

# South Van Adult Day Program

# ACTIVITY CALENDAR

# FEBRUARY 2019

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> Breakfast Club 10:45 Exercises 11:30 What's Missing? 1pm Craft: Lanterns Bulletin Board Art Bake Fortune Cookies	<b>2</b> 
<b>3</b> <b>Year of the Pig</b> 	<b>4</b> Breakfast Club 10:45 Exercises 11:30 Pig Trivia 1pm Black Jack Mah Jong Tin Gau Art: Chinese Zodiac Wheel	<b>5</b> Breakfast Club 10:45 Exercises 11:30 Chinese Zodiac 1 pm <b>Chinese New Year</b>  <b>'Year of the Pig' Celebration</b> 豬	<b>6</b> Breakfast Club 10:45 Exercises 11:30 Hangman 1pm <b>Birthday Party</b> <b>Music, Dancing, &amp; Cake</b> 	<b>7</b> Breakfast Club 10:45 Exercises 11:30 Spot the Difference 1pm Bingo Table Games Mah Jong / TinGau	<b>8</b> Breakfast Club 10:45 Exercises 11:30 Goes Together 1pm Chinese Opera Jewelry Making Mindful meditation	<b>9</b> 
<b>10</b> 	<b>11</b> Breakfast Club 10:45 Exercises 11:30 Love Songs Health Talk: (Chinese) 1pm Travel to Venice Crafts: Valentine Cards	<b>12</b> Breakfast Club 10:45 Exercises 11:30 <b>Fire Drill</b> 1pm <b>ARTSWAY Concert:</b> <b>Emily Richardson, flute</b> <b>Susan Xia, piano</b>	<b>13</b> Breakfast Club 10:45 Exercises <b>Men's Outing: A. &amp; W.</b> 11:30 Soccer 1 pm Heart Bingo Mah Jong / Tin Gau	<b>14</b> Breakfast Club 10:45 Exercises 11:30 Sweet Scents 1pm <b>Valentine's Day Party</b> <b>Sing Along: Saul Berson</b> 	<b>15</b> Breakfast Club 10:45 Exercises 11:30 Gentle Massage 1pm Beading Artist Impressions Musical Memories	<b>16</b> 
<b>17</b> 	<b>18</b> <b>The ADP</b> <b>is <u>CLOSED</u> today</b> 	<b>19</b> Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk: (English) 1pm Red Carpet Punch Match Songs to Movies	<b>20</b> Breakfast Club 10:45 Exercises 11:30 True or False 1pm Table Games Craft: OSCAR Gift Bags Silent Film: Modern Times	<b>21</b> Breakfast Club 10:45 Exercises 11:30 Match ups 1pm Movie Theme Songs Craft: OSCAR Trophy Make Flavoured Popcorn	<b>22</b> Breakfast Club 10:45 Exercises 11:30 Cue Cards 1 pm <b>OSCAR's Party</b>   	<b>23</b> 
<b>24</b> 	<b>25</b> Breakfast Club 10:45 Exercises 11:30 Movie Quotes 1pm Calligraphy Make Afternoon Snacks Biography: Elizabeth Taylor	<b>26</b> Breakfast Club 10:45 Exercises <b>Outing: Swiss Chalet</b> 11:30 Floor Hockey 1pm Travel to Tibet Art: Silhouettes	<b>27</b> Breakfast Club 10:45 Exercises 11:30 Matching Activity 1 pm Musical Memories Artist Impressions Bio: Harlem Globetrotters	<b>28</b> Breakfast Club 10:45 Exercises <b>Outing: Chinese Cuisine</b> 11:30 Balloon Volleyball 1 pm Black Jack Crafts: Mask Making		



