





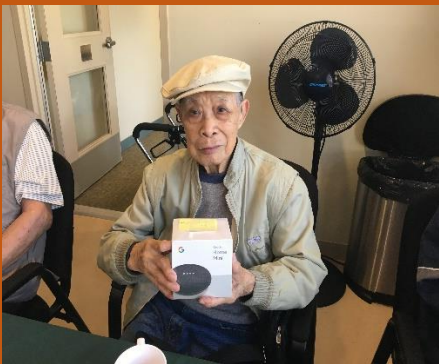





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div>August 2018</div>	SVNH Adult Day Centre at Beulah Gardens 3355 East 5 th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413		10:45 Exercises 1 11:30 BC Attraction 12:00 BC Fruits Day Price Is Right 13:30 Basketball Shooting Board Decoration	10:45 Exercises 2 11:30 Talent Show 12:00 BINGO With Youth Apple Pie Baking 13:30 Explore BC Library Corner	10:45 BC Day Party 3 Let's Celebrate! 12:00 Exercises Fitness Club 13:30 Happy Hour Summer Walk		
		6 Happy BC Day! Centre Closed	7 10:45 Exercises 11:30 Balls In Buckets 12:00 Beulah Band Summer Activities In 60s 13:30 Photo Booth Crafts Bottle Toss	8 10:45 Exercises 11:30 Health Talk 12:00 Photo Booth Crafts Sing Along With Carmen 13:30 Library Corner Balls In Buckets	9 10:45 Exercises 11:30 Bottle Toss 12:00 Dim Sum Outing Table Games 13:30 Digital Memories Hand Exercises	10 10:45 Exercises 11:30 About EKKA 12:00 Young Chef Talent Intergenerational Painting 13:30 Talent Show Garden Walk	
		13 10:45 Exercises 11:30 Name Vegetables 12:00 Photo Booth Fair Hymn Sing With Simon 13:30 Bottle Toss Reminiscing	14 10:45 Exercises 11:30 Special Talk Be Air Aware 12:30 Questions? 13:30 Bean Bags Photo Booth Fair	15 10:45 Exercises 11:30 Ferrogosto Festival 12:00 Smoothie Day Jewelry Show and Tell 13:00 Travel to Haiwaii Table Game	16 10:45 Exercises 11:30 Find Opposites 12:00 Tim Hortons Lunch Hawaii Dance 13:30 Photo Booth Fair Knock Them Down	17 10:45 Exercises 11:30 Words In Word 12:00 Bingo Mah Jong 13:30 Hawaii Music Hand Exercises	
		20 10:45 Exercises 11:30 True or False 12:00 Top 10 Tour Cities Carmen Music Studio 13:30 Bowling Seniors Council	21 10:45 Exercises 11:30 Health Talk 12:00 Bocce Ball Show & Tell 13:30 Books Check Out Golf	22 10:45 Exercises 11:30 Words In Word 12:00 Flower Bingo Summer Garden Walk 13:30 Summer Recipes Digital Memories	23 10:45 Social Tea Time 11:30 Step Out 12:00 Picnic At Deer Lake in Burnaby Let's Have Fun!!	24 10:45 Exercises 11:30 Photos Viewing 12:00 PNE Memories Find Your Pictures 13:30 Books Check In Bowling	
		27 10:45 Exercises 11:30 Name Ten 12:00 Movie Day Fresh Popcorn Making 13:30 Garden Walk Balls In Buckets	28 10:45 Exercises 11:30 Seniors Council 12:00 PNE Memories Carmen's Music Studio 13:30 Arts & Crafts Basketball Shooting	29 10:45 Exercises 11:30 News & Views 12:00 Mah Jong Summer BBQ 13:30 Balls In Buckets Hand Exercises	30 10:45 Birthday Party Let's Celebrate! 12:00 Exercises Stay Fit 13:30 Golf Puzzle Games	31 10:45 Exercises 11:30 Bottle Toss 12:00 Farewell Party Good Luck to Carmen & Madline 13:30 Bean Bag Game Library Corner	

