



NEWSLETTER

CLOVER LIVING • ISSUE 46 • FEBRUARY 2022

NEW YEAR'S RESOLUTIONS

New Year, New Vision. It's time to take stock of the past year and make plans for the new year.

You may want to set your sights on keeping fit and staying healthy in 2022, as the pandemic has brought unprecedented changes and challenges to our world. Staying fit and strengthening our immune system can help us to fight against this virus. Building up your exercise routine is the first step: Participate in exercise classes, Go for walks, Take a deep breath, Play Tai Chi or find another exercise you like. Also, be aware of your mental health and happiness: Pay attention to social events, Maintain social connections and Connect with family and friends or discover and cultivate new interests, live, learn and maintain curiosity, they all can help make life more colorful.

Don't forget, you're not alone. Whether you're feeling down or feeling overwhelmed, you can open up to the people around you, especially our management team. No matter whether there is an pandemic or not, no matter your age, you can still live an amazing life.

恭賀發財



Stay fit in 2022



Stepping into the new year, this is the third year we live with COVID. Anthony, a sports expert will share his views and experiences with the guests on how to stay fit and live a happy and safe life in 2022.

First of all, quality sleep is very important. The benefits of sleep may be much greater than people think, therefore building a good and stable sleeping routine is essential. The second, of course, is exercise. Choosing the right exercise program is important. Last but not least, a balanced diet can keep us healthy. Anthony highlighted vitamin D and B12, whilst ensuring enough fiber, both are indispensable for the elderly.

CLOVER LIVING CONVENIENCE STORE

We found that some of our Residents have difficulty in buying essentials during the pandemic. We decided to open a convenience store for our Residents. The first batch of essentials will include toilet paper, facial tissue, laundry detergent, softener, shampoo, conditioner, shower curtain, lotion, toothpaste and paper & stamps etc. The price maybe a little bit higher than the market prices, however we feel the convenience makes it worth it. The price list can be viewed at the front desk. This service will be available in mid-February. If you have any ideas or suggestions on our convenience store, please let Anthony or May know.

Anthony suggests following these valuable principles:

2-2-2 Principal



10-10-10 Principal



HAPPY BIRTHDAY
Mrs Lee, Ms Hon, Ms Wang



COMING SOON !

Chinese Opera Week



The most important festival for the Chinese, Lunar New Year is coming! Although the virus variant is still raging and social gatherings still have to abide by all kinds of rules, we can celebrate the Lunar New Year in another way, during Chinese Opera Week. We will invite experts to introduce the origins of

Cantonese opera and the romantic anecdotes of some famous Cantonese opera actors. We will also sing and enjoy the classic Cantonese opera and Peking operas.

Resident Sharing: Enjoy the Golden Years

"A fall happened 5 years ago leading me to move into Clover Living, which opened up a whole new world to me. The staff are caring and there are many activities, such as sports, handicraft, weaving, painting etc. In the spiritual aspects, we have Worship, Bible study, Fellowship, Evangelism, all of which make me busy and fulfilling. I had a wish recently to move into one of the newly renovated rooms next to me, however I am too weak to make this move. I was impressed that Clover Living launched a dedicated companion service lately. Joey came and assisted me with the packing and organizing. Everything in the new house was well-organized, and safety glue was added to every corner. Her professionalism, care and patience make me touched. I deeply appreciated her effort."

STAYING SAFE

We are making every effort to keep Clover Living's Residents and Staff safe and healthy in light of COVID-19. We are grateful for the trust families have placed upon us thus far.

Our Residents are constantly reminded to wear their mask properly and also practise good hygiene in and outside of their suites. Our Staff and volunteers are all adhering to our weekly rapid tests, to ensure we use all the resources available to keep everyone safe.