星期天	星期一	星期二	星期三	星期四	星期五	星期六
		<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> 早餐俱乐部 10:45 早操 11:30 缺什么? 1pm 工艺: 灯笼 飾布告板, 烤幸运饼干	<b>2</b> 
<b>3</b> Year of the Pig 	<b>4</b> 早餐俱乐部 10:45 早操 11:30 猪琐事 1pm 啤牌21點 麻雀 / 天九, 美术: 生肖轮	<b>5</b> 早餐俱乐部 10:45 早操 11:30 中国十二生肖 1 pm 慶祝農曆新年  猪年	<b>6</b> 早餐俱乐部 10:45 早操 11:30 串字遊戲 1pm 二月份生日會 音樂, 跳舞, 蛋糕分享 	<b>7</b> 早餐俱乐部 10:45 早操 11:30 填字游戏 1pm 宾果 桌上游戏, 麻雀 / 天九	<b>8</b> 早餐俱乐部 10:45 早操 11:30 永远在一起 1pm 戏曲 珠宝制作, 冥想	<b>9</b> 
<b>10</b>  Artemisia Duo Emily Richardson & Susan Xia	<b>11</b> 早餐俱乐部 10:45 早操 11:30 情歌, 健康讲座(廣東話) 1pm 出访威尼斯 工艺: 情人节卡片	<b>12</b> 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 藝途 音樂會 Emily Richardson, flute Susan Xia, piano	<b>13</b> 早餐俱乐部 10:45 早操 出外午餐: A. & W. 11:30 足球 1 pm 宾果, 麻雀 / 天九	<b>14</b> 早餐俱乐部 10:45 早操 11:30 清新芳香 1pm 庆祝情人节 一起唱 Saul Berson	<b>15</b> 早餐俱乐部 10:45 早操 11:30 温柔的按摩 1pm 玻璃珠 艺术家的印象, 音乐记忆	<b>16</b> 
<b>17</b> 	<b>18</b> 中心休息 	<b>19</b> 早餐俱乐部 10:45 早操 11:30 填字游戏 健康讲座(英语语言) 1pm 水果饮料, 与电影匹配的歌曲	<b>20</b> 早餐俱乐部 10:45 早操 11:30 对或错 1pm 桌上游戏 工艺: 礼品袋, 默片	<b>21</b> 早餐俱乐部 10:45 早操 11:30 配对 1pm 电影主题曲 工艺: 奥斯卡奖杯 味道爆米花	<b>22</b> 早餐俱乐部 10:45 早操 11:30 提示卡 1 pm OSCAR 派对 	<b>23</b> 
<b>24</b> 	<b>25</b> 早餐俱乐部 10:45 早操 11:30 电影报价 1pm 笔法, 准备零食 传: Elizabeth Taylor	<b>26</b> 早餐俱乐部 10:45 早操 出外午餐: Swiss Chalet 11:30 曲棍球 1pm 出访西藏, 美术: 剪影	<b>27</b> 早餐俱乐部 10:45 早操 11:30 匹配游戏 1 pm 音乐记忆, 艺术家的印象 传: Harlem Globetrotters	<b>28</b> 早餐俱乐部 10:45 早操, 出外午餐: 中國菜 11:30 气球排球 1 pm 啤牌21點 工艺: 面具制作		

## Welcome!

We warmly welcome you to our day program!

## Program Highlights

Feb. 5<sup>th</sup> Chinese New Year Celebration  
Feb. 6<sup>th</sup> Birthday Party:  
Steve Warner, guitar  
Feb. 11<sup>th</sup> Health Talk (English)  
Feb. 12<sup>th</sup> Artsway Concert:  
Emily Richardson, flute & Susan Xia, piano  
Feb. 13<sup>th</sup> Men's Outing to A. & W.  
Feb. 14<sup>th</sup> Valentine's Party  
Sing along with Saul Berson  
Feb. 18<sup>th</sup> ADP is **Closed: Family Day**  
Feb. 19<sup>th</sup> Health Talk (Chinese)  
Feb. 26<sup>th</sup> Outing: Swiss Chalet  
Feb. 28<sup>th</sup> Outing: Chinese Cuisine

## February Birthdays

We wish our following friends a very Happy Birthday!

