






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div><div></div><div>September</div><div>2018</div><div></div><div>SVNH Adult Day Centre at Beulah Gardens 3355 East 5<sup>th</sup> Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413</div></div>							
	<div>Happy Labour Day!  Centre Closed</div>	<div>3 10:45 Exercises 11:30 Thanks to Teachers 12:00 Hockey Back to School Crafts 13:30 Board Decoration Knock Them Down</div>	<div>4 10:45 Exercises 11:30 Bocce Ball 12:00 Special Lunch Chicken Takeout 13:00 High Tech Education Library Corner</div>	<div>5 10:45 Exercises 11:30 Double Channel 12:00 School Now &amp; Then Table Games 13:30 School Reminiscing Bean Bags</div>	<div>6 10:45 Exercises 11:30 Health Talk 12:00 Remember Summer School Crafts 13:30 Garden Walk Balls In Buckets</div>		
	<div>10 10:45 Exercises 11:30 Bowling 12:00 Fall Arts &amp; Crafts Huymn Sing With Simon 13:30 Basketball News &amp; Views</div>	<div>10 10:45 Birthday Party With Saul!! 12:00 Exercises Fitness Club 13:30 Seniors' Council Reminiscing</div>	<div>11 10:45 Exercises 11:30 Summer Sharing 12:00 Tim Hortons Outing Fall Leaves Craft 13:30 Garden Walk Digital Memories</div>	<div>12 10:45 Exercises 11:30 Health Talk News &amp; Views 12:00 Seafood Game Baking Egg Tart 13:30 Bean Bags Hand Exercises</div>	<div>13 10:45 Exercises 11:30 Float the Balloon 12:00 Fall Fashion Outfit Show and Tell 13:30 Seniors' Council Garden Walk</div>		
	<div>17 10:45 Exercises 11:30 Finish the Line 12:00 Apple Pie Baking Decorating for Fall 13:30 Youth Talent Basketball Shooting</div>	<div>18 10:45 Exercises 11:30 Bean Bags 12:00 Dim Sum Outing About Fall Leaves 13:30 Digital Memories Check Out Books</div>	<div>19 10:45 Exercises 11:30 Health Talk Words In Word 12:00 Bingo Trip to Disneyland 13:30 Bowling Hand Exercises</div>	<div>20 10:45 Exercises 11:30 Chinese Opera with Debbie 12:30 Let's Sing-A-Long! 13:30 Fall Decorations Check In Books</div>	<div>21 10:45 Exercises 11:30 Bowling 12:00 Step Out Flower Bingo 13:30 Music Moments Hand Exercises</div>		
	<div>24 10:45 Moon Festival Celebration!! 12:00 Exercises Fitness Club 13:30 Golf Reminiscing</div>	<div>25 10:45 Exercises 11:30 Name Ten 12:00 Movie Day Popcorn Snack Time 13:30 Bottle Toss Hand Exercises</div>	<div>26 10:45 Exercises 11:30 Balls In Buckets 12:00 Early Lunch Buffet 13:00 Concert In Care Have a Geat Time!!</div>	<div>27 10:45 Exercises 11:30 Words In Word 12:00 Wonton Making Mah Jong 13:30 Bottle Toss Arts &amp; Crafts</div>	<div>28 10:45 Exercises 11:30 Balls in Buckets 12:00 Shakespeare Day Hockey 13:30 Puzzle Games Basketball</div>		
	<div></div>						



