

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			SVNH Adult Day Centre at Beulah Gardens 3355 East 5 th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit our ADC Blog at svnhadc.blogspot.com		10:45 Exercises 1 11:45 Words In Word 12:00 Hockey Mah Jong 13:30 Today's Highlights Hand Exercises	
	10:45 Exercises 4 11:45 Mental Math 12:00 Women Inventors Paper Arts 13:30 Seniors Council Books Check Out	10:45 Exercises 5 11:45 Balls In Buckets 12:00 Early Lunch Buffet 13:00 Happy Group Music Enjoy Your Concert	10:45 Exercises 6 11:45 Penny Toss 12:00 St. Patrick's Bingo Table Games 13:30 Youth Talent Hand Exercises	10:45 Exercises 7 11:45 Today In History 12:00 Dim Sum Outing Seafood Game 13:30 Music Moments Books Check In	10:45 Exercises 8 11:30 Special Guest Dog Show 12:30 Picture Time 13:30 Bean Bags Spring Walk	
	10:45 Exercises 11 11:30 Health Talk 12:00 Celtic Women Shamrock/Pot of Gold 13:30 Basketball Shooting Library Corner	10:45 Exercises 12 11:45 News & Views 12:00 Alice's Bakery If You're the Judge 13:30 Penny Toss Puzzle Games	10:45 Birthday Party With Saul 13 12:00 Exercises Fitness Club 13:30 Reminscing Senior's Council	10:45 Exercises 14 11:30 Irish Jokes/Health Talk 12:00 Irish Culture Sharing Irish Cooking 13:30 Shamrock Crafts Bean Bags	10:45 St. Patrick's Day Celebration Wth You 15 12:00 Exercises Fitness Club 13:30 Penny Toss St. Patrick's Day Trivias	
	10:45 Exercises 18 11:45 Hung Man/Health Talk 12:00 Spring Crafts I Hear Memories 13:30 Bowling Reminscing	10:45 Exercises 19 11:00 Step Out Stanley Park & City Tour 12:00 Flower Bingo 13:30 Balls In Buckets Music Moments	10:45 Exercises 20 11:45 Today In History 12:00 Bocce Ball Mah Jong 13:30 Seniors Council Walk A Block	10:45 Exercises 21 11:30 Chinese Idioms 12:00 Flower Bingo Table Game 13:30 Hand Exercises World Harmony Day	10:45 Exercises 22 11:30 World Water Day 12:00 Aromatherapy Spring Crafts 13:30 Bowling Library Corner	
	10:45 Exercises 25 11:30 About Beethoven 12:00 Easter Crafts Hymn Sing With Simon 13:30 Spring Walk Reading Club	10:45 Exercises 26 11:30 Bowling 12:00 About Beethoven Mah Jong 13:30 Easter Crafts Bean Bags	10:45 Exercises 27 11:45 Health Talk/Ring Toss 12:00 If You're the Judge Jeopardy Game 13:30 Basketball Shooting Library Corner	10:00 Congee Day 28 11:30 Bean Bags 12:00 Early Lunch 13:00 Concerts In Care Enjoy Your Moments!!	10:00 Special Breakfast 29 11:30 News & Views 12:00 Flower Bingo Happy Hours 13:30 Balls In Buckets Spring Walk	
						

