

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>S.V.A.D.C.</b> <b>3076 East 49th Ave.</b> <b>Vancouver, BC</b> <b>V5S 1K9</b> <b>Phone: 604 430 6373</b>			<b>1</b> Morning Projects 10:45 Exercises 11:30 December Trivia 1pm Black Jack Bulletin Board Art Bake Peanut Butter Bars	<b>2</b> 
<b>3</b> 	<b>4</b> Morning Projects 10:45 Exercises 11:30 Fun Riddles Health Talk (Chinese) 1pm Holly Bingo Crafts: Advent Wreaths	<b>5</b> Morning Projects 10:45 Exercises 11:30 Hot Topics 1 pm Craft: Snow Flakes Mah Jong / Tin Gau Bake Gingerbread Cookies	<b>6</b> Morning Projects 10:45 Exercises 11:30 <b>Fire Drill</b> 1 pm <b>Birthday Party</b> <i>Entertainer</i> <i>Dancing &amp; Cake</i> 	<b>7</b> Morning Projects 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm Musical Memories Crafts: Pomanders	<b>8</b> Morning Projects 10:45 Exercises 11:30 Tree Trivia 1pm Deck the Halls Christmas Tree Hunt Hot Spiced Apple Drink	<b>9</b> 
<b>10</b> <i>'Ensemble Made in Canada'</i> 	<b>11</b> Morning Projects 10:45 Exercises 11:30 Share your Jokes 1pm Table Games Crafts; Christmas Cards Bake Shortbread Cookies	<b>12</b> Morning Projects 10:45 Exercises 11:30 Carol Trivia 1pm <b>Artsway Concert</b> <i>Ensemble Made in Canada</i>	<b>13</b> Morning Projects 10:45 Exercises 11:30 Hangman 1 pm Musical Memories Crafts: Wrapping Paper Make Chocolate Rum Balls	<b>14</b> Morning Projects 10:45 Exercises 11:30 St. Nick Trivia 1pm Santa Bingo Festive Songs Make Hot Chocolate	<b>15</b> Morning Projects 10:45 Holiday Songs <i>Christmas Lunch</i> <i>Visit from Santa</i> <i>Photos with Santa</i>	<b>16</b> 
<b>17</b> 	<b>18</b> Morning Projects 10:45 Exercises 11:30 Christmas Trivia 1pm Make Eggnog Christmas Carols Crafts: Felt Poinsettia	<b>19</b> Morning Projects 10:45 Exercises 11:30 Holiday Crossword 1pm Yuletide Songs Art: Stained Glass Window Bake Peppermint Meringues	<b>20</b> Morning Projects 10:45 Exercises 11:30 Just for a Laugh 1pm Table Games Sing Along with Saul Mah Jong / Tin Gau	<b>21</b> Morning Projects 10:45 Exercises 11:30 Winter Quiz 1 pm Bake Sugar Cookies Crafts: Card Hangers Movie: Polar Express	<b>22</b> Morning Projects 10:45 Exercises 11:30 Festive Brunch 1 pm Holiday Cheer 	<b>23</b> 
<b>24</b> 	<b>25</b> The A.D.C. is <b>CLOSED</b> today 	<b>26</b> The A.D.C. is <b>CLOSED</b> today <i>Boxing Day</i> 	<b>27</b> The A.D.C. is <b>CLOSED</b> today <i>Happy Holidays</i>	<b>28</b> The A.D.C. is <b>CLOSED</b> today <i>Happy Holidays</i>	<b>29</b> The A.D.C. is <b>CLOSED</b> today <i>Happy Holidays</i>	<b>30</b> 
<b>31</b> 						