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	<p>勞工日快樂!</p> <p>中心休息</p>	<p>10:45 早操 11:30 謝師感言 12:00 曲棍球 回校手工藝 13:30 牆報裝飾 擊倒罐頭遊戲</p>	<p>10:45 早操 11:30 地毯滾球 12:00 特別午餐 雞餐外賣 13:00 新科技分享 圖書館一角</p>	<p>10:45 早操 11:30 雙聲道 12:00 校園今昔對比 圍桌遊戲 13:30 校園回顧 套水瓶</p>	<p>10:45 早操 11:30 健康講座 12:00 夏日回憶 校園手工藝 13:30 花園漫步 請它入甕</p>	
	<p>10:45 早操 11:30 保齡球 12:00 秋季手工藝 何生與你詩歌分享 13:30 籃球競投 時事新聞</p>	<p>10:45 九月生日會 大家齊起舞!! 12:00 早操 健身俱樂部 13:30 會員大會 歲月足跡</p>	<p>10:45 早操 11:30 夏日分享 12:00 添哥快餐店 秋季手工藝 13:30 花園漫步 電子相冊</p>	<p>10:45 早操 11:30 健康講座 12:00 魚蝦蟹遊戲 蛋撻製作 13:30 保齡球 手部運動</p>	<p>10:45 早操 11:30 氣球戰 12:00 秋季時尚 外套展示和談談它 13:30 會員大會 花園漫步</p>	
	<p>10:45 早操 11:30 益智遊戲 12:00 烘烤蘋果批 秋日裝飾 13:30 少年才藝展 籃球競投</p>	<p>10:45 早操 11:30 豆袋遊戲 12:00 點心外遊 秋葉收藏 13:30 電子相冊 書本點算</p>	<p>10:45 早操 11:30 健康講座 12:00 寶高 迪士尼之旅 13:30 保齡球 手部運動</p>	<p>10:45 早操 11:30 Debbie 粵劇專輯 12:30 與你齊高歌 13:30 秋日裝飾 書本驗收</p>	<p>10:45 早操 11:30 保齡球 12:00 大巴外遊 花賓高 13:30 音樂欣賞 手部運動</p>	
	<p>10:45 與蘇歌共慶祝 中秋節!! 12:00 早操 健身俱樂部 13:30 高爾夫 歲月足跡</p>	<p>10:45 早操 11:30 十項提名 12:00 電影日 小食分享 13:30 套水瓶 手部運動</p>	<p>10:45 早操 11:30 請它入甕 12:00 提早午餐 13:00 關愛音樂會 請你欣賞!!</p>	<p>10:45 早操 11:30 字中字 12:00 包餛飩 麻將 13:30 豆袋遊戲 秋季手工藝</p>	<p>10:45 早操 11:30 請它入甕 12:00 莎士比亞日 曲棍球 13:30 拼圖遊戲 籃球競投</p>	
						



## WELCOME

We would like to welcome the new members to our Centre. We hope you will joy your time here and we look forward to getting to know you: **Grace Tan, Edward Eng, Kit Ying Lai, Yem-Won Chan, lu Koi Cheung, Hao Truong, and Wai Yin Mah.**

### Special Events:

Sept 3	Happy Labour Day – Closed
Sept 5	Special Lunch Chicken Takeout
Sept 11	Birthday Party
Sept 12	Tim Hortons Outing
Sept 18	Dim Sum Outing
Sept 20	Chinese Opera with Debbie
Sept 24	Moon Festival Celebration
Sept 26	Concert in Care



## 歡迎

以最熱誠的祝愿，歡迎你們成為我們中心的新會員並常來參與中心的活動。

**Grace Tan, Eng 先生, Lai 女士, Chan 女士, Cheung 先生, Truong 女士, Mah 先生**

### 特別節目:

九月三日	勞工日快樂 中心休息
九月五日	特別午餐雞餐外賣
九月十一日	九月生日會
九月十二日	添哥快餐店
九月十八日	點心外遊
九月二十日	Debbie 粵劇專輯
九月二十四日	與蘇歌共慶祝中秋節
九月二十六日	關愛音樂會



## Adult Day Program at Beulah Gardens

## 寶蘭花園歡迎您

September 2018

2018 年 9 月



### September Celebrants

Sharon Leong  
Pui Jun Lee  
Marion Williams

Suet Mui Tong  
Len Ching Ng  
Hao Truong



**SOUTH VANCOUVER NEIGHBOURHOOD HOUSE**

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## Bed Bugs

### What is a bed bug?

Bed bugs are small, reddish-brown insects with flat, oval bodies. They are usually 5 to 7 millimetres long (3/8 of an inch). They cannot fly, but can travel quickly. Bed bugs feed on the blood of humans and animals. Unlike some parasites, such as fleas or lice, bed bugs do not live on their hosts, but only visit them to feed. They are most active at night and usually feed weekly. Most live for 4 to 6 months, but some may live up to a year with no food. A bed bug bite usually causes a red bump or flat welt that may be itchy. Bed bugs tend to bite exposed parts of the body (not covered by clothes) such as the face, neck, arms and hands. Several bites may occur close together on the body because bed bugs usually feed more than once. The bites take 1 to 2 weeks to go away. Bed bugs prefer to hide close to their hosts, which is why their first choice is beds. They can be found in homes, hotels, student residences and shelters. Bed bugs can hitch a ride on such things as clothing, backpacks, luggage and even books.

