

NEWSLETTER

ISSUE 51 • JUL 2022

CELEBRATION MONTH

Canada's Day is here again - July 1st! Get ready for fireworks and other fun celebrations, with some surprise guests. Then, "The Greatest Outdoor Show on Earth" kicks off, starting on July 8th we welcome back the Calgary Stampede. Get ready for an incredible month of outdoor social gatherings!



Summer in Calgary can be hot and humid. Please drink more WATER and consume food that has high-water content (Melons, Tomatoes, Cucumber, Celery, Bell peppers and Oranges). Stay cool by dressing down and always try and find shade whenever you are out and about.

CANADA'S DAY BBQ

The 2nd Annual Canada Day Backyard BBQ returns. A new tradition at Clover. This year is even more special, because our backyard has been renovated!

Date: July 1st

Time: 11:30 am

Independent living: \$15 p/p

Supportive living: \$20 p/p

Please register at the Front Desk if you are interested.



FIRE EVACUATION



With recent incidents which activated our fire alarms system, it is time to review our guidelines on fire evacuation:

If you hear the Fire Alarm: Stay calm. Never take the risk to walk down the stairs by yourself. Please be patient and listen carefully to our announcements. We will keep you posted after the alarm has been investigated. Just a note, the nearest Fire Station is only 2 minutes away from Clover Living, therefore the response time is very short.

If there is a fire in your unit: please immediately leave your unit and close your door behind you, **WITHOUT** locking it. Walk to the floor below, if you can, or stay by the fire exit door in the stairway and wait for help.

Kind reminder:

Please do **NOT** water the plant as they are already taken care of by our staff.



22nd Walk for Wing Kei Fundraising



Money raised :

\$1420

Steps achieved :

91,000



Although impacted by the pandemic, Clover residents' passion for charity skyrocketed: right after sponsoring Earth Day Climb & Ride of Alberta Wilderness Association, Clover Living has organized a fundraising campaign 'Walk for Wing Kei' on June 7. About 20 residents participated in the walk and raised \$1420 for Wing Kei.

Renovated Backyard

Our backyard has been renovated and ready to be used on July 1st. Residents are welcome to exercise and have a chat with friends and families in this new space. For your own safety, and that of our Residents, please do not throw any garbage or pour water into the backyard.



HAPPY BIRTHDAY

Mrs Wong,
Mrs Woo, Sau Tai,
Mr Sam, Mrs Liang



NEW!

Team Members Bio.



Arnold Ho - New Chef

Over 20 years experience in the food industry, he enjoys and excels with Chinese, Japanese and Italian cuisine. He enjoys playing badminton and cycling during his leisure time.

Eva Lo - Front Desk

Eva is from Hong Kong and used to work in health care. She loves outdoor activities and enjoys rock climbing.



Sin On - Front Desk

Mostly on night shifts, Sin grew up in Hong Kong, and now lives in Calgary with his family. He loves climbing and camping.



Lea - Front Desk/Companion Aide

She works at the desk and also with seniors as a companion aide. Her warm and sincere personality keeps our residents happy.

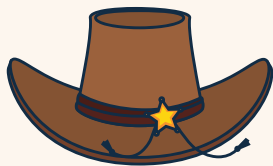


Family Council on July 14

The second Resident & Family Council Meeting will be held on 14th July, Thursday.

Welcome all residents and families who are interested in shaping CL's future. We will share what Phase 3 OVID protocols will look like to us.

Stampede Senior Day - July 12



Stampede

Stampede Breakfast:

7:45 am to 9:15 am

Free for all CL residents!

For all Independent Living Residents, please come to our 3rd-floor dining room after 8:25 am.

Stampede Games:

1:30 pm to 2:30 pm

Welcome all residents

Join us in the backyard and the park to enjoy outdoor games on Stampede Senior Day.

FUNDRAISING WALK FOR WING KEI



DRAGON BOAT FESTIVAL



JUNE



FUN PLANTING



ROCKY MOUNTAIN GEOLOGY TALK

