






South Van Adult Day Program

ACTIVITY CALENDAR

JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	S.V.A.D.P. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373	1 The ADP is <u>CLOSED</u> today Happy New Year!	2 Breakfast Club 10:45 Exercises 11:30 Funny Resolutions 1 pm Bulletin Board Art Jackpot BINGO	3 Breakfast Club 10:45 Exercises 11:30 Gentle Massage 1pm Musical Memories Crafts: Sun Catchers	4 Breakfast Club 10:45 Exercises 11:30 Colour Go Fish 1pm Lucky Walk Mah Jong / Tin Gau	5 
6 	7 Breakfast Club 10:45 Exercises 11:30 You be the Judge 1pm Lucky Bingo Table Games Mah Jong / Tin Gau	8 Breakfast Club 10:45 Exercises 11:30 Elvis Song Quiz 1 pm Bio: Elvis Presley Elvis snack: Fried peanut butter & banana sandwich	9 Breakfast Club 10:45 Exercises 11:30 Hangman 1 pm Table Games Mah Jong / Tin Gau Bake Peanut Butter Cooies	10 Breakfast Club 10:45 Exercises 11:30 Match Ups Health Talk (Chinese) 1pm Bake Brownies Art: Palm Sketch	11 Breakfast Club 10:45 Exercises 11:30 Famous Faces 1pm Jewelry Making Bake Jam Tarts Mindful Meditation	12 
13 	14 Breakfast Club 10:45 Exercises 11:30 On this Day 1pm Artsway Concert <i>Benjamin Hopkins, pianist</i>	15 Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk: (English) 1pm Family Feud Crafts: Sensory Lap Quilt	16 Breakfast Club 10:45 Exercises 11:30 Match Songs 1 pm Bake Cupcakes Musical Memories Crafts: Magazine Collage	17 Breakfast Club 10:45 Exercises 11:30 Scent for Pleasure 1pm Craft: Twiddlemuffs Musical Memories Mah Jong /Tin Gau	18 Breakfast Club 10:45 Exercises 11:30 Memory Tray 1pm Table Games Jewelry Making Drawing from Numbers	19 
20 	21 Breakfast Club 10:45 Exercises 11:30 Scottish Quiz 1pm Movie: Brigadoon Crafts: Bag Pipers Mah Jong / Tin Gau	22 Breakfast Club 10:45 Exercises Outing: Boston Pizza 11:30 Bowling 1pm Black Jack Travel to Scotland	23 Breakfast Club Podiatrist 10am- Noon 10:45 Exercises 11:30 Horoscopes 1pm Birthday Party <i>Music, Dancing , & Cake</i>	24 Breakfast Club 10:45 Exercises 11:30 Golfing 1 pm Jackpot BINGO Mah Jong /Tin Gau Craft: Scottish Flags	25 Breakfast Club 10:45 Exercises 11:30 Scottish Jokes 1pm Celebration Robbie Burns Day Sing along with Saul 	26 
27 	28 Breakfast Club 10:45 Exercises 11:30 Fire Drill 1 pm Art: Drip Painting Table Games Bio: Jackson Pollock	29 Breakfast Club 10:45 Exercises Outing: Chinese Cuisine 11:30 Floor Hockey 1pm Chinese Opera Bake Chocolate Chips	30 Morning Projects 10:45 Exercises Men's Lunch: Tim Hortons 11:30 Soccer 1 pm Bingo Mah Jong / Tin Gau	31 Breakfast Club 10:45 Exercises 11:30 Hidden Objects 1 pm Black Jack Crafts: Decoupage Musical Memories		