### How do I know I have bed bugs?

Bite marks on your body, especially around your face, neck, arms and hands, are a sign of bed bugs. To know for sure that you have bed bugs look for the following signs:

- Dark spotting and staining on your sheets, pillow, mattress, bed frame, carpets, clothing and other items that come in close contact with your body. The staining is from their feces and blood from crushed insects.
- Molted (old) skins and eggshells where bed bugs hide.
- In severe cases, you may notice an offensive, sweet, musty odour from their scent glands.

**You should inspect the following areas for bed bugs:**

- All furniture, especially bedroom furniture, including mattresses and box springs. If you sleep on your couch, make sure you check it.
- In, under, and behind furniture such as chairs, couches and dressers. You may have to take the furniture apart for a closer look, and remove the covers on chairs and couches.
- Under lamps and other items on nightstands.
- Cracks and crevices along baseboards and walls.
- Torn or loose wallpaper, decorative borders, and behind paintings and pictures.

### How do I prevent bed bugs?

To stop bed bugs from entering your home:

- Do not bring infested items into your home. Thoroughly inspect your clothing, backpacks and luggage. When travelling, check the place you are staying in for signs of bed bugs. Store your luggage off the floor and away from the bed, such as on a luggage stand.
- Clean your home regularly. This includes vacuuming your mattress and cleaning up clutter to reduce the number of places bed bugs can hide.
- If you buy furniture and bedding from second-hand stores or garage sales, check them for bed bugs. Do not rely on the word of the store owner or seller, who may not be up to date on bed bugs.
- Avoid picking up furniture left on the roadside.
- Install or repair screens to stop birds, bats or rodents from entering your home and becoming hosts for bed bugs.

**Nonchemical ways to treat bed bugs**

- Vacuum all places that might harbour bed bugs, including the mattress, box spring and bed. Empty the vacuum cleaner into a sealed plastic bag. Throw it out immediately in a tightly closed garbage can.
- Use a scrub brush to remove bed bugs and eggs from the mattress seams. Wash nozzles and brushes in hot water with detergent.
- Wash bedding, clothing and backpacks in hot water and laundry detergent and/or dry your clean clothes, stuffed animals and small nonwashable items in a clothes dryer for at least 30 minutes at a hot temperature setting.
- Items that cannot be washed with hot water or put in the dryer can be steam cleaned. Steam will only kill the bed bugs it touches, so move the steam cleaner slowly to get the steam as deep as possible.
- Dry steam or low-vapour steamers are best because they leave behind less moisture, which reduces the risk of mould.
- Once you feel you have gotten rid of the bed bugs, put mattresses and pillows in encasing covers made to prevent any remaining bed bugs from escaping. If there is a small opening at the zipper end, seal it with strong tape (e.g., duct tape). Keep in mind that bed bugs can live up to a year in your bed, so avoid removing these covers.
- You may also wish to coat bed legs with petroleum jelly to prevent bed bugs from climbing up onto the bed.

**Chemical ways to treat bed bugs**

- You can buy spray, liquid and dust products at retail stores. Make sure they are registered specifically for bed bugs and follow the directions carefully.
- Qualified pesticide professionals should be consulted for applying chemical treatments.

## 床蟲

### 床蟲是甚麼？

床蟲是一種紅棕色的細小昆蟲，身體扁平，呈橢圓形。其體長一般為 5-7 毫米（3 / 8 英寸）。它們不會飛，但可以迅速移動。床蟲若蟲（幼蟲）體長約為 1-4 毫米，呈黃白色。床蟲靠吸食人類和動物的血液為生。與跳蚤或蝨子一類的寄生蟲不同，床蟲並不會寄生在宿主身上，它們僅在需要進食時才會接近宿主。它們主要在夜間活動，通常每周進食一次。大多數床蟲可以存活 4-6 個月，但有些床蟲可以在沒有食物的情況下存活長達一年。雌性床蟲一生可產下 500 個卵。床蟲叮咬通常會造成皮膚出現紅色的小包或平坦的紅腫，並可能會發癢。床蟲往往會叮咬暴露在外（沒有衣服覆蓋）的身體部位，例如面部、頸部、雙臂和雙手。身上可能會出現數個臨近的叮咬痕跡，因為床蟲會進食通常不止一次。這些叮痕會在 1-2 周內消失。床蟲喜歡藏在靠近宿主的地方，因此，它們的第一選擇就是床。在家中、酒店、學生宿舍和收容中心都可以發現床蟲的蹤影。床蟲可以通過附著在衣物、背包、行李甚至書本上進行傳播。

