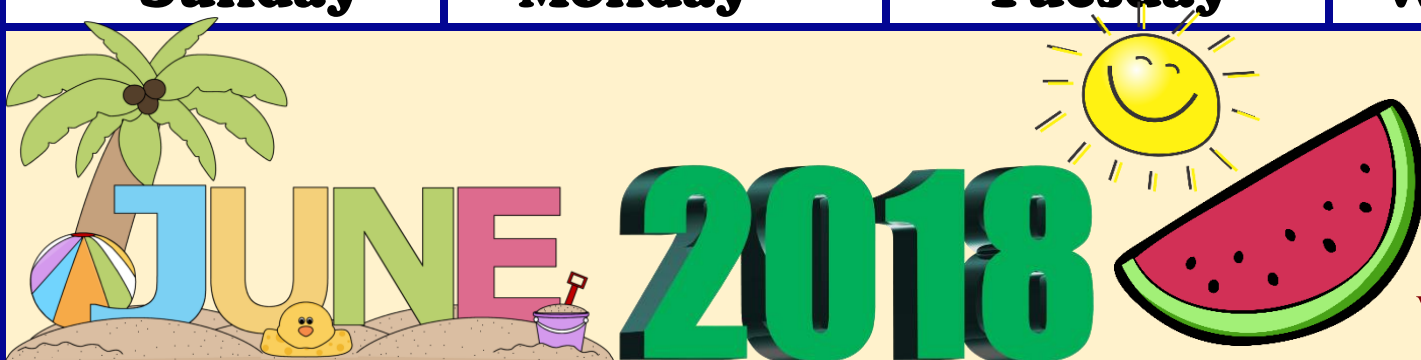





















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <div> SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit Our ADC Blog at svnhadc.blogspot.com </div>						
	10:45 Exercises 11:30 Environment Day 12:00 Mah Jong Summer Bingo 13:30 Bean Bags Library Corner	10:45 Exercises 11:30 Words In Word 12:00 Beulah Band Summer Crafts 13:30 Bocce Ball Puzzle Games	10:45 Exercises 11:30 Special Talk Be Air Aware 12:30 Questions With You 13:30 Knock Them Down Summer Walk	10:45 Birthday Party With Saul 11:45 Exercises Fitness Club 13:30 News & Views Garden Walk	10:45 Exercises 11:30 Active Games 12:00 Local Parks Visit Picnic with Friends 13:30 Music Moments Hand Exercises	
	10:45 Exercises 11:30 Words In Word 12:00 Healthy Snacks Hockey 13:30 Summer Walk Funny Babies	10:45 Exercises 11:30 Chinese Idiom 12:00 Hymn Sing With Simon Father's Day Crafts 13:30 Balls In Buckets Nail Salon	10:45 Exercises 11:30 About Father's Day 12:00 Antique Car Show Summer Bingo 13:30 Bowling Library Corner	10:45 Exercises 11:30 Father's Day Quiz 12:00 Bake For Fathers Father's Day Crafts 13:30 Balloon Fight Puzzle Games	10:45 Celebration of Father's day 12:00 Exercises Fitness Club 13:30 Happy Hour Father's Wishes	
	10:45 Exercises 11:30 Bean Bags 12:00 Halo-Halo Making Fun Trip To Philippines 13:30 Seniors Council Today's Highlight	10:45 Exercises 11:30 News & Views 12:00 Beulah Band Canada Day Crafts 13:30 Phillippine Music Summer Walk	10:45 Special Breakfast 11:30 Step Out Rocky Point Park	10:45 Exercises 11:30 Basketball 12:00 Philippines Album Summer Dine Out 13:30 Golf Musical Moments	10:45 Exercises 11:30 Words In Word 12:00 Pinata Day Canada Day Crafts 13:30 Digital Memories Summer Walk	
	10:45 Exercises 11:30 Active Game 12:00 Early Lunch Buffet 13:00 Concerts In Care Enjoy Your Moments!!	10:45 Exercises 11:30 Canada Day Quiz 12:00 If You're the Judge Beauty of Canada 13:30 Bowling Garden Walk	27 Staff Development Day Centre Closed	10:45 Exercises 11:30 Bowling 12:00 Movie Day Make Your Own Sundae 13:30 Summer Walk Knock Them Down	Celebration 29 150 Birthday of Canada 11:45 Stretching Exercises 12:15 Fly Over Canada Special Lunch 13:30 Canada Famous People	