星期天	星期一	星期二	星期三	星期四	星期五	星期六
	S.V.A.D.P. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373	1 中心休息 Happy New Year!	2 早餐俱乐部 10:45 早操 11:30 幽默的新年决心 1 pm 飾布告板, 宾果	3 早餐俱乐部 10:45 早操 11:30 温柔的按摩 1pm 音乐记忆 工艺: 太阳捕手	4 早餐俱乐部 10:45 早操 11:30 彩色游戏 1pm 幸运的步行 麻雀 / 天九	5 
6 	7 早餐俱乐部 10:45 早操 11:30 你是法官 1pm 宾果 桌上游戏, 麻雀 / 天九	8 早餐俱乐部 10:45 早操 11:30 猫王 歌曲测验 1 pm 传: 猫王 准备三明治	9 早餐俱乐部 10:45 早操 11:30 串字遊戲 1 pm 桌上游戏 麻雀 / 天九, 烤花生酱饼干	10 早餐俱乐部 10:45 早操 11:30 配对 健康讲座(廣東話) 1pm 烤布朗尼, 美术:手掌草图	11 早餐俱乐部 10:45 早操 11:30 着名的面孔 1pm 珠宝制作 烤果酱馅饼, 冥想	12 
13 	14 早餐俱乐部 10:45 早操 11:30 在这个日期 1pm 藝途 音樂會 Benjamin Hopkins , 钢琴家	15 早餐俱乐部 10:45 早操 11:30 填字游戏 健康讲座(英语语言) 1pm 家庭游戏, 工艺: 感官被子	16 早餐俱乐部 10:45 早操 11:30 与艺术家匹配的歌曲 1 pm 烤蛋糕, 音乐记忆 工艺: 杂志拼贴画	17 早餐俱乐部 10:45 早操 11:30 愉快的香味 1pm 工艺: Twiddlemuffs 音乐记忆, 麻雀 / 天九	18 早餐俱乐部 10:45 早操 11:30 记忆托盘 1pm 桌上游戏 珠宝制作, 从数字绘制	19 
20 	21 早餐俱乐部 10:45 早操 11:30 苏格兰测验 1pm 电影: <i>Brigadoon</i> 工艺: 风笛, 麻雀 / 天九	22 早餐俱乐部 10:45 早操 出外午餐: Boston Pizza 11:30 保齡球 1pm 啤牌21點, 出访苏格兰	23 早餐俱乐部 脚病医生 10am-Noon 10:45 早操 11:30 星座运势 1pm 一月份生日會 音樂, 跳舞, 蛋糕分享	24 早餐俱乐部 10:45 早操 11:30 打高尔夫球 1 pm 宾果, 麻雀 / 天九 美术: 苏格兰的旗帜	25 早餐俱乐部 10:45 早操 11:30 苏格兰的笑话 1pm 罗伯特·伯恩斯特会一起唱 Saul Berson 	26 
27 	28 早餐俱乐部 10:45 早操 11:30 火警演習 1 pm 美术: 滴油漆艺术品 桌上游戏, 传: Jackson Pollock	29 早餐俱乐部 10:45 早操 出外午餐: 中國菜 11:30 曲棍球 1pm 戏曲, 烤巧克力曲奇饼干	30 早餐俱乐部 10:45 早操 出外午餐: Tim Hortons 11:30 足球 1 pm 宾果, 麻雀 / 天九	31 早餐俱乐部 10:45 早操 11:30 找到隐藏的物体 1 pm 啤牌21點 工艺: 剪纸装饰, 音乐记忆		

Welcome!

We warmly welcome you to our day program:

Program Highlights

- Jan. 1st The ADP is **Closed**
Jan. 10th Health Talk (Chinese)
Jan. 14th ArtsWay Concert:
Benjamin Hopkins, pianist
Jan. 15th Health Talk (English)
Jan. 22nd Outing: Boston Pizza
Jan. 23rd Podiatrist 10am to Noon
Jan. 23rd Birthday Party
Steve Warner, Guitar
Jan. 25th Robbie Burns Lunch
Sing Along with Saul Berson
Jan. 29th Outing: Chinese Cuisine
Jan. 30th Men's Outing: Tim Horton's

January Birthdays

We wish our following friends a very Happy Birthday!

