

NEWSLETTER

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The **Mid-Autumn Festival** also known as Moon Festival or Mooncake Festival, is a traditional festival celebrated by many of us.

At Clover Living, we are bringing back the tradition of numerous activities by organizing Mooncake Making with Clara,

Mid-Autumn festival is a collaboration with the Calgary Chinese Elderly Citizens Association and is an afternoon filled with bespoke activities that will bring back many memories of home. Ensure you come and join us with lots of lucky draw to be won.

We want to celebrate this beautiful tradition with all of you and hoping it will bring happiness and awaken wonderful memories.

CLOVER LIVING'S
NEWSLETTER

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INCONTINENCE

by Daily Caring Editorial team

Incontinence is stressful for seniors and caregivers. Studies have shown that about 50% of older adults have some form of incontinence. For many, it can be uncomfortable, messy or embarrassing.

To reduce stress and mess for both seniors and caregivers, we share a few helpful incontinence care tips.

1. Talk with their doctor

Despite popular misconceptions, incontinence isn't a normal part of aging. It's often caused by common and treatable medical conditions.

2. Watch out for certain foods and drinks

Did you know that many common foods and drinks can trigger incontinence?

Many of these triggers and bladder irritants are things that we'd never think of.

- Too little fluids
- Too much fluids
- Coffee, tea and carbonated drinks – with or without caffeine
- Certain acidic fruits, like orange juice or other acidic fruit juices
- Sugar, honey, and artificial sweeteners

To manage your incontinence, you are encouraged to drink an adequate amount of fluids and minimize trigger foods and drinks. Not everyone's bladder will be sensitive to the same trigger foods or drinks.

3. Stick to a bathroom schedule

A regular daily routine is helpful for older adults. It's also a good way to get your bodily functions accustomed to going at certain times. Create a bathroom schedule and use the toilet at regular intervals (even just to "try").

You could start to try and go to the toilet every 1 or 2 hours. Experiment to find which timing works best for your body – and then stick to it. Soon, your body will get used to the schedule, thus reducing the chances of an accident.

4. Waterproof the mattress, sofa, and chairs

Cleaning up is a big issue in incontinence care. Accidents leave a smelly mess on your clothes as well as on furniture. Clothes and bedding can be thrown into the washing machine and to get ahead of the problem and make cleanup easier, waterproof the furniture, which you use the most.

Leaks are common so it typically takes multiple layers to truly protect these surfaces. Try these top tips for waterproofing your bed and pillows. And for couches and easy chairs, spray with a fabric protector and then layer with waterproof sofa covers, seat protectors or extra large absorbent bed pads.

5. Have an incontinence care kit on hand

Incontinence doesn't mean that you can't leave the house, just be prepared. Pack a tote bag with clean-up essentials so you'll always be prepared in case of an accident. Include extra incontinence briefs or pads, personal cleansing wipes, and a change of clothes and socks.

OUR NEW TEAM MEMBERS

We would like to welcome Wendy Wen and Banny Cheng to our Clover Living family.

Wendy joins us as a Housekeeping Aide. She brings a tremendously positive and caring attitude towards her daily work and smiles a lot, even through her mask.

Chef Banny has taken on an important role here. With his 20+ years of professional culinary experience and a person with great passion for food, we trust he will be taking our culinaire to the next level. He will be reviewing our Fall/Winter menu very soon.

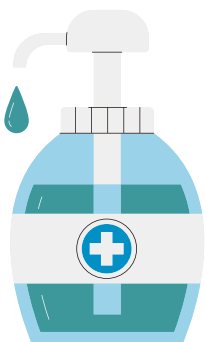


Banny is also an active member at his South Calgary Chinese Evangelical Church.

He has two amazing children and recently was blessed with a beautiful grandchild.

With the fall season coming soon and the Delta variant numbers increasing, kindly ensure you protect yourself and your family. Continue to be vigilant, and think about your family.

**STAY SAFE. KEEP
SANITIZING YOUR HANDS,
AVOID OVERCROWDED
PLACES AND STAY HOME IF
YOU ARE SICK.**



**ENHANCED
SERVICES
TO BE
OFFERED**

STAY TUNED

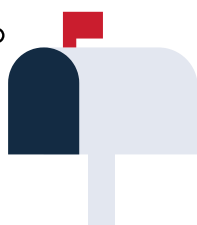
We have noticed that some of our residents are looking for more services than we usually offer. We will be offering additional services in late fall for a minimal fee.

**Personal Fitness + Wellness Program +
Companion Services**

Please chat with Anthony for more details.

Reminders

Pick-up your mail. We have resumed Postal delivery services into Clover Living, therefore please remember to pick-up your mail from your mailboxes.



Change in weather - Dress warmer and wear appropriate clothes as temperatures are lower in mornings and after the sun goes down.

Walk with caution - As darkness descends earlier now, Residents should take extra caution. Driving in the dark can be more hazardous for seniors with weaker eyesight.





HAPPY BIRTHDAY

**Wong , Wood Nam
Wong , Oi Lan
Han, Shuqin**