<p>星期天</p>	 <p><b>S.V.A.D.C.</b> 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373</p>			<p><b>1</b> 上午茶点及小手工 10:45 早操 11:30 十二月琐事 1pm 啤牌21 點, 飾布告板 做巧克力花生醬糖果</p>	<p><b>2</b></p> 
<p><b>3</b></p> 	<p><b>4</b> 上午茶点及小手工 10:45 早操 11:30 音乐记忆 健康讲座(廣東話) 1pm 宾果, 工艺: 花圈</p>	<p><b>5</b> 上午茶点及小手工 10:45 早操 11:30 热点 1 pm 工艺: 雪花 麻雀 / 天九, 烤姜饼人</p>	<p><b>6</b> 上午茶点及小手工 10:45 早操 11:30 <b>火警演習</b> 1 pm <b>十二月份生日會</b> <b>音樂, 跳舞, 蛋糕分享</b></p> 	<p><b>7</b> 上午茶点及小手工 10:45 早操 11:30 填字游戏 健康讲座(英语语言) 1pm 音乐记忆, 工艺: 香盒</p>	<p><b>8</b> 上午茶点及小手工 10:45 早操 11:30 冷知识 1pm 装饰大厅 为圣诞树购物, 烧煮: 苹果酒</p> 
<p><b>10</b> 'Ensemble Made in Canada'</p> 	<p><b>11</b> 上午茶点及小手工 10:45 早操 11:30 逗哈哈 1pm 桌面游戏 工艺: 圣诞贺卡, 烤脆饼干</p>	<p><b>12</b> 上午茶点及小手工 10:45 早操 11:30 圣诞歌曲的历史 1pm <b>藝途 音樂會</b> <b>Ensemble Made in Canada</b></p>	<p><b>13</b> 上午茶点及小手工 10:45 早操 11:30 串字遊戲 1 pm 音乐记忆, 工艺: 包装纸 做朗姆酒球</p>	<p><b>14</b> 上午茶点及小手工 10:45 早操 11:30 小节 1pm 宾果, 唱圣诞歌曲, 使热可可</p>	<p><b>15</b> 上午茶点及小手工 10:45 颂歌 <b>聖誕大餐</b> <b>聖誕老人到訪中心</b> <b>照相</b></p> 
<p><b>17</b></p> 	<p><b>18</b> 上午茶点及小手工 10:45 早操 11:30 圣诞节琐事 1pm 烧煮: 蛋酒 颂歌, 工艺: 聖誕花</p>	<p><b>19</b> 上午茶点及小手工 10:45 早操 11:30 纵横字谜 1pm 唱圣诞歌曲 工艺: 彩色玻璃, 烘焙蛋白甜饼</p>	<p><b>20</b> 上午茶点及小手工 10:45 早操 11:30 新聞時事 1pm 桌面游戏 一起唱 Saul Berson, 麻雀/ 天九</p>	<p><b>21</b> 上午茶点及小手工 10:45 早操 11:30 冬季测验 1 pm 烘焙: 糖曲奇饼 工艺: 衣架, 电影: 极地快车</p> 	<p><b>22</b> 上午茶点及小手工 10:45 早操 11:30 早午餐 1 pm 节日聚会</p> 
<p><b>24</b></p>  <p><b>31</b> HAPPY NEW YEAR 2018</p> 	<p><b>25</b></p> <p>中心休息</p> <p>Merry Christmas</p> 	<p><b>26</b></p> <p>中心休息</p> <p>Boxing Day</p> 	<p><b>27</b></p> <p>中心休息</p> <p>Happy Holidays</p>	<p><b>28</b></p> <p>中心休息</p> <p>Happy Holidays</p>	<p><b>29</b></p> <p>中心休息</p> <p>Happy Holidays</p> 

## Welcome!

We warmly welcome to our centre:

### Program Highlights

- Dec. 4<sup>th</sup> Health Talk (Chinese)
- Dec. 6<sup>th</sup> Birthday Party
- Dec. 7<sup>th</sup> Health Talk (English)
- Dec. 12<sup>th</sup> ArtsWay Concert  
*Ensemble Made in Canada*
- Dec. 15<sup>th</sup> Christmas Lunch
- Dec: 20<sup>th</sup> Sing Along with Saul Berson
- Dec. 22<sup>nd</sup> Festive Brunch
- Dec. 25<sup>th</sup> The ADP is **Closed**
- Dec. 26<sup>th</sup> The ADP is **Closed**
- Dec. 27<sup>th</sup> The ADP is **Closed**
- Dec. 28<sup>th</sup> The ADP is **Closed**
- Dec. 29<sup>th</sup> The ADP is **Closed**
- Dec. 30<sup>th</sup> The ADP is **Closed**

### December Birthdays

We wish our following friends a very Happy Birthday!