- | | |
|-------------------|-----------------------|
| Mrs. Teresa Fong | Jan. 9 th |
| Mrs. Aurora Borge | Jan. 14 th |
| Mr. Pa-Tsun Wu | Jan. 19 th |
| Mrs. Ayako Tamai | Jan. 20 th |
| Mrs. Bidia Mate | Jan. 26 th |



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

- 一月一日: 中心休息
一月十日: 健康講座 (廣東話)
一月十四日: 藝途音樂會: Benjamin Hopkins, 鋼琴家
一月十五日: 健康講座 (英語語言)
一月二十二日: 出外午餐: Boston Pizza
一月二十三日: 腳醫生到訪
一月二十三日: 一月份生日會
Steve Warner, 吉他演奏者
一月二十五日: 羅伯特·伯恩斯天會
一起唱 Saul Berson
一月二十九日: 出外午餐: 藝途 音樂會:
一月三十日: 出外午餐: Tim Horton's

一月生日會員

生日快樂對我們的朋友

- | | |
|-------------------|--------|
| Mrs. Teresa Fong | 一月九日 |
| Mrs. Aurora Borge | 一月十四日 |
| Mr. Pa-Tsun Wu | 一月十九日 |
| Mrs. Ayako Tamai | 一月二十日 |
| Mrs. Bidia Mate | 一月二十六日 |



South Vancouver Adult Day Program

南溫哥華成人中心

January 2019 Newsletter

2019 年1月 月報



Happy New Year 2019!

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

Alzheimer's (AHLZ-high-merz) is a disease of the brain that causes problems with memory, thinking and behavior. Alzheimer's disease is not normal aging or a mental illness.

Is the most common form of dementia: Dementia is a general term for the loss of memory and other intellectual abilities serious enough to interfere with daily life. Alzheimer's accounts for an estimated 60 to 80 percent of dementia cases.

Is more common than you think: More than 5 million people in the United States are living with Alzheimer's. The number of Americans with Alzheimer's disease and other dementias will grow each year as the proportion of the U.S. population that is over age 65 continues to increase.

With Alzheimer's, it is not just those with the disease who are impacted. It's also their caregivers. Caring for a person with Alzheimer's is often very difficult, and many family or friend caregivers experience high levels of emotional stress and depression as a result.

Gets worse over time: Alzheimer's gets worse over time and ultimately is fatal. Although symptoms can vary widely, the first problem many people notice is forgetfulness severe enough to affect their ability to function at home or at work or to enjoy lifelong hobbies. Other symptoms include confusion, getting lost in familiar places, misplacing things, and problems with speaking and writing.

While scientists know Alzheimer's disease involves the progressive failure of brain cells, why this happens is still not known. However, they have identified certain risk factors that increase the likelihood of developing Alzheimer's.

Age: The greatest known risk factor for Alzheimer's is increasing age. Of Americans aged 65 and over, 1 in 8 has Alzheimer's, and nearly half of people aged 85 and older have the disease.

Family history and genetics: Another risk factor is family history. Research has shown that those who have a parent, brother or sister with Alzheimer's are more likely to develop the disease. The risk increases if more than one family member has the illness. When diseases tend to run in families, either heredity (genetics) or environmental factors, or both, may play a role. Scientists have identified one gene that increases the risk for Alzheimer's but does not guarantee an individual will develop the disease. Research has also revealed certain rare genes that virtually guarantee an individual will develop Alzheimer's. These genes have been found in only a few hundred extended families worldwide and account for less than five percent of all cases of Alzheimer's.

Other risk factors: Most experts believe that the majority of Alzheimer's disease occurs as a result of complex interactions among genes and other risk factors. Age, family history and heredity are all risk factors we can't change. Now, research is beginning to reveal clues about other risk factors we may be able to influence through general lifestyle and wellness choices and effective management of other health conditions.

Head trauma: There may be a strong link between serious head injury and future risk of Alzheimer's, especially when trauma occurs repeatedly or involves loss of consciousness. Protect your brain by buckling your seat belt, wearing your helmet when participating in sports, and "fall-proofing" your home.

Heart-head connection: Growing evidence links brain health to heart health. Your brain is nourished by one of your body's richest networks of blood vessels. Every heartbeat pumps about 20 to 25 percent of your blood to your head, where brain cells use at least 20 percent of the food and oxygen your blood carries. The risk of developing Alzheimer's or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels. These include high blood pressure, heart disease, stroke, diabetes and high cholesterol. Work with your doctor to monitor your heart health and treat any problems that arise.