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	10:45 早操 11:30 保護環境日 12:00 麻將 夏日寶高 13:30 拋豆袋 圖書館一角	10:45 早操 11:30 字中字 12:00 寶蘭樂隊 夏日手工藝 13:30 地毯滾球 拼圖遊戲	10:45 早操 11:30 特邀嘉賓 認識空氣 12:30 自由問答 13:30 罐頭遊戲 夏日漫步	10:45 生日會 與你共樂! 11:45 早操 健身中心 13:30 時事新聞 夏日漫步	10:45 早操 11:30 活力遊戲 12:00 公園野餐 良朋共聚 13:30 音樂欣賞 手部運動	
	10:45 早操 11:30 字中字 12:00 健康小吃 曲棍球 13:30 夏日漫步 趣怪寶寶	10:45 早操 11:30 成語接龍 12:00 何先生與你詩歌分享 父親節手工藝 13:30 請它入甕 指甲沙龍	10:45 早操 11:30 父親節知多少 12:00 古董車展 夏日寶高 13:30 保齡球 圖書館一角	10:45 早操 11:30 父親節知多少 12:00 父親節烘餅 父親節手工藝 13:30 氣球戰 拼圖遊戲	10:45 慶祝 父親節派對 11:45 早操 健身中心 13:30 快樂時光 父親的願望	
	10:45 早操 11:30 拋豆袋 12:00 菲律賓特色甜品 菲律賓之旅 13:30 會員大會 時事新聞	10:45 早操 11:30 時事新聞 12:00 寶蘭樂隊 加拿大日手工藝 13:30 菲律賓音樂 夏日漫步	10:45 特別早餐 11:30 大巴外遊 大石海岸觀景公園	10:45 早操 11:30 籃球競投 12:00 菲律賓相冊 夏日點心外遊 13:30 高爾夫 音樂欣賞	10:45 早操 11:30 字中字 12:00 菲律賓遊戲 加拿大日手工藝 13:30 寶蘭電子相冊 夏日漫步	
	10:45 早操 11:30 地毯滾球 12:00 提早午餐 13:00 關愛音樂會 一對一 敬請欣賞!!	10:45 早操 11:30 加拿大知多少 12:00 如果你是法官 加拿大自然美景 13:30 保齡球 夏日漫步	員工培訓日 中心休息	10:45 早操 11:30 保齡球 12:00 電影日 自製自助雪糕 13:30 夏日漫步 罐頭遊戲	慶祝 加拿大成立 151 週年 11:45 早操 12:00 飛越加拿大 特別午餐 13:30 著名加拿大人	

Welcome

We would like to welcome the new members to our centre. We hope you will enjoy your time here and we look forward to getting to know you:

Ms. Liu, Zhen Yu

歡迎

以最熱誠的祝願，歡迎你們成為我們中心的新會員並常來參與中心的活動。

Liu 女士

Special Events

Jun 05/19 Beulah Band
Jun 06 Special Talk
Jun 07 Birthday Party
June 12 Hymn Sing With Simon
Jun 15 Father's Day Celebration
Jun 18 Fun Trip to Philippines
Jun 21 Dim Sum Outing
Jun 25 Concerts In Care
Jun 26 Sing Along With Evelene
Jun 27 Staff Development Day
Centre Closed
Jun 28 Movie Day
Jun 29 Canada Day Celebration

特別節目

六月五日/十九日 寶蘭樂隊
六月六日 特別講座
六月七日 生日會
六月十二日 詩歌分享
六月十五日 慶祝父親節
六月十八日 菲律賓之旅
六月二十一日 點心外遊
六月二十五日 關愛音樂會
六月二十六日 艾芙琳音樂世界
六月二十七日 員工培訓日
中心休息
六月二十八日 電影日
六月二十九日 慶祝加拿大國慶

June Birthdays

Ma, Kam Seung Huynh, Cuc Hue
Pignat, Lino Jones, Barry
Osinski, Thomas Wong, Fred



六月生日會員

Ma 太太 Huynh 太太
Pignat 先生 Jones 先生
Osinski 先生
Wong 先生



South Vancouver Neighbourhood House Adult Day Centre at Beulah Gardens

寶蘭花園歡迎您

June 2018

月刊: 第一百一十二期

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二零一八年六月



More Digital Memories Visit

<https://youtu.be/MNbx-A0Y3sE>



Heat-related Illness

Too much heat can be harmful to your health. Heatrelated illness is the result of your body gaining heat faster than it can cool itself down. Heat-related illnesses can almost always be prevented. Heat-related illness can lead to weakness, disorientation, and exhaustion. In severe cases, it can lead to heat stroke, also known as sunstroke. Heat stroke is a life-threatening medical emergency. The effects of heat are made worse if you do not drink enough fluids to stay hydrated.

What are the symptoms of heat-related illness?

- pale, cool, moist skin;
- muscle cramps;
- swelling, especially hands and feet;
- dizziness and/or fainting;
- nausea and/or vomiting;
- confusion and decreased mental alertness;
- red, hot, dry skin (in the late stages of heat stroke);
- seizures; and
- heavy sweating;
- rash;
- fatigue and weakness;
- headache;
- fever, particularly a core body temperature of 40° C (104° F) or more;
- hallucinations;
- unconsciousness/coma.

