

South Van Adult Day Program

ACTIVITY CALENDAR

JULY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 The A.D.C. is <u>CLOSED</u> today	3 Morning Projects 10:45 Exercises 11:30 Canadian Trivia 1 pm Bulletin Board Art Bake Bacon Cookies Stories: Coming to Canada	4 Morning Projects 10:45 Exercises Outing: Tim Hortons 11:30 Floor Hockey 1pm Bingo Mah Jong / Tin Gau	5 Morning Projects 10:45 Exercises 11:30 Canadian Musicians 1pm Table Games Bake Bannock Fly Over Canada	6 Morning Projects 10:45 Exercises 11:30 Fire Drill 1pm Birthday Party Entertainment & Cake 	7 
8 	9 Morning Projects 10:45 Exercises 11:30 Tongue Twisters 1pm Farmer's Market Calligraphy, Table Games	10 Morning Projects 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm July Mural Dance to World Music	11 Morning Projects Step Out Bus Tour Reifel Bird Sanctuary Picnic  	12 Morning Projects 10:45 Exercises Outing: Chinese Cuisine 11:30 Floor Hockey 1pm Black Jack July Mural	13 Morning Projects 10:45 Exercises 11:30 French Trivia 1pm Travel to France Jewelry Making, Bake: French Butter Cookies	14 
15 	16 Morning Projects 10:45 Exercises 11:30 Dear Abby 1pm Chinese Opera Art: Mixed Media Chocolate Chip Cookies	17 Morning Projects 10:45 Exercises Outing: Boston Pizza 11:30 News & Views 1pm Black Jack Musical Memories	18 Morning Projects 10:45 Exercises 11:30 Hangman 1pm Community Walk Artist Impression Mah Jong / Tin Gau	19 Morning Projects 10:45 Exercises Health Talk (Chinese) 11:30 Famous Quotes 1 pm Mix & Match Sing Along with Saul	20 Morning Projects 10:45 Exercises 11:30 Horoscopes 1 pm ArtsWay Concert Louise Southwood, Classical guitar	21 
22 	23 Morning Projects 10:45 Exercises 11:30 Celebrity Quiz 1pm Garden Club Art: Palm Sketch Biography: Willie Nelson	24 Morning Projects 10:45 Exercises 11:30 Funny One-Liners 1pm Bake Nachos Getting to Know You Dance to World Music	25 Morning Projects 10:45 Exercises 11:30 Balloon Volleyball 1 pm Luck Walk Short Stories Table Games	26 Morning Projects 10:45 Exercises 11:30 Fill in the Blanks 1 pm Silent Movie Farmer's Market Crafts: Paper Flowers	27 Morning Projects 10:45 Exercises 11:30 News & Views 1pm Lucky Bingo Jewelry Making Mah Jong / Tin Gau	28 
29 	30 Morning Projects 10:45 Exercises 11:30 B.C. Trivia 1pm Artsway Concert: Kenneth Broadway, piano	31 Morning Projects 10:45 Exercises 11:30 B.C. Emblems Quiz 1pm Make Nanaimo Bars In Search of Sasquatch B.C. Map Mural Project	S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373			

