



CLOVER
LIVING

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Issue 64

September 2023

Newsletter



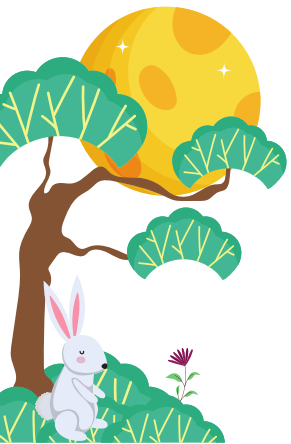
Mid-Autumn Festival

Origin: Its popularity is on par with that of the Chinese New Year. The history of the Mid-Autumn Festival dates back over 3,000 years.

Celebration: Making and sharing mooncakes is one of the hallmark traditions of this festival. Another notable part of the celebration is the carrying of brightly lit lanterns, writing riddles on them, and inviting others to guess the answers.

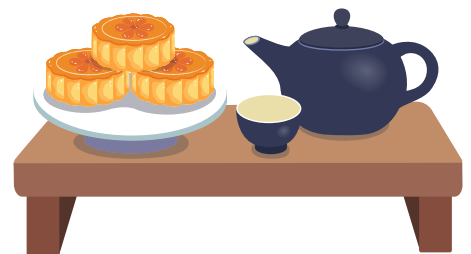
Spotlight

1. Mid-Autumn Festival
2. Fall Foliage Outing
3. Arthritis Month
4. Garbage Disposal
5. Masking Protocol
6. Alzheimer's Walk/Run



Mid-Autumn Events

- **Sept 21** Mid-Autumn Celebration with CCECA
- **Sept 22** GuZheng Performance
- **Sept 29** Special Lunch



Mid-Autumn Festival Fun Facts:

Traditional Food: Mooncake, lotus roots which symbolize peace, and cassia cakes and candy are also enjoyed during the celebration.

Arthritis Awareness Month - September

Arthritis is the swelling and tenderness of one or more joints. The most common types of arthritis are rheumatoid arthritis, Osteoarthritis, Gout, and Ankylosing Spondylitis.

Your Body's Internal Clock Affects Arthritis Symptoms

Get worse in the morning: Rheumatoid Arthritis and Osteoarthritis

Get worse in the evening: Gout and Ankylosing Spondylitis



7 Ways to Live Better with Arthritis

1. Keep moving | 2. Avoid stress | 3. Use your strongest joints and muscles
4. Plan ahead | 5. Use labor-saving items and adaptive aids |
6. Make home modifications | 7. Ask for help



Ice, Al-Muffi, Wood Man,
Shu Qin, Samatha



Mid-Autumn Celebration with CCECA

Date: Sept 21 (Thursday)

Happiness enjoyed alone is not as good as happiness shared. On Sept 21, we will celebrate Mid-Autumn Festival and share happiness with seniors around Chinatown.



GuZheng Performance

Date: Sept 22 (Friday)

GuZheng performance during the Mid-Autumn Festival often embodies themes of nostalgia and togetherness, making it a perfect complement to the festival's overall sentiment.

Don't miss it!

Fall foliage

Date: Sept 26 (Tuesday)

The peak of fall foliage typically occurs in late September when the leaves turn vibrant shades of yellow. Let's witness this wonderful transformation of autumn leaves and the landscape.



Updated Masking Protocol

- **Residents:** Not mandatory but recommend continuing to wear masks.
- **Staff:** Optional but will wear a mask when requested by a resident during close proximity.
- **Visitors:** Not mandatory, but we recommend.
- **Unwell Residents:** required to wear masks and advised to stay in their suites until a rapid test is completed.



Garbage Disposal

It's important to use the designated garbage room on the main floor for suite waste, rather than the public garbage bin on the 3rd floor. The garbage door has been adjusted to provide sufficient time for individuals to access and utilize the designated garbage disposal area. This practice helps maintain cleanliness and organization within the building.



Meal Pick-up Schedule

We've observed the eagerness of some residents to enjoy their meals a little earlier. We want to create an experience that's as smooth and enjoyable as possible for everyone. With that intention in mind, we kindly invite you to join us in embracing the following schedule:

Breakfast: 8:15-8:45am

Lunch: 12:00-12:30pm

Dinner: 5:15-5:45pm



Alzheimer's Walk/Run

Date: Oct 8 Sunday Location: Prince's Island Park

Take strides for dementia in support of Alzheimer Calgary.

All residents and families are warmly welcome.



Praise
Dance

Canmore Trip

Ramsay Outing



Mahjong
Competition

Heritage Lunch

Happy 90th Birthday



Ice Cream Day

Other Activities

