

NEWSLETTER

CLOVER LIVING • ISSUE 47 • MARCH 2022



Restore Yourself This Spring

As the weather is gradually getting warmer, the days longer and the nights shorter, all are signs that spring is just around the corner. During the change of season, it's time to restore ourselves. Traditional Chinese medicine believes that spring is also a season of change. With increased winds, rainy and cold, wet days, we have decided to invite a Chinese Medicine Doctor to share the secret of staying healthy, by using the wisdom of Chinese Medicine.

Experts from the World Health Organization predict COVID-19 is expected to end in 2022. But this will still require a lot of hard work from everyone to maintain good hygiene habits, to continue to fight against this and all virus. Don't forget to share your positive energy with your loved ones.

Reminder

FIRE DRILL

In order to familiarize our residents with the Emergency procedures during an evacuation, we held a fire evacuation drill on February 24. Since most of our Residents are elderly, they could choose to stay in their suite or walk down the stairs in case of an emergency.



If you are **Staying in Suite:**

- Do not lock the door, keep it closed for fire protection, but keep it unlocked for access by the Fire Fighters;
- Use a wet towel to seal the bottom of the door.
- Keep important documents nearby, ready to take with you, should you need to evacuate.



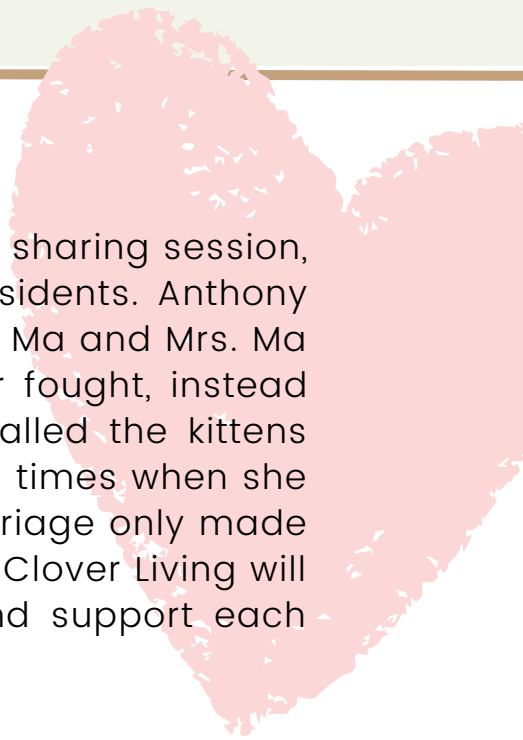
If you are **Walking Down Stairs:**

- Leave by the nearest stairwell exit. Go to the Muster Point, located in the exercise room on the main floor*. **WALK, DO NOT RUN !**
- There are 4 exits on the main floor: 1.) Main entrance, 2.) Church entrance, 3.) Backyard exit, and 4.) D stairway exit, which leads directly to the backyard.
- Bring along your important identity documents.

*This fire drill is just to familiarize our residents with the process, the seasonal Muster Points are: Winter - Wai Kwan Manor; Summer - Sien Lok Park.

Sharing Love

This past Valentine's Day, we organized a "Love Story" sharing session, which received lots of lovely responses from our Residents. Anthony reminded us of the importance of loving yourself. Mr. Ma and Mrs. Ma revealed that in the past 62 years, they have never fought, instead they listen and take God's guidance. Mrs. Zhou recalled the kittens and dogs who accompanied her through many good times when she was young, and Ms. Liang mentioned her broken marriage only made her stronger. We hope that our family atmosphere of Clover Living will make more and more residents willing to share and support each other, just like our slogan, **#Love Living**.





Lifting up Essential Visitation

Effective March, we will be lifting some of the restrictions.

Lifting up:

1. Essential visit restriction will be lifted.
2. A maximum of 4 designated and fully vaccinated visitors are allowed in the resident's room with continuous masking.
3. A maximum of 9 visitors are allowed to meet at the church excluding the resident with an appointment in advance and continuous masking.
4. The mail delivery in mailboxes will resume.

Remaining unchanged:

1. All screening and masking protocols are still in place.
2. 5-days quarantine is still required when residents are away for more than 24 hours including coming back from the hospital and all new residents moving in.

In-Person Worship will Resume on 6/3

We're happy to announce that on March 6 we will resume the in-person Sunday Worship in our Chinese United Church, located in Clover Living, but it's limited to our Residents only. The plan is as follow: the 1st and 3rd Sundays will be hosted by Pastor Zhuo in Mandarin, and the 2nd and 4th Sundays will be hosted by Pastor Lu in Cantonese. Due to language factors, the online Sunday Worship of the South Calgary Chinese Evangelical Free Church will still be on-going in the basement in this transition period.

Stay Healthy with Chinese Medicine Doctor

According to the theory of traditional Chinese medicine, we should follow the natural changes of the seasons to take care of our internal organs. Spring is the first of the four seasons, and spring is particularly important for health preservation, like the foundation of a house. However, spring is also a season of changing weather. It is cold and warm, rainy and windy, so according to the internal organ in the five Zang Organ principles, we should pay great attention to maintain our health and prevent illness. King Wong, a senior Chinese medicine doctor will share his view on how to eat right and stay healthy in our daily life this spring.





HAPPY BIRTHDAY

Eddy, Lap Phan, Eunice, Shu Tong,
Yuk Sin, Michael, Xi Feng, Yuet King

