

CLOVER LIVING

NEWSLETTER

ISSUE 49 • MAY 2022

Stepping into Spring

As the weather in Calgary begins to get warmer, it's time to welcome all those spring flowers and little buds on all our trees. Spring is always a mix of all seasons. Over the past month, we've enjoyed 20 degree days, along with a record snow on the other day. That's what makes springtime in Calgary so unique! Similarly, COVID-19, which some of us thought it will be over soon, also came back with a vengeance and delivered a sixth wave. Clover Living was having the first ever positive case of Covid-19 within our community. We understand this could be a stressful time for our residents, families and friends. Thankfully, with the extra effort from everyone in the Clover Living team, and continuous support from AHS team, we were able to keep everyone safe during the outbreak. Thank you all for your support and patience. Hopefully this virus will be behind us soon, and we all can focus on an enjoyable summer!





EARTH DAY Challenge

Clover Living team (Anthony, May, and a family member from one of our residents) teamed up to participate in a McHugh Bluff 2,500 Stair Climb, followed by an 18km bicycle ride, all in support of Earth Day on April 23, 2022. The organizers, Alberta Wilderness Associations, were impressed that the Clover Living's residents sponsored their staff and family members participating in the challenge, and expressed their sincere gratitude for the \$890 raised. Thanks you Stella, Director of Operations, for preparing water and fruit for the team at the most difficult part of the challenge, which was the stairs besides Crescent Heights Lookout Point! Thank you everyone for participating in this meaning event!



COVID-19

We regret in inform you that we have the very first positive case of COVID-19 at Clover Living on April 17. We immediately isolated symptomatic residents and placed close contact residents in quarantine with the support from AHS. Immediate enhanced cleaning protocol included hourly corridor and public area disinfections, suspended service in our dining room and exercise classes. Thankfully, most of the residents who tested positive had only mild symptoms. Remember to always maintain your personal hygiene habits to prevent future infections. Always wear your masks in public areas and remember to wash your hands frequently. Most importantly to stay in your room if you are unwell.

4TH SHOT

In response to the sixth wave of the pandemic, on April 22nd, Clover Living, in conjunction with 101 Pharmacy have arranged for the 4th COVID-19 booster shot. The whole process went smoothly and efficiently. There are still a small number of residents who have not been able to receive the fourth shot, and they will be scheduled to have the booster shot in 3 months suggested by pharmacist. Thank you all for your cooperation, as we all strive for improved protection against the virus.



New meal schedule

In order to provide ample of time for residents to enjoy breakfast, and thorough cleaning between seating, below is our NEW meal schedule effective May 9 (Monday):

Breakfast:

1st seating: 7:45am - 8:25am

2nd seating: 8:35am - 9:15am

Lunch:

1st seating: 11:30am - 12:10pm

2nd seating: 12:20pm - 1:00pm.

Dinner:

1st seating: 4:45pm - 5:25pm

2nd seating: 5:35pm - 6:15pm



NEW! **Customized Menu**

Besides our regular meals, residents can now enjoy their favorite dishes with our new fee-based Customized Menu service!



Clover Living will order the ingredients for residents if they want to cook their favorite dishes and have fun their friends, with the assistance of our volunteers. Food delivery We can also arrange delivery of these special dishes. Please contact Anthony or May for details.

UPCOMING EVENTS



Mother's Day Performance

Ling, a staff member of Clover Living, has always melted the hearts of our residents with her lovely singing. As Mother's Day is just around the corner, We are happy to have Ling performing for our residents during snack time on May 8th.



Flower Tour

May is the best time to watch the spring flowers emerge in Calgary. Also, don't miss the Reader's Rock Garden, tucked away in the city center. The garden, named after a prominent Calgary Sheriff, earned an official designation as a National Historic Site in 2018. Residents will visit this unique garden and enjoy the beauty of the flowers on May 17th.