### 我如何知道住處有床蟲？

身上，尤其是面部、頸部、雙臂和雙手的叮咬痕跡，是床蟲的徵兆。尋找以下跡象以確認住處是否有床蟲：

- 床單、枕頭、床墊、床架、地毯、衣物和其他貼身物品上的深色小點或污跡。這些污跡來自床蟲的糞便以及它們被碾壓後留下的血跡。
- 藏匿著床蟲的蛻皮（舊皮）和卵殼。
- 在嚴重的情況下，您可能會注意到從它們的氣味腺中散發出的令人討厭的芳香和發霉的氣味。

**您應該檢查以下區域：**

- 所有家具，尤其是臥室家具，包括床墊和彈簧床座。如果您睡在沙發上，則也需檢查沙發。
- 家具（例如椅子、沙發和梳妝臺）的內部、下面、後面都需檢查。您可能需要拆卸家具，以進行仔細的檢查，並拆下椅子和沙發的外罩。
- 臺燈下面和床頭櫃上的其他物品。
- 地腳綫和牆上的裂縫和縫隙。如需查找有關更多話題的 HealthLinkBC 文檔，請瀏覽 [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) 網頁，或訪問您當地的公共衛生單位。如需在卑詩省內獲取非緊急健康資訊和建議，請訪問 [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)，或致電 8-1-1（免費電話）。失聰和弱聽人士如需協助，請致電 7-1-1。若您需要，我們亦可提供 130 多種語言的翻譯服務。
- 撕裂或鬆動的牆紙、裝飾性花邊，以及繪畫和照片的背面。

**我該如何預防床蟲？**為了防止床蟲進入您家：

- 不要將帶有床蟲的物品帶入家中。仔細檢查您的衣物、背包和行李。外出旅行時，檢查您的住處是否有床蟲的痕跡。將您的行李存放在遠離床鋪、離開地面的地方，例如行李架上。
- 定期打掃房間。這包括用吸塵器清潔床墊和清掃整理雜物，以減少床蟲可以藏匿的地點。
- 如果您購買的家具或寢具來自二手商店或舊貨甩賣，您需要檢查它們是否攜帶床蟲。不要祇聽店主或賣家的說辭，他們可能也不清楚床蟲的狀況。
- 不要撿取扔在路邊的家具。
- 安裝或修復紗窗，以阻止鳥類、蝙蝠或嚙齒動物進入您家，它們有可能成為床蟲的宿主。

**處理床蟲的非化學方法**

- 用吸塵器清理所有可能藏匿床蟲的地方，包括床墊、彈簧床座和床。將吸塵器內的穢物清空，放入密封的塑膠袋內。立即將其扔進緊閉的垃圾桶內。
- 用毛刷將床蟲和蟲卵從床墊縫隙中清除。用熱水和洗滌劑清洗管嘴和刷子。
- 用熱水和洗衣劑清洗床上用品、衣物和背包，並/或用烘乾機高溫檔烘烤您的乾淨衣物、填充玩具和不可洗的細小物品至少 30 分鐘。
- 不可用熱水清洗或不可放入烘乾機的物品可以用蒸汽清潔。蒸汽祇能殺死接觸到的床蟲，因此，緩慢地移動蒸汽清潔工具，使蒸汽盡可能深入。
- 干蒸汽或低水汽蒸汽機是最佳選擇，因為它們不會造成物體過分潮濕，這樣可以降低發霉的風險。
- 當您認為床蟲已經被清除時，將床墊和枕頭放入封口外罩中，以防止任何殘留的床蟲逃出。如果封口拉鏈末端有細小開口，用強力膠帶（如管道膠帶）將其封住。請記住，床蟲可在您的床上存活長達一年，所以請不要取下這些外罩。
- 您可能還需要在床腳上塗一層凡士林，防止床蟲爬到床上。

**處理床蟲的化學方法**

- 您可以在商店購買噴霧、液體或粉塵滅蟲產品。確保它們是專門註冊用於處理床蟲的產品，並按照說明小心操作。
- 加拿大衛生部對境內的殺蟲劑實行管控。請確保產品標籤上標有害蟲控制產品（PCP）註冊號。
- 在使用化學處理方法前應先諮詢合格的滅蟲專家。

<https://www.healthlinkbc.ca/healthlinkbc-files/bed-bugs>