Hot temperatures can be dangerous especially if you have heart problems and breathing difficulties.

How can I prevent heat-related illness?

- When it is hot and when you are active on a warm day, drink plenty of fluids. Drink extra water even before you feel thirsty. Ask your health care provider about how much water you should drink on hot days if you are on water pills or limiting your fluid intake.
- To keep cool and avoid mild heat exhaustion on hot days, stay indoors in air-conditioned buildings or take a cool bath or shower. At temperatures above 30° C (86°F), fans alone may not be able to prevent heat-related illness. Remember, sunscreen will protect against the sun’s ultraviolet (UV) rays but not from the heat.
- Plan your outdoor activity before 11 a.m. or after 4 p.m., when the sun’s Ultra Violet Radiation (UVR) is the weakest.
- Avoid tiring work or exercise in hot, humid environments. If you must work or exercise, drink 2 to 4 glasses of non-alcoholic fluids each hour. Rest breaks are important and should be taken in the shade.
- Avoid sunburn - use sunscreen with SPF 30 or higher.
- Wear lightweight, light-coloured, loose-fitting clothing and a wide brimmed hat, or use an umbrella for shade.

What are home treatments for mild heat-related illness?

When recognized early most mild heat-related illnesses can be treated at home. Note that mild heat exhaustion does not cause changes in mental alertness. Consult a health care provider about changes in mental alertness in someone who has been in the heat, has been exercising, or working in the heat.

Home treatment for mild heat exhaustion may include:

- moving to a cooler environment;
- resting;
- wearing lightweight clothing.
- drinking plenty of cool, non-alcoholic fluids;
- taking a cool shower or bath; and

If your symptoms last longer than 1 hour, change, worsen, or cause you concern, contact a health care provider.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

與熱相關的疾病

過多熱量會有損健康。 身體聚積熱量的速度比散 熱速度快，便會導致與熱相關的疾病。 幾乎所有 的與熱相關的疾病都是可以預防的。與熱相關的疾病會導致虛弱、方向障礙和極度疲 乏。 在嚴重的情況下，還會引發中暑。 中暑是一 種足以危及生命的緊急狀況。 如果您沒有攝入足 夠液體以保持水分充足，熱量對人體造成的影響會更嚴重。

與熱相關的疾病有何癥狀？

- 皮膚發白、變涼、濕潤；
- 肌肉痙攣；
- 腫脹，尤其是手腳部位；
- 暈眩和/或昏厥；
- 噁心和/或嘔吐；
- 迷惘，精神警覺度減弱；
- 皮膚發紅、發熱和乾燥（在中暑後階段出現）；
- 失去知覺/昏迷。
- 大量出汗；
- 出疹；
- 乏力和虛弱；
- 頭疼；
- 發熱，尤其是核心體溫達 40° C (104° F)以上；
- 出現幻覺；
- 癲癇；以及

高溫對人體有害， 尤其是如果您有心臟問題或呼 吸困難。

我如何才能預防與熱相關的疾病？

- 如果天氣炎熱， 或您需要在較熱的天氣下活動， 應攝入大量液體。 即使沒有感到口渴， 也要補充 額外水分。 如果您正在服用去水丸或需限制液體 攝入量， 請向您的醫護人員諮詢在炎熱天氣下應 該喝多少水。
- 要在炎熱的天氣裡保持涼爽， 避免輕微中暑， 您應留在有空調的室內， 或用冷水泡澡或淋浴 。 當氣溫超過 30° C (86°F)時， 僅使用電扇可能 不足以預防與熱相關的疾病的發生。 謹記， 防 曬產品能夠防護陽光中的紫外線（ UV）， 但 不 能防熱。
- 將戶外活動安排在上午 11 點前或下午 4 點後， 這些時段的紫外線輻射最弱。
- 避免在濕熱環境中過度工作或運動。 如果您必 須工作或運動， 應每小時攝入 2-4 杯的無酒精液 體。 注意休息非常重要， 休息時應待在蔭涼的 地方。
- 避免曬傷——使用防曬指數（SPF）30 或更高的 防曬產品。
- 穿著輕便、淺色、寬鬆的衣物， 戴上寬沿帽， 或用傘遮陽。

輕微的與熱相關的疾病有哪些自行護理方法？

如果及早察覺，大多數輕微的與熱相關的疾病都 可以在家中自行護理。請注意，輕微的熱中暑並 不會影響精神警覺度。 如有人因長期受熱， 或在 高溫下運動或工作而出現精神警覺度受影響的情 況， 請諮詢醫護人員。

輕微中暑的自行護理方法包括：

- 轉移至較涼快的環境中；
- 休息；
- 穿著輕便的衣物。
- 飲用大量無酒精的冷藏液體；
- 用冷水淋浴或泡澡；以及

如果您的症狀持續超過 1 小時、出現變化、惡化 或令您擔憂， 請聯繫醫護人員。