Ms. Julie Sun	Feb. 10 <sup>th</sup>
Mrs. Liu Lin Lee	Feb. 12 <sup>th</sup>
Mr. Darrell Dersch	Feb. 29 <sup>th</sup>



## 歡迎

我們溫暖地歡迎您到我們的中心:

## 節目聚焦

二月五日: 慶祝農曆新年  
二月六日: 二月份生日會: Steve Warner, 吉他演奏者  
二月十一日: 健康講座(英語語言)  
二月十二日: 藝途音樂會:  
Emily Richardson, 橫笛吹奏者 & Susan Xia, 鋼琴家  
二月十三日: 出外午餐: A. & W.  
二月十四日: 情人节舞蹈, 一起唱 Saul Berson  
二月十八日: 中心休息 家庭日  
二月十九日: 健康講座(廣東話)  
二月二十六日: 出外午餐: Swiss Chalet  
二月二十八日: 出外午餐: 中國菜

## 二月生日會員

生日快樂對我們的朋友

Ms. Julie Sun	二月十日
Mrs. Siu Lan Lee	二月十二日
Mr. Darrell Dersch	二月二十九日



## South Vancouver Adult Day Program

南溫哥華成人中心

## February 2019 Newsletter

2019 年2月 月報



Participants work on zodiac wheel for Chinese New Year.  
The Year of the Pig

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



### Living with Chronic Pain

Patients that are living with chronic pain experience significant changes to their physical and psychological health, which can lead to a reduction in quality of life. It is important that they have a management plan in place to help the to improve their life quality and continue living life to as full an extent as possible.

#### Physical and Psychological Effects

A reduction in quality of life is one of the most pressing worries for individuals that suffer from chronic pain. The pain can have an impact on the daily life of patients and inhibit them from partaking in activities as they usually would. In turn, this can have an effect on the psychological health of patients as they deal with the changes that this can bring. It is common for patients to feel frustrated or angry, particularly when they are unable to partake in normal daily activities as usual. This can also stem into their social life and they may have difficulty creating and maintaining relationships with their loved ones. To address these issues, it is important that patients have access to a strong support network where they feel comfortable to talk about and work through any issues. The involvement of a psychologist experience in the effects of chronic pain can be helpful in promoting mental and emotional health.

#### Taking Pain Medications

There are several pharmacological treatments that are available to help relieve chronic pain. Simple analgesic medications, such as paracetamol, ibuprofen and aspirin are the first-line choice for most cases of chronic pain. For more severe cases, prescription opioid drugs can help to provide sufficient pain relief. For patients suffering from neuropathic pain, antidepressant or antiepileptic medications such as amitriptyline or gabapentin can help to reduce pain.

All of these medications can easily be taken in an oral formulation, which is easy for patients to take. Some patients may have concerns about the need to take these medications on an ongoing basis and, in this case, decisions should be made about the benefit of improved life quality weighed against risk of drug tolerance and possible dependence.

#### Other Coping Techniques

There are non-pharmacological techniques available that can be used to help relieve chronic pain and improve overall quality of life. These include:

- Acupuncture
- Biofeedback
- Distraction therapy
- Exercise
- Hot or cold packs
- Hypnosis
- Imagery
- Massage
- Reflexology
- Relaxation exercises
- Transcutaneous electrical nerve stimulation (TENS)
- Yoga

Most patients find medications are able to provide more effective pain relief than these techniques, but there is a very low risk of adverse effect with these non-pharmacological techniques. In many cases, both pharmacological and non-pharmacological management techniques are combined to provide suitable relief of chronic pain.