星期日	星期一	星期二	星期三	星期四	星期五	星期六
				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 晨操 11:45 数字游戏 12:00 妇女发明家 创意纸艺术 13:30 長者會議 书本清点	10:45 晨操 11:45 請它入甕 12:00 提早午餐 13:00 特别汇演 快乐乐团 享受美好時光!!	10:45 晨操 11:45 拋硬幣 12:00 聖帕特里克宾高 围桌游戏 13:30 少年才艺表演 手部運動	10:45 晨操 11:45 当年今日 12:00 點心出遊 海鲜游戏 13:30 音乐欣赏 书本验收	10:45 晨操 11:30 特别嘉宾 狗狗表演 12:30 大合照 13:30 扔豆袋 春天漫步	
	10:45 晨操 11:30 健康講座 12:00 凱爾特女人樂隊 三葉草/一桶金 13:30 投籃練習 圖書館一角	10:45 晨操 11:45 今日頭條 12:00 何姑娘饼屋 如果你是法官 13:30 拋硬幣 拼图游戏	10:45 生日派對 蘇哥與你同樂 12:00 晨操 健康社團 13:30 健康講座 長者會議	10:45 晨操 11:30 愛爾蘭玩笑 12:00 愛爾蘭文化分享 烘焙餅乾 13:30 三葉草手工藝 扔豆袋	10:45 聖帕特里克節 與你一起慶祝 12:00 晨操 健康社團 13:30 拋硬幣 聖帕特里克節的機智問答	
	10:45 晨操 11:45 智力游戏/健康講座 12:00 春日手工艺 聽覺記憶 13:30 保齡球 昔日回顾	10:45 早茶 11:00 春日出遊與探險 史丹利公園 城市觀光旅遊 12:00 花宾高 13:30 請它入甕	10:45 晨操 11:45 今日话当年 12:00 地毯滾球 麻將 13:30 扔豆袋 春天漫步	10:45 晨操 11:30 成语接龙 12:00 花宾高 围桌游戏 13:30 手部運動 世界和谐日	10:45 晨操 11:30 世界水資源日 12:00 香薰理疗 春日手工艺 13:30 保齡球 圖書館一角	
	10:45 晨操 11:30 關於貝多芬 12:00 復活節手工藝 與何先生唱詩歌 13:30 春天漫步 小組	10:45 晨操 11:30 保齡球 12:00 電影日 復活節手工藝 13:30 圖書館一角 長者會議	10:45 晨操 11:45 健康講座/套圈 12:00 如果你是法官 智力游戏 (英文) 13:30 投籃練習 拼图游戏	10:00 满粥日 11:30 扔豆袋 12:00 午餐 13:00 關愛音樂會 享受美好時光!!	10:00 爱心早餐 11:30 今日頭條 12:00 花宾高 快乐時光 13:30 請它入甕 春天漫步	
						

WELCOME

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

See Chu & Santo Fazio

Special Events:

- | | |
|--------|-------------------------------|
| Mar 05 | Happy Group Music |
| Mar 07 | Dim Sum Outing |
| Mar 08 | Dog Show |
| Mar 13 | Birthday Party |
| Mar 15 | St. Patrick's Day Celebration |
| Mar 19 | Stanley Park and City Tour |
| Mar 25 | Hymn Sing With Simon |
| Mar 28 | Concert In Care |

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。

Chu, See 先生, Fazio, Santo 先生

特別節目:

- | | |
|----------|--------------|
| 3 月 05 日 | 快乐乐团 |
| 3 月 07 日 | 點心外遊 |
| 3 月 08 日 | 狗狗表演 |
| 3 月 13 日 | 生日會 |
| 3 月 15 日 | 聖帕特里克節 |
| 3 月 19 日 | 史丹利公園 城市觀光旅遊 |
| 3 月 25 日 | 與何先生唱詩歌 |
| 3 月 28 日 | 關愛音樂會 |



Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

March 2019

2019 年 03 月



March CELEBRANTS

Bun Sam Lee, Clare Stoyeff, Chan Ha Lam,
Donna Nicoletti, John Lum, and Nam Yau



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

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Hearing Loss in Adults

What are the signs that you may have hearing loss?

You may have hearing loss if you find that you often:

- find that speech is muffled or unclear
- ask people to repeat themselves or speak louder;
- have difficulty understanding or following conversations in quiet or noisy places;
- you must concentrate to understand what people say; or
- have ringing, hissing, or clicking noises in your ear.

What should I do if I think I have hearing loss? If you think you have hearing loss, you should make an appointment with your health care provider who may refer you to one of the following professionals:

- Ear, Nose and Throat (ENT) Doctor - An ENT Doctor is a medical specialist in diseases of the ear, nose, throat, and related concerns.
- Audiologist - An Audiologist diagnoses hearing loss and prescribes, dispenses and fits hearing aids, and offers hearing rehabilitation and counseling.
- Hearing Instrument Practitioner - A Hearing Instrument Practitioner tests hearing, and prescribes, dispenses, and fits hearing aids.

You can make an appointment directly with an Audiologist or a Hearing Instrument Practitioner without a referral.

If your hearing seems to deteriorate or drop rapidly (over the span of 1 to 3 days) you should seek emergency medical attention immediately.