星期天	星期一	星期二	星期三	星期四	星期五	星期六
1 	2 中心休息	3 上午茶点及小手工 10:45 早操 11:30 加拿大瑣事 1 pm 裝飾布告板, 烤饼干 我的故事: 来到加拿大	4 上午茶点及小手工 10:45 早操 出外午餐: Tim Hortons 11:30 足球 1pm 宾果, 麻雀/ 天九	5 上午茶点及小手工 10:45 早操 11:30 加拿大音乐家 1pm 烤饼 桌面游戏, 飞越加拿大	6 上午茶点及小手工 10:45 早操 11:30 火警演習 1pm 七月份生日會 音樂, 跳舞, 蛋糕分享	7 
8 	9 上午茶点及小手工 10:45 早操 11:30 繞口令 1pm 农贸市场 中国书法, 桌面游戏	10 上午茶点及小手工 10:45 早操 11:30 找出不同的地方 健康讲座(英语语言) 1pm 壁画, 跳舞到世界音乐	11 上午茶点及小手工 巴士外遊, 中饭 Reifel Bird Sanctuary Picnic 	12 上午茶点及小手工 10:45 早操, 出外午餐: 中國菜 11:30 地板曲棍球 1pm 啤牌21點, 壁画	13 上午茶点及小手工 10:45 早操 11:30 法国瑣事 1pm 出访法国 自製珠寶首飾, 烤黄油曲奇	14 
15 	16 上午茶点及小手工 10:45 早操 11:30 闲聊 1pm 戏曲, 美術, 烤巧克力曲奇餅乾	17 上午茶点及小手工 10:45 早操 出外午餐: Boston Pizza 11:30 保齡球 1pm 啤牌21點, 音乐记忆	18 上午茶点及小手工 10:45 早操 11:30 串字遊戲 1pm 散步 艺术家的印象, 麻雀/ 天九	19 上午茶点及小手工 10:45 早操 11:30 有名的说法 健康讲座(廣東話) 1 pm 连连看, 一起唱	20 上午茶点及小手工 10:45 早操 11:30 星座运势 1pm 藝途 音樂會 Louise Southwood , 吉他弹奏者	21 
22 	23 上午茶点及小手工 10:45 早操 11:30 名人测验 1pm 园艺, 美術 传记: Willie Nelson	24 上午茶点及小手工 10:45 早操 11:30 笑话 1pm 烘烤玉米片 開始了解你, 跳舞到世界音乐	25 上午茶点及小手工 10:45 早操 11:30 排球 1 pm 幸運步行 短篇小说, 桌面游戏	26 上午茶点及小手工 10:45 早操 11:30 填空 1 pm 無聲電影, 农贸市场, 工艺: 纸花	27 上午茶点及小手工 10:45 早操 11:30 读报纸 1pm 宾果 自製珠寶首飾, 麻雀/ 天九	28 
29 	30 上午茶点及小手工 10:45 早操 11:30 不列颠哥伦比亚瑣事 1pm 藝途 音樂會 Kenneth Broadway	31 上午茶点及小手工 10:45 早操 11:30 不列颠哥伦比亚省的象征 1pm 搜索大脚 壁画, 预备 纳奈莫	S.V.A.D.C. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373			

Welcome!

We warmly welcome you to our adult day program:

Program Highlights

- July 2nd ADC is **Closed**
July 4th Outing: Tim Hortons
July 6th Birthday Party: Steve Warner
July 10th Health Talk (English)
July 11th Step Out Bus Tour: Picnic at:
Reifel Bird Sanctuary
July 12th Outing: Chinese Cuisine
July 17th Outing: Boston Pizza
July 19th Health Talk (Chinese)
July 19th Sing Along with Saul Berson
July 20th Artsway Concert:
Louise Southwood, Classical Guitar
July 30th Artsway Concert:
Kenneth Broadway, Pianist

July Birthdays

We wish our following friends a very Happy Birthday!

Miss Kit Yee Lee	July 2 nd
Ms. Ana Wong	July 8 th
Mrs. San Liu Chow	July 11 th
Mrs. Terry Sekiya	July 11 th
Mrs. Elizabeth Prasad	July 13 th
Mrs. Choy Chu Lau	July 18 th
Mrs. Yang Jiang (Ma)	July 21 st
Mrs. Julie Woo	July 25 th
Mrs. Yee Leung	July 27 th
Mr. John MacLennan	July 29 th



