















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Happy Canada Day! Centre Closed	10:45 Exercises 11:30 Bowling 12:00 Table Games Chinatown Now & Then 13:30 News & Views Hand Exercises	10:45 Exercises 11:30 Happy Music Group Multi culture Sharing 12:30 Take Photos 13:30 Bean Bags Hand Exercises	10:45 Exercises 11:30 Health Talk 12:00 Hockey Italian Flag Making 13:30 Bottle Toss Puzzle Games	10:45 Exercises 11:30 Find Opposites 12:00 Patio Party Smoothie Making 13:30 Library Corner Those Summer Days	
	10:45 Exercises 11:30 Facts of Italy 12:00 Table Games Italian Culture 13:30 Balls In Buckets Music Appreciation	10:45 Exercises 11:30 Balls In Buckets 12:00 Special Lunch Pizza Day With Gelato 13:00 Travel to Italy Mah Jong	10:45 Exercises 11:30 True or False 12:00 Flower Bingo Dine Out Lombardo 13:30 Golf Library Corner	10:45 Exercises 11:30 Bowling 12:00 Famous Italian Painting Kings In the Corner 13:30 Digital Memories Hand Exercises	10:45 Exercises 11:30 Health Talk 12:00 Alice's Kitchen Bocce Ball 13:30 Italian Music/Songs Garden Walk	
	10:45 Exercises 11:30 Bottle Toss 12:00 Summer Crafts Celtic Women Concert 13:30 Today's Highlight Crossword Puzzle	10:45 Exercises 11:30 About Ice-cream 12:00 Garden Walk Flower Bingo 13:30 Bottle Toss Reading Club	10:45 Exercises 11:30 Cities Quiz 12:00 Summer Crafts Garden Walk 13:30 Seniors Council Bean Bags	10:45 Exercises 11:30 Find Opposites 12:00 Arts & Crafts Fall Prevention Tips 13:30 Basketball Shooting Hand Exercises	10:45 Birthday Party Let's Dance and Sing! 12:00 Exercises Be Active 13:30 Golf Library Corner	
	10:45 Exercises 11:30 Bottle Toss 12:00 Chocolate Bingo Step Out to Riverfront Park 13:30 Digital Memories Library Corner	10:45 Exercises 11:30 Summer Flowers 12:00 Patio Party Lemonade/Green Tea 13:30 Books Check Out Music Pieces	10:45 Exercises 11:30 Basketball 12:00 Early Lunch Buffet 13:00 Concert In Care Have a Great Time!!	10:45 Exercises 11:30 Words In Word 12:00 Dim Sum Outing Flower Bingo 13:30 Jim's Music Studio IPad Games	10:45 Exercises 11:30 Bowling 12:00 About Gelato PNE Memories 13:30 Basketball Shooting Puzzle Games	
	10:45 Exercises 11:30 Bean Bags 12:00 Movie Day Fall Prevention Tips 13:30 Books Check In Basketball Shooting	10:45 Exercises 11:30 Bowling 12:00 Seafood Game Chinese Checkers 13:30 Garden Walk News & Views	10:45 Exercises 11:30 Balloon Fight 12:00 Hot Dog Day Summer Smoothie 13:15 Senior Talent Puzzle Games	<div> <div>July</div> <div>2019</div> </div> <div> SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit our ADC Blog at svnhadc.blogspot.com </div>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	加拿大日公眾假期 中心休息	10:45 早操 2 11:30 保齡球 12:00 圍桌遊戲 唐人街的古與今 13:30 今日頭條 手部運動	10:45 早操 3 11:30 快乐音乐组 多元文化分享 12:30 留下佳影 13:30 拋豆袋 手部運動	10:45 早操 4 11:30 健康講座 12:00 曲棍球 意大利國旗手工藝 13:30 套水瓶 拼圖遊戲	10:45 早操 5 11:30 找找相反詞 12:00 花园派对 夏日冰冰樂 13:30 图书馆一角 夏日回忆	
	10:45 早操 8 11:30 籃球競賽 12:00 圍桌遊戲 意大利的印象 13:30 請它入甕 音樂欣賞	10:45 早操 9 11:30 請它入甕 12:00 特別午餐 披薩配意大利雪糕 13:00 意大利之旅 麻將	10:45 早操 10 11:30 對與錯 12:00 花賓高 意大利特色午餐 13:30 高爾夫 圖書館一角	10:45 早操 11 11:30 籃球競賽 12:00 著名意大利油畫 扑克游戏 13:30 寶蘭電子相冊 手部運動	10:45 早操 12 11:30 健康講座 12:00 意大利餅製作 地毯滾球 13:30 意大利音樂欣賞 夏日漫步	
	10:45 早操 15 11:30 套水瓶 12:00 夏日手工藝 爱尔兰音乐会 13:30 今日頭條 文字游戏	10:45 早操 16 11:30 雪糕知多少 12:00 夏日漫步 賓高 13:30 套水瓶 阅读小组	10:45 早操 17 11:30 各國城市名字 12:00 夏日手工藝 夏日漫步 13:30 會員大會 拋豆袋	10:45 早操 18 11:30 找找相反詞 12:00 夏日手工藝 防止跌倒資訊 13:30 地毯滾球 手部運動	10:45 生日會 27 與你共樂! 12:00 早操 健身中心 13:30 高爾夫 圖書館一角	
	10:45 早操 16 11:30 套水瓶 12:00 巧克力賓高 大巴外遊- 河滨公园 13:30 寶蘭電子相冊 圖書館一角	10:45 早操 23 11:30 夏日花卉 12:00 花园会 夏日冰冰樂 13:30 書本點算 音樂欣賞	10:45 早操 31 11:30 籃球競賽 12:00 提早午餐 13:00 關愛音樂會 一對一 敬請欣賞!!	10:45 早操 25 11:30 字中字 12:00 點心外遊 賓高 13:30 音樂欣賞 电子游戏	10:45 早操 26 11:30 保齡球 12:00 雪糕知多少 太平洋馆的回忆 13:30 籃球競賽 拼圖遊戲	
	10:45 早操 29 11:30 拋豆袋 12:00 電影日 防止跌倒資訊 13:30 書本驗收 籃球競投	10:45 早操 30 11:30 保齡球 12:00 鱼虾蟹游戏 中国跳棋 13:30 夏日漫步 今日頭條	10:45 早操 31 11:30 气球战 12:00 热狗日 夏日冰冰樂 13:15 耆英才藝表演	<div> <div> July 2019 </div> <div> SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 Visit our ADC Blog at svnhadc.blogspot.com </div> </div>		