Will a hearing aid help? Hearing aids do not cure hearing loss but they do help improve your hearing and your ability to communicate. A hearing aid is a small batterypowered electronic device that is programmed specifically to meet the needs of a person’s individual hearing loss and can be adapted to different situational needs (such as work environments). People with hearing loss can improve communication with a properly fitted hearing aid, counselling, or environmental changes.

Do I have to pay for a hearing aid? Hearing aids are not covered under the Medical Services Plan (MSP). There are limited alternative funding options available that your Audiologist or Hearing Instrument Practitioner can advise you on.

What are the risks associated with hearing loss on older adults? When hearing loss remains un-treated in older adults, they may experience a significant reduction quality of life and are at risk of poorer long-term health outcomes. Adults with untreated hearing loss may become:

- withdrawn and socially isolated which can lead to risk of depression;
- fatigued, anxious and/or confused; and are at greater risk of falling which increases with the severity of the hearing loss.

The importance of early detection and intervention: Identifying and aiding hearing loss early helps preserve the brain’s ability to receive and use the incoming sounds in a meaningful way. and the longer you wait to aid hearing loss, the harder it is for your brain to adapt to the sound of hearing aids; and the benefits of hearing aids increase, the sooner and more consistently you use them; and you have more time to plan or find funding for the expenses associated with hearing loss; and early intervention keeps the brain sharp and can reduce the cost of hearing aids by reducing the need for additional technical features to help you process sound.



成人失聰

有哪些徵兆顯示您可能有失聰問題？

如果發現自己經常出現以下情況，您可能有失聰問題：

- 感覺說話模糊或不清楚
- 要對方重複說話或提高音量；
- 無論在安靜或嘈雜的地方，您都難以明白或領會對方的談話；
- 必須集中精神才能明白別人說的話；或者
- 耳中有鳴響、嘶聲或咔嗒聲。

如果我認為自己失聰了，應該怎麼做？ 如果您認為自己失聰了，應該約見醫護人員。您可能會被轉介給下列專業人士之一：

- 耳鼻喉科（ENT）醫生—耳鼻喉科醫生是專門治療耳、鼻、喉及相關疾病的醫科專家。
- 聽覺疾病矯治專家（Audiologist）—聽覺疾病矯治專家會就失聰做出診斷，並開具處方，發放、幫助患者配戴助聽器，還提供聽力康復和輔導服務。
- 聽覺儀器執業醫生—聽覺儀器執業醫生負責測試聽力，並開具處方，發放、幫助患者配戴助聽器。

如果您感到聽力狀況有所惡化，或（在1至3天內）迅速減退，應立即尋求緊急醫療救治。

助聽器有幫助嗎？ 助聽器不能治療失聰，但確有助於改善您的聽力和溝通能力。助聽器是一個用電池供電的小型電子設備，可根據失聰患者的個人需求來進行編程，亦可依據不同場合的需求（例如工作場所）進行調適。失聰患者的溝通能力可通過正確配戴助聽器、接受諮詢輔導或環境改變而得到改善。

我需要花錢購買助聽器嗎？ 醫療服務計劃（Medical Services Plan, MSP）目前尚未把助聽器納入其中，但您的聽覺疾病矯治專家或聽覺儀器執業醫生可為您介紹一些其他的資助途徑。

失聰會為較年長人士帶來哪些風險？ 如果不對其失聰病情予以治療，較年長人士的生活質量可能會顯著下降，也容易導致其長期健康狀況不佳。患有失聰的成年人，如不接受治療，可能會出現如下情形：

- 自閉、不願社交，這有可能導致抑鬱症；
- 疲乏、焦慮和／或迷茫；
- 較易摔倒，而摔倒會進一步加重其失聰病情。

早期發現和干預的重要性: 早期確診失聰並提供相關醫療輔助，有助於維持大腦功能，使其能夠有效地接收和使用傳入的聲音。

- 如果不及時針對失聰進行醫療輔助，拖延的時間越久，大腦就越難適應助聽設備所發出的聲音；
- 隨著您更為頻繁、持久地使用助聽設備，其益處也會不斷增加；
- 及早發現和干預使您有更多時間針對失聰相關的開銷作出計畫或尋求資助；並且
- 早期干預能保持大腦敏銳，降低使用額外技術手段來幫助您處理聲音的需求，從而降低使用助聽設備的開銷。



HealthLinkBC