星期日	星期一	星期二	星期三	星期四	星期五	星期六
<div> <div> <div>August</div> <div>2018</div> </div> <div> <div>SVNH Adult Day Centre at</div> <div>Beulah Gardens</div> <div>3355 East 5th Avenue, Vancouver, BC</div> <div>V5M 0A1</div> <div>Phone: 604-255-0413 Fax: 604-266-0413</div> </div> </div>			10:45 早操 11:30 卑詩省的魅力 12:00 卑詩省的蔬果日 物價猜一猜 13:30 籃球競投 牆報裝飾	10:45 早操 11:30 才藝表演 12:00 老少賓高樂 何姑娘小廚 13:30 卑詩省專輯 圖書館一角	10:45 卑詩省日慶祝會 卑詩省我們為你自豪 12:00 早操 健身俱樂部 13:30 酒吧快樂時光之旋律 夏日漫步	
	6 卑詩省日快樂! 中心休息	7 10:45 早操 11:30 請它入甕 12:00 寶蘭樂隊 60年代的繽紛夏日 13:30 搞笑攝影手工藝 套水瓶	8 10:45 早操 11:30 健康講座 12:00 搞笑攝影手工藝 卡門音樂室 13:30 圖書館一角 請它入甕	9 10:45 早操 11:30 套水瓶 12:00 點心外遊 圍桌遊戲 13:30 寶蘭相冊 手部運動	10 10:45 早操 11:30 關於奧州農業節 12:00 小廚師專門店 老少共樂齊繪畫 13:30 才藝表演 夏日花園漫步	
	13 10:45 早操 11:30 猜猜蔬菜名 12:00 搞笑攝影 何生與你詩歌分享 13:30 套水瓶 流金歲月	14 10:45 早操 11:30 特邀嘉賓 認識空氣 12:30 自由問答 13:30 拋豆袋 搞笑攝影	15 10:45 早操 11:30 意大利传统节日 12:00 夏日冰冰乐 首饰展示介绍 13:00 夏威夷之旅 圍桌遊戲	16 10:45 早操 11:30 找找相反詞 12:00 添仔快餐店午餐 夏威夷舞蹈 13:30 搞笑攝影 擊倒罐頭遊戲	17 10:45 早操 11:30 拼字遊戲 12:00 賓高 麻將 13:30 夏威夷音乐 手部運動	
	20 10:45 早操 11:30 對與錯 12:00 十大热门旅游城市 卡門音乐坊 13:30 保齡球 會員大會	21 10:45 早操 11:30 健康講座 12:00 地毯滾球 展示介绍 13:30 書本點算 高爾夫球	22 10:45 早操 11:30 拼字遊戲 12:00 花賓高 夏日花園漫步 13:30 夏日食谱 寶蘭相冊	23 10:45 早茶 11:30 大巴外游 12:00 麓湖公园野餐 炎炎夏日正好遊!!	24 10:45 早操 11:30 相片分享 12:00 關於太平洋展覽館 找到你的照片 13:30 書本驗收 保齡球	
	27 10:45 早操 11:30 十項提名 12:00 電影日 現做爆谷 13:30 夏日花園漫步 請它入甕	28 10:45 早操 11:30 會員大會 12:00 關於太平洋展覽館 卡門音乐坊 13:30 手工藝 籃球競投	29 10:45 早操 11:30 今日新聞 12:00 麻將 夏日燒烤 13:30 請它入甕 手部運動	30 10:45 八月生日會 大家齊起舞!! 12:00 早操 健身运动 13:30 高爾夫球 拼圖遊戲	31 10:45 早操 11:30 套水瓶 12:00 欢送会 祝愿卡門鶴韻学业进步! 13:30 拋豆袋 圖書館一角	

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: **Danny Quan, Susan Quan, Chui Ngan Jay, John Lum, Marion Williams and Susan Law.**

Special Events:

Aug 3	BC Day Party
Aug 6	Happy BC Day - Closed
Aug 7	Beulah Band
Aug 9	Dim Sum Outing
Aug 14	Be Air Aware
Aug 23	Step Out
Aug 27	Movie Day
Aug 30	Birthday Party



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。

Quan 先生, Quan 女士, Jay 女士, Williams 女士, Lum 先生, Law 女士

特別節目:

八月三日	卑詩省日慶祝會
八月六日	卑詩省日快樂 中心休息
八月七日	寶蘭樂隊
八月九日	點心外遊
八月十四日	特邀嘉賓 認識空氣
八月二十三日	大巴外遊
八月二十七日	電影日
八月三十日	八月生日會



Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

August 2018

2018 年 8 月



August Celebrants

Wong, Chau Yim
Deng, Xin Ming

Morabito, Vincenzo
Ma, Warren



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

News Bulletin/Edition 114

8 月刊:第 114 期

Seniors’ Falls Can Be Prevented

One-third of people aged 65 and over will fall at least once each year. Falls can lead to traumatic brain injury (TBI) hospitalizations and concussions, as well as osteoporotic fractures (e.g. broken hip, broken ankle).

What can I do to lower my risk of falling?

- Maintain an active and healthy lifestyle.
- Get recommended daily amounts of Vitamin D, Calcium and protein in your diet; consider finding a community centre with meals programs close to you.
- Get annual physical checkups, including vision and hearing exams.
- Maintain a physical activity program to increase your balance (e.g. Tai Chi or Yoga).
- Make a note of the location of any safety and walkability hazards and report them to your local government. If you need an assistive mobility device, consult a physiotherapist, occupational therapist or pharmacy.
- Take your time going up or down stairs, and step carefully when carrying items.
- Wear weather appropriate footwear with good support, soles which have non-slip treads and are not so thick that you can’t ‘feel’ how your foot is positioned.
- Be socially active by joining a community group, or an online community of interest.
- Have your health care provider or pharmacist regularly review your over-the-counter, prescription medications and supplements.
- If you do fall, report it to your health care provider and discuss medical, environmental and lifestyle factors which may have led to the fall, and ways you can lower future fall risk.
- If you have already experienced a serious fall, consider wearing hip protectors as extra prevention for hip injury in a future fall.