General healthy aging: Other lines of evidence suggest that strategies for overall healthy aging may help keep your brain as well as your body fit. These strategies may even offer some protection against developing Alzheimer's or related disorders. Try to keep your weight within recommended guidelines, avoid tobacco and excess alcohol, stay socially connected, and exercise both your body and mind.

Source: https://www.alz.org/asian/about/what_is_alzheimers.asp?nl=ZH&dL=EN

阿滋海默症是一種大腦疾病，該疾病會導致記憶，思考和行為問題。阿滋海默症是一種不正常的老化現象也不是精神疾病。

這是最常見的失智症形式: 失智症是有關記憶喪失以及嚴重程度足以干擾日常生活的其他心智能力問題的一般用詞。阿滋海默症約占失智症病例的 60% 至 80%。

比您想像的還要常見: 美國有超過 500 萬人患有阿滋海默症。隨著 65 歲以上的美國人口的比例不斷增加，患阿滋海默症和其他失智症的美國人數將每年增長。受影響的不僅僅是阿滋海默症患者。他們的照護者也會受到影響。照護阿滋海默症患者通常非常困難，照護他們的許多家人或朋友最終會出現高度的情緒緊張和憂鬱症。

病情隨時間而惡化: 阿滋海默症會隨時間而惡化，最終會導致死亡。儘管症狀會大不相同，但許多人注意到的第一個問題是嚴重的健忘，這使他們在家庭生活或工作中以及在參加一向愛好的活動時感到力不從心。其他症狀包括精神錯亂，在熟悉的地方迷路，將東西放錯地方，以及說話和書寫問題。

儘管科學家知道阿滋海默症與腦細胞的逐漸衰竭有關，而這為什麼會發生仍不清楚。但他們已經確定了會增加患阿滋海默症的可能性的某些風險因素。

年齡: 已知患阿滋海默症的最大風險因素是年齡的增長。在 65 歲及以上的美國人中，8 人中有一個患阿滋海默症，85 歲及以上的美國人中幾乎有一半患有該疾病。

家族病史和基因: 另一個風險因素是家庭病史。研究已表明，有父母，兄弟或姐妹患阿滋海默症的人患該疾病的可能性更高。如果有多個家庭成員患該疾病，則該風險會增加。此疾病有在家族成員中發生的傾向，或與遺傳（基因），環境因素有關。科學家已確定了一個會增加阿滋海默症患病風險的基因，但並不保證具有該基因的人一定會患該疾病。研究發現，幾乎可確定具有某些罕見基因的人會患阿滋海默症。這些基因是在全球僅幾百個家族中發現的，占有阿滋海默症的不到 5%。

其他風險因素: 大多數專家認為，阿滋海默症大部分是由於基因與其他風險因素之間複雜的相互作用導致的。年齡，家族病史和遺傳均是我們無法改變的風險因素。現在透過研究，我們開始認識到，透過一般生活方式和健康選擇，以及對其他健康情況的有效管理，我們或許能夠影響其他風險因素。

頭部創傷: 頭部受傷與未來患阿滋海默症的風險之間可能存在強大的關聯，尤其是在常常發生頭部創傷或涉及到失去意識時。可透過繫上安全帶，在參加體育運動時戴上頭盔以及在家中安裝「防跌倒」裝置，保護您的大腦。

心臟與頭部的關聯: 越來越多的證據證明大腦健康與心臟健康之間存在關聯。大腦是由身體最豐富的血管網絡提供補給。每次心跳會將約 20% 至 25% 的血液泵入頭部，在頭部中腦細胞至少使用 20% 的血液攜帶的食物和氧。心臟或血管受損的許多情況似乎增加了患阿滋海默症或血管型失智症的風險。這些包括高血壓，心臟疾病，中風，糖尿病和高膽固醇。與您的醫生共同監控您的心臟健康並治療出現的任何問題。

一般正常的老化: 其他一系列證據顯示，整體正常的老化的策略可協助使您的大腦和身體保持良好狀態。這些策略甚至可在某種程度上預防患阿滋海默症或相關疾病。儘量按照建議的指導原則保持體重，請勿吸煙和過度飲酒，經常參加社群活動，以及鍛煉身體和智力。

Source: https://www.alz.org/asian/about/what_is_alzheimers.asp?nl=ZH&dL=EN