#### Coping with Stress

Persistent pain is closely linked to increased stress levels and it is important that patient with chronic pain are able to implement techniques to manage stress as well as pain. There are several steps that can help to reduce stress and, simultaneously, help to manage pain, including:

- Eating a nutritious diet
- Getting adequate sleep
- Keeping physically active
- Thinking positively
- Engaging in enjoyable activities
- Finding support from other people
- Consulting with a counselor

Each individual will find that some techniques are more helpful than others in helping to manage stress related to chronic pain and should experiment to discover which is best for them.



### 居住充滿慢性痛苦

與慢性對他們的實際和心理健康的痛苦經驗重大的更改居住，可能導致減少進入生活水平的患者。是重要的他們有幫助一個的管理計劃適當改進他們的生活質量和在一定程度上一樣充分持續到居住的壽命儘可能。

#### 實際和心理作用

減少進入生活水平是一个按遭受慢性痛苦的單個的憂慮。 當他們通常會，痛苦可能有在患者日常生活的影響和從參加禁止他們在活動。 反過來，這可能有對患者心理健康的作用，當他們處理這可能帶來的更改。

特別地當他們無法照常時，參加在正常每日活動它是公用的為了患者能感到沮喪或惱怒。 這可能也抽去到他們的社會生活，并且他們可能有困難與他們親人的創建的和維護的關係。

要論及這些問題，是重要的患者得以進入對他們感到方便通過所有問題談論和從事的一個強烈支持網絡的。 一個心理學家經驗的介入在慢性痛苦的作用的可以是有益的在促進精神和情緒健康。

#### 採取止痛藥

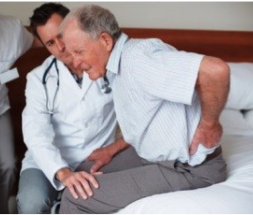
有是可用幫助解除慢性痛苦的幾種藥物學處理。簡單的鎮痛藥治療，例如撲熱息痛，異丁苯丙酸和阿斯匹靈是慢性痛苦多數案件的第一戰線的選擇。 对更加嚴重的案件，處方阿片樣物質藥物可能幫助提供滿足的鎮痛。 對於遭受神經病痛苦的患者，抗抑鬱劑或治癲癇治療例如阿密黴替林或 gabapentin 可能幫助減少痛苦。

所有這些治療在一種口頭公式化可能容易地被採取，對患者是容易採取。 有些患者可能有對需要的關心持續地做出這些治療，并且，在這種情況下，決定應該做關於被改進的生活質量的福利斟酌耐藥性和可能的依賴性的風險。

#### 其他處理的技術

有可以用於幫助解除慢性痛苦和改進整體生活水平可用的非藥物學的技術。 這些包括：

- 針灸
- 生物反饋
- 分心療法
- 執行
- 熱或以低溫裝罐法處理食物
- 催眠狀態
- 成像
- 按摩
- 反射論
- 放鬆執行
- 經皮的電子神經刺激（TENS）
- 瑜伽



多數患者查找治療比這些技術能提供更加有效的鎮痛，但是有一非常低風險的與這些非藥物學技術的負面作用。 在許多情況下，藥物學和非藥物學管理技巧被結合提供慢性痛苦適當的替補。

#### 應付重點

不變痛苦緊密地連接增加的壓力水平，并且是重要的有慢性痛苦的病人能實施技術管理重點以及痛苦。 有可能幫助減少重點，并且，同時，幫助管理痛苦的幾個步驟，包括：

- 吃滋補飲食
- 獲得足够的休眠
- 保持實際上有效
- 正認為
- 參與令人愉快的活動
- 查找從其他人員的技術支持
- 與顧問協商



每個單個發現有些技術比其他有用在幫助管理重點與慢性痛苦有關，并且應該試驗發現哪些為他們是最佳。

来源：[https://www.news-medical.net/health/Living-with-Chronic-Pain-\(Traditional-Chinese\).aspx](https://www.news-medical.net/health/Living-with-Chronic-Pain-(Traditional-Chinese).aspx)

Source: <https://www.news-medical.net/health/Living-with-Chronic-Pain.aspx>