

# NEWSLETTER

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## REMEMBRANCE DAY

November 11th is a very special day, where we all pause and remember that fateful day when the world laid down their weapons and with that, declared World War I officially over. In today's modern world, we remember ALL soldiers and civilians who fought or lost their lives in any of the world's various conflicts. At 11 o'clock on November 11th, everyone is to pay their respects by observing a 2 minute moment of silence, and remember our loved ones lost to war.

During World War I, much of the countryside where the war was fought was blasted and bombed repeatedly. In these bleak and barren lands, nothing could grow, however in striking contrast to this bleakness - the bright red Flanders Poppies flourished in the middle of so much chaos and destruction, growing in the thousands upon thousands. In the Spring of 1915, shortly after losing a friend in Ypres, Belgium a Canadian doctor, Lieutenant Colonel John McCrae was moved by the sight of these poppies, which led to his inspirational and now famous poem, 'In Flanders Fields. Throughout the month of November, as a tribute to our lost soldiers, people wear poppies as a sign of respect.



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Clover Living will hold the following activities to join in the remembrance:

- Kelvin Kwok, who is a celebrated historian will share stories highlighting a number of Chinese Veterans.
- A war-related movie "John Rabe" will be shown on the 11th.
- Clover Living will also organize a field trip to either Fort Calgary, the city's first castle built by the RCMP or to the Calgary Military Museum.

# VOTING PARTICIPATION



We were very honored that Clover Living was chosen to be a mobile polling station for both the Federal and Municipal elections, providing our residents with the convenience of voting from the comfort. With the support of our management and the organization of our residents, a number of the Polling Employees praised Clover Living as one of the best among a number of elderly residences they have visited!

## 2021 CALGARY MUNICIPAL ELECTION RESULTS

- Calgarians voted to keep daylight saving time, therefore please turn your clock "back" by 1 hour on November 7th.
- Over 60% of Calgarians who voted, agreed to add fluoride again to tap water.
- Calgary voted the first female mayor, Her Worship Jyoti Gondek into the office of the Mayor for the City of Calgary.
- Calgarians also voted Mr. Terry Wong as City Councillor for Ward 7 in the City of Calgary.



# FLU SHOT

Last year, the number of influenza infections hit a record low. Experts wish to remind everyone that this historical low figure was due to the strict measures the AHS implemented in response to the COVID-19 outbreak, such as building lockdowns, staying at home, wearing masks, and social distancing. With the gradual relaxation of restrictions, the flu is likely to return to higher numbers, thus Clover Living has taken a proactive approach to fighting the flu, by arranging Flu Shots for all Residents on October 7. We would like to remind ALL family members to get their flu shot as soon as possible, to protect themselves, as well as others.



# HAPPY BIRTHDAY

Mrs. Ma      Mrs. Xu      SUSIE      MARIA      Mrs. Leung  
Mrs. Lam      STELLA      Mr. Mak      AMY      Mr. Lee  
Mrs. Denise      Mrs. Lai      Mrs. Sham      Mrs. Zhou      Mrs. Yung





# FARMERS MARKET FIELD TRIP

The Calgary Farmer's Market is the perfect location for a field trip for our Residents. It's a place where you can take your time, wander the aisles and select some of Calgary's freshest and most vibrant fruits and vegetables. There are unique local vendors and other shops, which offer delicious snacks.

A group of Clover Living Residents visited this farmers market on October 21st and enjoyed the eye-catching pumpkins, some of which were over 100 lbs. Our Residents came home with fresh fruits and vegetables, and some even visited the local artisan clothing stores and made some small purchases. Everyone agreed, the most exciting part was the great food in the Food Hall, including fried fish, sushi, pizza, Chinese dim sum, and some Taiwanese snacks.



## MEET OUR NEW TEAM MEMBER - JOEY



I love being with people. After moving to Canada, I returned to school and recently graduated from the Social Worker program at Mount Royal University. I am excited to be part of the Clover Living community. Much like some of the other staff in Clover Living, I am eager to learn more about the feelings, thoughts and concerns of our Residents and share my passion helping them achieve happiness with the day to day activities, so they can enjoy living in our community.

I believe that being genuine and empathetic are some of the key emotions for success at Clover Living, which I've learned in my previous life in Hong Kong, and I continue with my new life in Calgary. I am married with three teenage children and I strive to achieve a balance between family life, work-life, and my new love of community walks.

## NEW SERVICES

LAMINATED  
VACCINE CARDS:  
\$3/SHEET.

PHOTO PRINT:  
\$1/SHEET  
\$5 FOR 6

\* Please inquire at the front desk.

### COMPANIONSHIP SERVICE

Clover Living is currently offering a fee-based Companionship Service, which involves one of our Team Members accompanying our Residents on Doctor Visits, Shopping Trips, Walks, Exercise routines, Intellectual and Emotional Wellness. Please contact Anthony or Stella for more information.





# SNAPSHOTS