What can I do to keep my home safe?

Stairs and steps:

- Make sure that stairs are well lit and you have light switches at the top and bottom of indoor stairs.
- Keep stairs and outdoor steps in good repair and free from clutter.
- Make sure runner mats, carpeting or other floor covering on your stairs are well fastened.
- Make sure there are solid handrails on both sides of indoor stairs and outdoor steps.
- Make sure the outdoor steps have a non-skid surface.

Bathroom:

- Use a rubber bath or shower mat, or a non-slip surface in your tub or shower.
- Install grab bars by the toilet, in bathtub and shower areas.
- Use a bath seat so you can take a shower or bath sitting down.
- Install a toilet seat riser to make toileting safer
- Wipe up moisture or spills right away.

Kitchen:

- Place items you use often within easy reach.
- Keep heavy items in lower cupboards.
- If you have good balance, use a stable step stool with a safety rail for reaching high places. Otherwise, ask for help.
- Always wipe up any spills right away.

Bedroom:

- Make sure there is a light switch near your bedroom entrance and a lamp or light switch near your bed.
- Place night lights in the halls in case you get up in the middle of the night.
- Make sure there is a clear path from your bed to the bathroom.
- Have a phone or communication device within easy reach from your bed.
- Sit on the edge of your bed for a minute before getting up after a rest.

<https://www.healthlinkbc.ca/healthlinkbc-files/prevent-senior-falls>

長者摔倒可以預防

65 歲以上的人士中，有三分之一每年至少摔倒一 次。摔倒可能導致創傷性腦損傷（TBI）而使病患 住院或遭受腦震盪，也可引起骨質疏鬆性骨折（例 如：髖關節骨折、踝骨骨折）。

我如何才能降低摔倒的風險？

- 保持活躍和健康的生活方式。
- 確保每日飲食中的維他命 D、鈣質和蛋白質含量 達到建議標準；考慮尋找一家距您較近且提供就 餐項目的社區中心
- 每年體檢，包括視力和聽力檢查。
- 選擇一個鍛鍊項目（太極、瑜珈等），並日常練 習，來提高您的平衡能力
- 記下任何安全隱患或阻礙您行走的障礙物的位 置，並向您當地政府報告。
- 如果您需要輔助行走的裝置，請諮詢物理治療 師、執業治療師或藥房。
- 上下樓梯時慢慢來，如果提著、抱著物品，更要 小心跨步。
- 穿著適合天氣狀況、能為雙足提供良好支撐、鞋 底有防滑顆粒且厚度適中的鞋子，這樣您可以 “感覺到”雙腳在鞋裡的位置。
- 積極參加社交活動，比如您可以加入社區團體或 針對某一興趣愛好的在線社區。
- 請醫護人員或藥劑師定期查看您服用的非處方 藥、處方藥和補充劑。
- 如果您不小心摔倒，請向您的醫護人員報告，和 他們探討可能導致您摔倒的醫療、環境和生活方 式因素，以及如何降低日後摔倒的風險。
- 如果您經歷過後果嚴重的跌倒，可以考慮穿戴髖 關節防護套，避免未來摔倒時髖關節受傷。

我如何才能保證家中安全？

樓梯和台階：

- 確保樓梯照明充足，並且室內樓梯的頂端和底端 均裝有照明開關。
- 樓梯和室外台階要經常維修，且不要在其上堆積 雜物。
- 樓梯上的防滑墊、地毯和其它覆蓋物都必須緊 固。
- 確保室內樓梯和室外台階的兩側都裝有穩固的扶 手。
- 室外台階表面必須防滑。

洗手間：

- 浴缸或淋浴室內要鋪橡膠墊或防滑表面。
- 馬桶、浴缸邊和淋浴區域要安裝扶手。
- 使用浴缸座椅，這樣您便可以坐著淋浴或盆浴。
- 安裝坐便器加高座椅，使您如廁時更安全。
- 及時抹乾潮濕或被水濺濕處。✖

廚房：

- 將常用物品放在容易拿取的地方。
- 重物要放在廚櫃的低層。

- 如果您的平衡能力尚好，可使用帶扶手的穩固腳 凳來夠取高處的物品。否則，請尋求他人的幫 助。
- 應總是及時抹乾被水濺濕處。

臥室：

- 確保臥室入口處裝有照明開關，睡床附近亦有檯 燈或照明開關。
- 走廊上要安裝夜燈，以備您夜間起床所需。
- 確保睡床至洗手間的道路暢通。
- 在您床邊放置一部電話或通訊裝置，方便您拿 取。
- 起床時先在床邊坐一分鐘