- |                   |           |
|-------------------|-----------|
| Mrs. Yuk Yoon Teo | Dec. 1st  |
| Mrs. Mary Chou    | Dec. 1st  |
| Miss Xiao Zhen Xu | Dec. 3rd  |
| Mrs. Hang Chau    | Dec. 9th  |
| Mr. Eddie Lum     | Dec. 10th |
| Mr. Ken Kung      | Dec. 13th |



## 歡迎

我們溫暖地歡迎您到我們的中心:

### 節目聚焦

- 十二月四日: 健康講座(廣東話)
- 十二月六日: 十二月份生日會
- 十二月七日: 健康講座(英語語言)
- 十二月十二日: 藝途 音樂會:
- 十二月十五日: 聖誕大餐
- 十二月二十日: 一起唱 **Saul Berson**
- 十二月二十二日: 早午餐
- 十二月二十五日: **中心休息**
- 十二月二十六日: **中心休息**
- 十二月二十七日: **中心休息**
- 十二月二十八日: **中心休息**
- 十二月二十五日: **中心休息**

### 十二月生日 會員

生日快樂對我們的朋友

- |                   |        |
|-------------------|--------|
| Mrs. Yuk Yoon Teo | 十二月一日  |
| Mrs. Mary Chou    | 十二月一日  |
| Miss Xiao Zhen Xu | 十二月三日  |
| Mrs. Hang Chau    | 十二月五日  |
| Mr. Eddie Lum     | 十二月十日  |
| Mr. Ken Kung      | 十二月十三日 |



## South Vancouver Adult Day Program

南溫哥華成天中心

## December 2017 Newsletter

2017 年12月 月報



Season's Greetings

3076 East 49th Avenue  
Vancouver, BC V5S 1K9  
604 430 6373

**What is Macular Degeneration?** Macular degeneration is an eye disorder that damages the macula—the area of your eye that allows you to see fine detail which is important for activities like reading, driving and recognizing faces. It is also called age-related macular degeneration (AMD), as it tends to affect older adults. Macular degeneration is the leading cause of vision loss and blindness in Americans age 65 and older.

There are **two forms** of macular degeneration: **1. Dry macular degeneration** is the most common form and is characterized by the formation of small yellow deposits (called drusen) that form under the macula. When these yellow deposits increase, central vision or the ability to see fine details gradually worsens over time. **2. Wet macular degeneration:** Abnormal growth of blood vessels leaks blood and fluid below the macula which eventually causes permanent damage to the central vision. Without proper treatment, this leads to vision loss very quickly.

**Risk Factors for Macular Degeneration:** Family history; Aging; Obesity & inactivity; High fat intake; High blood pressure; Smoking.

**Signs and Symptoms of Macular Degeneration:** **Dry macular degeneration** usually develops gradually and painlessly and may have the following signs and symptoms:

**1.** Blurred vision (most common); **2.** The need for more light when performing close work or reading; **3.** Difficulty recognizing faces. In contrast, **wet macular degeneration** develops rapidly and may have the following signs & symptoms: Straight lines that appear wavy; Decreased central vision; Decreased intensity of colours; Blind spot in your vision.

**See your health care provider immediately if you develop any of the above symptoms.**

**Treatment of Macular Degeneration**

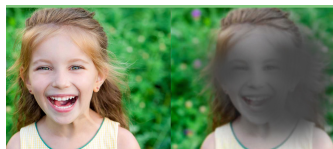
There is currently no treatment for dry macular degeneration, but nutrition is often used to slow the progression of the disease. A combination of vitamins C, E, zinc, copper, and antioxidants (lutein, zeaxanthin) may be helpful. Individuals with the disease should change their diets by lowering fat intake, increasing fruit and vegetable intake, and also increase their physical activity.

The following treatments are available for wet macular degeneration: **1. Laser surgery:** A laser beam is used to destroy abnormal, leaky blood vessels. **2. Photodynamic therapy:** A drug is injected into your body, and then activated by a cold laser beam directed into the eye to release substances that destroy leaky vessels. This method improves your chances of preserving your vision and may slow down vision loss. **3. Special medications** that stop abnormal blood vessel growth in the eye e.g. anti-VEGF antibodies. There are hundreds of research projects on the treatment of Macular Degeneration. It is hopeful that newer treatments will be available soon.

**Prevention of Macular Degeneration:** **1.** Eat a balanced diet, especially foods that contain antioxidants such as colourful fruits and vegetables, nuts and seeds, fatty fish; **2.** Make lifestyle changes - stop smoking, lower fat intake, and increase physical activity; **3.** Manage other underlying diseases, such as obesity, heart disease, and high blood pressure; **4.** Get regular eye examinations, especially when you are over 60. Early detection is the key to preventing severe vision loss.

**Living with Macular Degeneration** If you are diagnosed with macular degeneration, simple lifestyle changes can help you cope with the disease: **1.** Check with your doctor to make sure that it is safe for you to drive. Avoid driving at night, or during times of bad weather, or heavy traffic. **2.** Don't isolate yourself. Travel with others and talk to friends and family so they can help you with your daily chores or errands. Invest in a good pair of magnifying glasses to help you see better. **3.** Tablet computers such as iPad can be helpful as well.

