

# NEWSLETTER

## *What's Sarcopenia ?*

**"USE IT OR LOSE IT." I'M SURE YOU'RE FAMILIAR WITH THIS ADVICE!**

Sarcopenia, a decline in skeletal muscle in older people, contributes to loss of independence.

What are the symptoms of sarcopenia?

The most common symptom of sarcopenia is muscle weakness. Other symptoms may include:

- Loss of stamina.
- Difficulty performing daily activities.
- Walking slowly.
- Trouble climbing stairs.
- Poor balance and falls.
- Decrease in muscle size.



Prevention and treatment:

1. **Physical activity:** Maintain a physically active lifestyle that includes progressive resistance-based strength training. This type of exercise can help improve your strength and reverse your muscle loss.
2. **Healthy diet:** When paired with regular exercise, eating a healthy diet can also help reverse the effects of sarcopenia. It's especially important to increase your protein intake through food or supplements. Aim for 20 to 35 grams of protein in each meal.
3. **Routine physicals:** See your healthcare provider regularly, and let them know about any changes in your health.



## *Inside:*

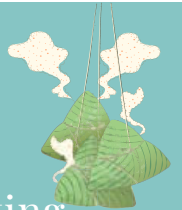
Senior Week Outing

Dragon Boat Festival

Father's Day Lunch

Stay Hydrated

Other Reminders



# SENIOR WEEK OUTING

*Aging is more... let's enjoy the journey together!*

June 6th Tuesday 1:45-3:30pm Art Class at VIVO Play Lab

June 8th Thursday 10-12:00pm Cultural Gallery ( Performance ) at CCECA

June 10th Saturday 1-4pm Golden Age ( Fun Exercises ) at CCECA

Please register with May or at Front Desk



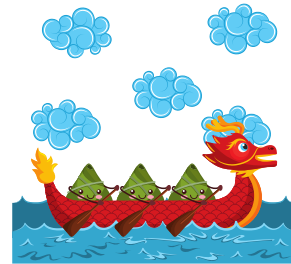
Father's Day lunch on June 18th.  
Let's come together to  
celebrate the day.

*Many more outings and  
activities, please refer to the  
activity calender.*



## DRAGON BOAT FESTIVAL IS HERE !

WE CANNOT WAIT TO WRAP THE RICE DUMPLINGS AGAIN!  
Sign up for June 20th at 1:30pm.



Sebastian, Kwei Fong,  
Huan Mei, Samuel,  
Shirley, Angela, Cindy



## July 1st Backyard BBQ



Let's celebrate our National Day with Clover  
Living tradition----- Backyard BBQ.  
Cost: \$10 for Supportive Living residents,  
\$18 for Independent Living residents.

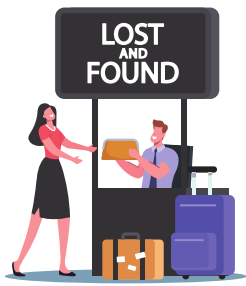


## Summer Half Day Outing

Glenbow Ranch Provincial Park Golf Cart  
Tour on June 29, accessible for walkers and  
wheelchair. Estimate cost \$50.

Please see or register with May for more  
details.





Residents are advised to inquire about lost and found items at the reception. Found items will be kept for one month only, after which they will be donated or disposed of. Please provide a detailed description and proof of ownership when inquiring about lost items. Remember to keep personal belongings secure and report any losses promptly.



### COMPLIMENTARY SERVICE

If you are unable to hem your pants or sew a hole, please see May. We have our volunteer Sandy who is willing to assist you.

Only 1 piece per resident, maximum 20 pieces.

Jun 13 Tues 10:30am

# REMHINDER



According to government regulations, kindly maintain a distance of 5m from the building while smoking. Thank you

If seniors do not drink enough water, they may experience negative effects such as fatigue, dizziness, confusion, constipation, urinary tract infections, and even kidney stones.

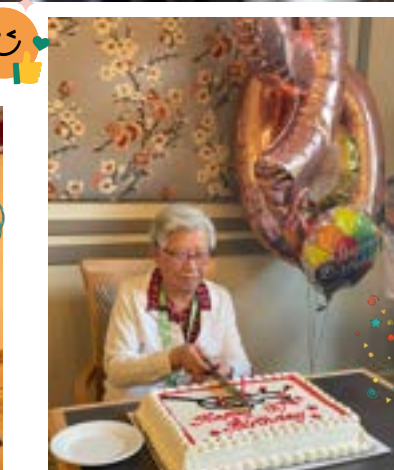
Proper hydration is necessary for maintaining overall health and well-being, so it's essential to make sure to drink enough water daily.

To help remind and encourage seniors to stay hydrated, infused water will be available in the lobby for their enjoyment.





# Walkathon/Outing



## Visit from Consul General of the PRC in Calgary



## Fish & Chips Lunch