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:

Mrs. Jung, Sharon & Mrs. Almond, Sandra



Special Events:

- Jul 01 Happy Canada Day/Centre Closed
- Jul 03 Happy Music Group
- Jul 09 Pizza Day With Gelato
- Jul 10 Dine Out Lombardo
- Jul 19 Birthday Party
- Jul 22 Step Out to Riverfront Park
- Jul 24 Concert In Care
- Jul 25 Dim Sum Outing

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。

Jung 女士 & Almond 女士

特別節目:

- 7 月 01 日 加拿大日/中心休息
- 7 月 03 日 快乐音乐组
- 7 月 09 日 披薩配意大利雪糕
- 7 月 10 日 意大利特色午餐
- 7 月 19 日 生日會
- 7 月 22 日 大巴外遊
- 7 月 24 日 關愛音樂會
- 7 月 25 日 點心外遊

Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

July 2019

2019 年 07 月



JULI CELEBRANTS
Ng, Mo Ching
Keno, Alfreda
Libera, Antonia
Wong, Pauline



SOUTH VANCOUVER NEIGHBOURHOOD HOUSE

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Heat-related illness

Too much heat can be harmful to your health. Heat-related illness is the result of your body gaining heat faster than it can cool itself down. Heat-related illnesses can almost always be prevented. Heat-related illness can lead to weakness, disorientation, and exhaustion. In severe cases, it can lead to heat stroke, also known as sunstroke. Heat stroke is a life-threatening medical emergency. The effects of heat are made worse if you do not drink enough fluids to stay hydrated.

What are the symptoms of heat-related illness?

- pale, cool, moist skin;
- muscle cramps;
- swelling, especially hands and feet;
- dizziness and/or fainting;
- nausea and/or vomiting;
- confusion and decreased mental alertness;
- red, hot, dry skin (in the late stages of heat stroke);
- seizures; and
- heavy sweating;
- rash;
- fatigue and weakness;
- headache;
- fever, particularly a core body temperature of 40° C (104° F) or more;
- hallucinations;
- unconsciousness/coma.

Hot temperatures can be dangerous especially if you have heart problems and breathing difficulties.

How can I prevent heat-related illness?