[http://www.cchrchealth.org/sites/default/files/files/e\\_macular\\_deg.pdf](http://www.cchrchealth.org/sites/default/files/files/e_macular_deg.pdf)



Normal Vision      Wet Macular Degeneration

**甚麼是黄斑部退化症?** 黄斑部退化症是一种损害您视觉神经黄斑部的眼科疾病。黄斑部是视网膜中最为敏感的部分, 因为此部分高度集中最敏感的视觉细胞。由此, 如果黄斑部生病, 视网膜就会严重受损。黄斑部主理中央视觉, 而中央视觉对阅读, 驾驶, 分辨颜色, 看时间, 辨认模样等非常重要。

黄斑部退化症主要是由于年龄老化引起, 所以得此症的往往是老年人。因此亦称为老年性黄斑部退化症。在美国, 黄斑部退化症是年龄在 65 岁或以上的人士, 视力减退和失明的主要原因。

老年性黄斑退化症有以下两种类型: **1. 乾性黄斑部退化** 乾性黄斑部退化最为常见。其患病特点是在黄斑部下方形成黄斑点(称为玻璃膜疣)。如果这些斑点继续增加, 中央视野及能够看到精緻东西的能力便会逐渐减退。 **2. 湿性黄斑部退化** 不正常的血管增生, 造成血液和液体渗漏入黄斑部, 最后导致中央视力的永久性损坏。如果得不到适当的治疗, 丧失视力的速度便会非常快。

**患黄斑部退化症的风险因素:** • 家族史 • 年龄老化 • 肥胖及缺乏运动 • 高脂肪的摄入量 • 高血压 • 吸烟

**黄斑部退化症的症状** 乾性黄斑部退化通常是无痛及逐渐形成的, 也可能有以下症状: • 视力模糊不清(最常见) • 近距离工作或阅读时, 需要更强的光线 • 难以识别面孔

与此相反, 湿性黄斑部退化的症状发展迅速, 并可能有以下的症状: • 视觉歪曲, 直线出现波浪状 • 中央视力下降 • 对颜色的敏感度减弱 • 视野出现盲点

**如果您发现有任何上述症状, 请马上看医生。**

**黄斑部退化症的诊断** • 眼科检查 - 医生会检查您的视力, 例如, 玻璃膜疣的发展状况。 • 荧光血管造影 - 检查您的眼睛看看是否有任何血管的生长异常情况。 • 光学断层扫描 (OCT) - 用来研究不同的视网膜层的一种激光扫描。

**黄斑部退化症的治疗** 目前我们尚没有找到抑制乾性黄斑部退化症的治疗方法, 只能使用营养素来减慢其发展进度。通常使用维他命 C, E, 或锌, 铜, 及抗氧化剂的组合。这样或许对治疗会有帮助。患者应该改变他们的饮食习惯, 降低脂肪的摄入量, 多吃水果和蔬菜, 并增加运动。

治疗湿性黄斑部退化症的方法有以下几种: • 激光手术: 使用激光束除去异常生长及渗漏的血管。 • 光动力疗法: 将一种药物注入你的身体, 然后通过直接射入眼内的冷激光, 将药物激活, 释放出物质来破坏渗漏的血管。通过此方法来保留您的视力, 并且会减慢失去视力的进度。 • 使用特殊药物来阻止眼睛内不正常的血管生长, 例如: 抗 VEGF 抗体。

针对治疗黄斑部病变, 有无数研究性的项目。我们期待不久之将来, 会有新的, 有成效的治疗方法面世。

**黄斑部退化症的预防** • 均衡饮食 - 特别是多摄取含有抗氧化成分的食物。选择各种颜色的水果和蔬菜, 果仁和种子, 或富含脂肪的鱼类。 • 改变生活方式 - 戒烟, 减少摄入脂肪, 多做运动。 • 控制好其他身体疾病 - 如肥胖症, 心脏疾病或高血压等。 • 定期检查眼睛 - 尤其是 60 岁以后。早期发现, 是防止严重视力丧失的关键。

**患了黄斑部退化症后, 如何自理生活** 如果你被诊断出患有黄斑部退化症, 简单的生活方式改变可以帮助您应付疾病。 • 为确保您的安全起见, 向医生查询您是否仍可以驾车。避免在夜间, 恶劣天气或交通繁忙时驾车。 • 不要独自一人。外出时最好与他人一起, 并请家人朋友为您代劳日常事务。 • 购买一副较好质量的放大镜, 使您看得更清楚。 • 使用平板电脑, 如 iPad 等可以有所帮助。

