISITING PROTOCOLS

JUST A REMINDER

As we are still practicing strict visiting protocols, kindly ensure you continue to follow all our health & safety measures.

Please note, the AHS still only encourages essential outings.

Let's continue to do our part by :

- Hand Sanitizing
- Social Distancing
- Conduct Self Risk Assessment Daily



JUNE BIRTHDAY STARS

6 #512 MR. LIN
11 #1415 MR. XIU
18 #813 MS. CHEN
24 #1015 MR. FOK
25 #1213 MS. HYUNH

4 M S

MENTAL HEALTH

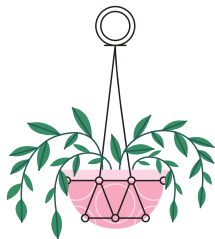
1. Mindfulness

Practice 10-15 minutes of deep breathing. Express gratitude, and appreciate nature.



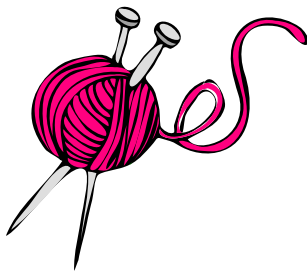
2. Movement

take a couple of fitness time out, walks, stretchings



3. Mastery

try to master a new hobby or skill: planting, drawing or even knitting



4. Meaningful Engagement

reach out to a friend or your neighbour, chat and share a joke!

