

NEWSLETTER

ISSUE 59

MARCH 2023

SPRING IS ALMOST HERE

FRESH AIR, WARMER WEATHER + BLOOMING FLOWERS...

Spring is all about discovery and growth - the perfect time for you to jump right into exploring the parks around us. Let's get out as much as we can. If you need someone to accompany you, please speak to Anthony as we do have our companion aide services that is available to accompany you.

Newsletter Highlights

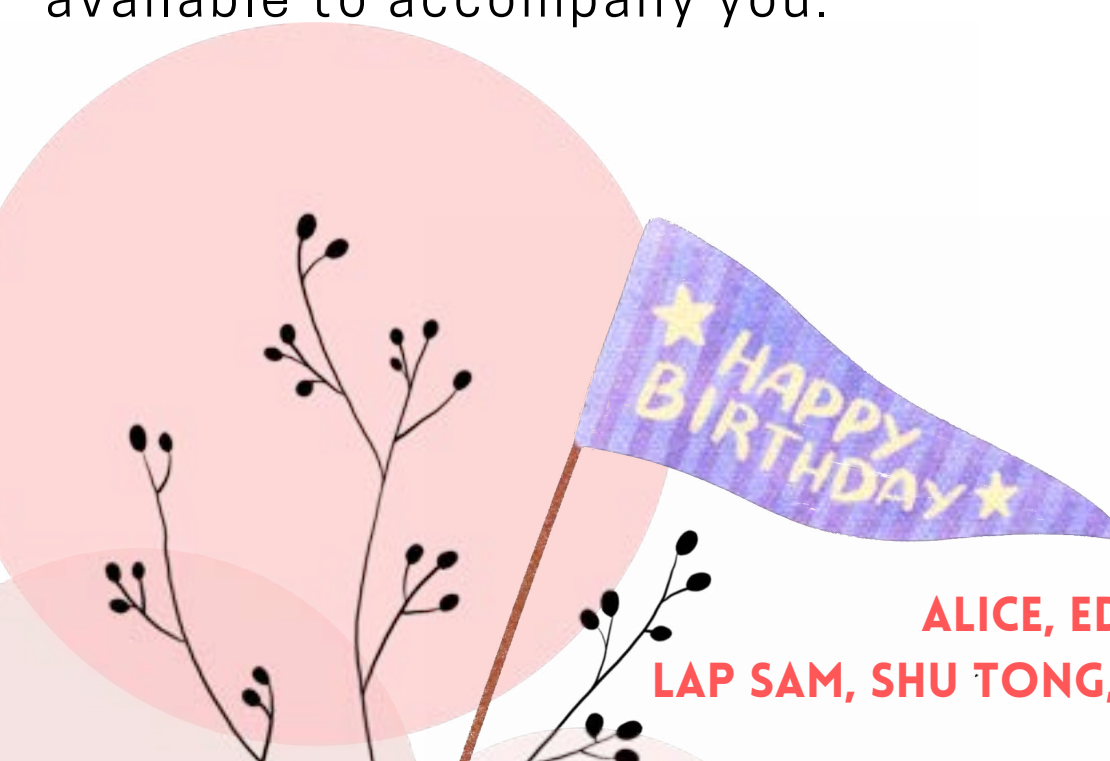
Positive attitude attributes

2023 Resident Survey

One-time use containers

Resident Council Meeting

Exciting activities that you should not miss



**ALICE, EDDY, PAUL,
LAP SAM, SHU TONG, MICHAEL , YUET KING**

POSITIVE THINKING INFLUENCES PAIN

Being grateful and having a positive attitude is important to your overall pain management strategy. Our brains physically change when we experience positive or negative emotions. This can play a significant role in how well we manage pain, especially on a day-to-day basis.

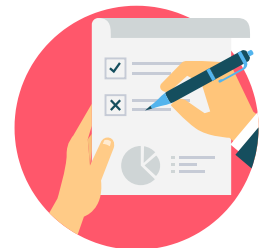
Here are a few other tips for improving your attitude and finding gratitude even in the midst of chronic pain.

- Manage stress as much as possible. Finding healthy ways to deal with stress may help you find some relief from pain, and it will definitely help your attitude. For example, deep breathing can help you relax, relieve tension, and calm a noisy mind. Try deep breathing exercise.
- Stay active and involved. By doing activities you enjoy, you can focus on something other than pain. This can take on many forms from daily walks to regular phone conversations with friends. Or join our daily exercise classes.
- Do your best to sleep. Everything seems better after a good night's sleep, but chronic pain and sleeplessness can seem like a never-ending cycle.
- Get support. If your family is not around, speak to May or Anthony. They can help you to find appropriate support.
- Be open with friends and family. When you isolate yourself from others due to pain, you may have a negative attitude. Find ways to stay connected with friends and family, and talk to them.



2023 SURVEY

Really appreciate all residents participated in our 2023 Annual Resident Support & Food Survey. We will share the results with you during your Tea with Anthony on March 15th.



ONE-TIME USE CONTAINERS

As we talked about one-time use containers last month we hope that respective residents have had the time to purchase their own Tupperware containers to be used effective March.



Please note that Clover Living will start to impose a small fee of 50cents per each one-time use containers.

"WE RISE BY LIFTING OTHERS."

- ROBERT INGERSOLL



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

ACT OF KINDNESS AWARENESS.....

We had a lot of fun motivating our residents and team and we will continue to do so to make this a better place to live.



RESIDENT COUNCIL MEETING

March 29th 2.30pm

Anyone who are interested are welcome to join the meeting.

BEER/COFFEE/TEA TASTING



Date. March 7th

Location. Sought x Found & Two Pillars Brewery (Centre Street)

Time. 1.30pm

PLEASE REGISTER WITH MAY. COST WILL BE SHARED AMONGST RESIDENTS



SUPPLEMENTS

We are excited to have

SARAH SUN

BScPharm CDE BCGP from Richmond Pharmacy to come and talk to us about supplements. Instead of hearing from the grapevine what is good, lets listen to the professional.

**March 22nd ,
2.30pm**

Free Tax Clinic for low income earners only.

CCECA tax volunteers are available to file your taxes.

Please register with May by March 13th.



MARCH 27TH

EPILEPSY AWARENESS

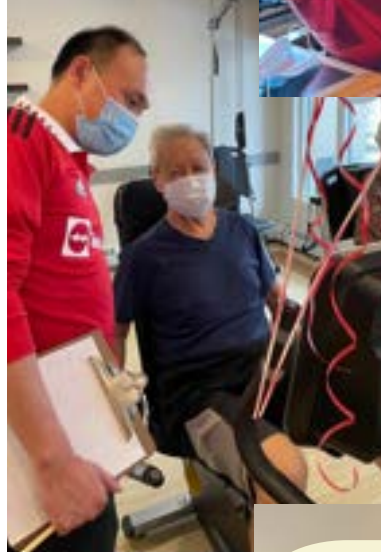
DAY

let's wear purple!





HAPPY Valentine's DAY



Exercise Bike Relay



Italian Lunch



Valentine's Bake



Lantern Festival Celebration at Culture Centre



Rose Arrangement Workshop

Flute Recital