歡迎

热烈欢迎

節目聚焦

- 七月二日 中心休息
七月四日 出外午餐: Tim Hortons
七月六日 七月份生日會: Steve Warner
七月十日 健康講座 (英語)
七月十一日 巴士外遊:
野餐 Reifel Bird Sanctuary
七月十二日 出外午餐: 中國菜
七月十七日 出外午餐: Boston Pizza
七月十九日 健康講座 (廣東話)
七月十九日 一起唱 Saul Berson
七月二十日 藝途 音樂會:
Louise Southwood, 古典吉他
七月三十日 藝途 音樂會:
Kenneth Broadway, 鋼琴家

七月生日 會員

生日快樂對我們的朋友

Miss Kit Yee Lee	七月二日
Ms. Ana Wong	七月八日
Mrs. San Lui Chow	七月十一日
Mrs. Terry Sekiya	七月十一日
Mrs. Elizabeth Prasad	七月十三日
Mrs. Choy Chu Lau	七月十八日
Mrs. Yang Jiang (Ma)	七月二十一日
Mrs. Julie Woo	七月二十五日
Mrs. Yee Leung	七月二十七日
Mr. John MacLennan	七月二十九日



South Vancouver Adult Day Program

南溫哥華成天中心

July 2018 Newsletter

2018 年 7 月 月報



Participants celebrate Canada Day Celebration

3076 East 49th Avenue

Vancouver, BC V5S 1K9 604 430 6373

Please visit our blog site: svnhadc.blogspot.com

S.V.N.H. Website: www.southvan.org

Dehydration

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition. Dehydration can occur in any one of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration in older adults

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
 - Hard to drink or hold a glass.
 - Painful to get up from a chair.
 - Painful or exhausting to go to the bathroom.
 - Hard to talk or communicate to some one about their symptoms.
- Take medicines that increase urine output. Many prescription and non-prescription medicines can cause dehydration. A few examples are:
 - Antihistamines.
 - Blood pressure medicines.
 - Chemotherapy.
 - Diuretics.
 - Laxatives
 - Not have enough money to adequately feed themselves.

Watch closely for the early symptoms of dehydration anytime you have illnesses that cause high fever, vomiting, or diarrhea.

These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The urine may be less than usual.
- The person may feel cranky, tired, or dizzy.



脱水

脱水是指身体内失去水份。男性的体重有百分之六十为水份，而女性则占其体重百分之五十。人体需要维持足够的水份才能保持健康的身体。因为随著年龄的增长而全身含水量逐渐减少，再加上老年人口渴的知觉较迟顿，所以老年人较易产生脱水的现象。

脱水的併发症为血压下降、休克以及因严重、持续地脱水而死亡。若有脱水的现象发生，应马上请医生诊治，尤其是老年人或婴儿。

脱水的症状

- 口乾、舌燥。
- 小便量减少或完全没有尿液。
- 眼眶凹陷。
- 脸色苍白、皮肤冰凉。
- 头晕、烦躁不安、神智混乱及昏迷。
- 严重口渴感。
- 脉搏微弱且速度加快、血压下降及呼吸急促。

老年人会因口渴感觉迟顿、吞咽困难、语言沟通能力障碍、行动不便或认知困难等等问题，易发生水份摄取不足的情况。水份损失过多：

任何原因引起严重呕吐或腹泻、持续发高烧、大量出汗或过量服用使水份或电解质流失的药物，如利尿剂（去水药）。

炎热的天气可能会导致脱水及中暑。穿透气的衣服，也就是说，空气可以疏通透出衣外。外出在烈日之下应带帽子。中午时分，阳光最强烈的时候最好待在室内。随身带一瓶水，不时喝一口。治疗：轻微脱水时，应小量多次饮用清流质或电解质饮料（如冲淡的 Gatorade）；一次饮用大量的流质可能会引起呕吐。

- 严重脱水时，则需要住院并接收静脉液体注射。
- 在家每日量体重并作记录，以便提早发现脱水的情况。
- 假如有呕吐或腹泻，记录每次的数量，以便估计损失的水份。
- 若婴儿或新生儿有呕吐或腹泻的症状，请马上到急诊室，这可能是紧急情况，不容疏忽。