- When it is hot and when you are active on a warm day, drink plenty of fluids. Drink extra water even before you feel thirsty. Ask your health care provider about how much water you should drink on hot days if you are on water pills or limiting your fluid intake.
- To keep cool and avoid mild heat exhaustion on hot days, stay indoors in air-conditioned buildings or take a cool bath or shower. At temperatures above 30° C (86°F), fans alone may not be able to prevent heat-related illness. Remember, sunscreen will protect against the sun's ultraviolet (UV) rays but not from the heat.
- Plan your outdoor activity before 11 a.m. or after 4 p.m., when the sun's Ultra Violet Radiation (UVR) is the weakest.
- Avoid tiring work or exercise in hot, humid environments. If you must work or exercise, drink 2 to 4 glasses of non-alcoholic fluids each hour. Rest breaks are important and should be taken in the shade.
- Avoid sunburn - use sunscreen with SPF 30 or higher.
- Wear lightweight, light-coloured, loose-fitting clothing and a wide brimmed hat, or use an umbrella for shade.

What are home treatments for mild heat-related illness?

When recognized early most mild heat-related illnesses can be treated at home. Note that mild heat exhaustion does not cause changes in mental alertness. Consult a health care provider about changes in mental alertness in someone who has been in the heat, has been exercising, or working in the heat.

Home treatment for mild heat exhaustion may include:

- moving to a cooler environment;
- drinking plenty of cool, non-alcoholic fluids;
- resting;
- taking a cool shower or bath; and
- wearing lightweight clothing.

If your symptoms last longer than 1 hour, change, worsen, or cause you concern, contact a health care provider.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

與熱相關的疾病

過多熱量會有損健康。身體聚積熱量的速度比散熱速度快，便會導致與熱相關的疾病。幾乎所有的與熱相關的疾病都是可以預防的。與熱相關的疾病會導致虛弱、方向障礙和極度疲乏。在嚴重的情況下，還會引發中暑。中暑是一種足以危及生命的緊急狀況。如果您沒有攝入足夠液體以保持水分充足，熱量對人體造成的影響會更嚴重。

與熱相關的疾病有何癥狀？

- 皮膚發白、變涼、濕潤；
- 肌肉痙攣；
- 腫脹，尤其是手腳部位；
- 暈眩和/或昏厥；
- 噁心和/或嘔吐；
- 迷惘，精神警覺度減弱；
- 皮膚發紅、發熱和乾燥（在中暑後階段出現）；
- 失去知覺/昏迷。
- 大量出汗；
- 出疹；
- 乏力和虛弱；
- 頭疼；
- 發熱，尤其是核心體溫達 40° C (104° F) 以上；
- 出現幻覺；
- 癲癇；以及

高溫對人體有害，尤其是如果您有心臟問題或呼吸困難。

我如何才能預防與熱相關的疾病？

- 如果天氣炎熱，或您需要在較熱的天氣下活動，應攝入大量液體。即使沒有感到口渴，也要補充額外水分。如果您正在服用去水丸或需限制液體攝入量，請向您的醫護人員諮詢在炎熱天氣下應該喝多少水。
- 要在炎熱的天氣裡保持涼爽，避免輕微中暑，您應留在有空調的室內，或用冷水泡澡或淋浴。當氣溫超過 30° C (86°F) 時，僅使用電扇可能不足以預防與熱相關的疾病的發生。謹記，防曬產品能夠防護陽光中的紫外線（UV），但不能防熱。
- 將戶外活動安排在上午 11 點前或下午 4 點後，這些時段的紫外線輻射最弱。
- 避免在濕熱環境中過度工作或運動。如果您必須工作或運動，應每小時攝入 2-4 杯的無酒精液體。注意休息非常重要，休息時應待在蔭涼的地方。
- 避免曬傷——使用防曬指數（SPF）30 或更高的防曬產品。
- 穿著輕便、淺色、寬鬆的衣物，戴上寬沿帽，或用傘遮陽。

輕微的與熱相關的疾病有哪些自行護理方法？

如果及早察覺，大多數輕微的與熱相關的疾病都可以在家中自行護理。請注意，輕微的熱中暑並不會影響精神警覺度。如有人因長期受熱，或在高溫下運動或工作而出現精神警覺度受影響的情況，請諮詢醫護人員。

輕微中暑的自行護理方法包括：

- 轉移至較涼快的環境中；
- 休息；
- 穿著輕便的衣物。
- 飲用大量無酒精的冷藏液體；
- 用冷水淋浴或泡澡；以及

如果您的症狀持續超過 1 小時、出現變化、惡化或令您擔憂，請聯繫醫護人員。