

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 	<b>2</b> <b>The A.D.C. is <u>CLOSED</u> today</b> <b>Labour Day</b>	<b>3</b> Breakfast Club 10:45 Exercises 11:30 Have you Ever? 1pm Black Jack Bulletin Board Art	<b>4</b> Breakfast Club 10:45 Exercises 11:30 Hangman 1pm Bingo Mah Jong / Tin Gau	<b>5</b> Breakfast Club 10:45 Exercises 11:30 Fishing Game 1pm Chinese Opera Craft: Decoupage Musical Memories	<b>6</b> Breakfast Club 10:45 Exercises 11:30 Scent Guessing 1pm Table Games Jewelry making Make Milkshakes	<b>7</b> 
<b>8</b> 	<b>9</b> Breakfast Club 10:45 Exercises 11:30 On This Day Health Talk (Chinese) 1pm <b>Birthday Party</b> <b>Entertainment &amp; Cake</b>	<b>10</b> Breakfast Club 10:45 Exercises 11:30 Moon Quiz 1pm Bio. Teresa Teng Baking Moon Cakes Art: Chinese Watercolour	<b>11</b> Breakfast Club 10:45 Exercises 11:30 Spot the Difference 1pm Moon Songs Mah Jong / Tin Gau Craft: Lantern Making	<b>12</b> Breakfast Club 10:45 Exercises <b>Outing: Chinese Cuisine</b> 11:30 Ring Toss 1pm Lucky Bingo Mah Jong / Tin Gau	<b>13</b> Breakfast Club 10:45 Exercises 11:30 Dice Game 1pm <b>Moon Festival Celebration</b> 	<b>14</b> 
<b>15</b> 	<b>16</b> Breakfast Club 10:45 Exercises <b>Outing: Ricky's</b> 11:30 Ring Toss 1pm Black Jack Craft: Sunflower Poster	<b>17</b> Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm <b>Sing along with Saul</b>	<b>18</b> Breakfast Club 10:45 Exercises 11:30 Soccer 1pm <b>Artsway Concert</b> <i>John Stetch, pianist</i>	<b>19</b> Breakfast Club 10:45 Exercises 11:30 Fishing Game 1pm Musical Memories Art: Autumn Mural Mah Jong / Tin Gau	<b>20</b> Breakfast Club 11:00- 2:00 pm <b>Step-Out Bus Tour</b> <b>Scenic Drive</b> 	<b>21</b>  <i>John Stetch, pianist</i>
<b>22</b> 	<b>23</b> Breakfast Club 10:45 Exercises 11:30 Oktoberfest Quiz 1pm Craft: Alpine Hats Black Forest Cupcakes	<b>24</b> Breakfast Club 10:45 Exercises 11:30 Beer Trivia 1pm Bake Pretzels Oom-Pah Music	<b>25</b> Breakfast Club 10:45 Exercises <b>Men's Outing: A &amp; W</b> 11:30 Just for a Laugh 1pm Bingo Mah Jong / Tin Gau	<b>26</b> Breakfast Club 10:45 Exercises 11:30 Beer Barrel Bowling 1pm Travel to Bavaria Make Apple sauce Craft: Bavarian Flags	<b>27</b> Breakfast Club 10:45 Exercise 11:30 Pretzel Puzzle 1pm <b>Oktoberfest Party</b> 	<b>28</b> 
<b>29</b> 	<b>30</b> Breakfast Club 10:45 Exercises 11:30 <b>Fire Drill</b> 1pm Farmer's Market Mah Jong / Tin Gau Craft: Laminate Leaves		<b>S.V.A.D.P.</b> <b>3076 East 49th Ave.</b> <b>Vancouver, BC</b> <b>V5S 1K9</b> <b>Phone: 604 430 6373</b>			

星期天	星期一	星期二	星期三	星期四	星期五	星期六
<b>1</b> 	<b>2</b> 中心休息 勞工日	<b>3</b> 早餐俱乐部 10:45 早操 11:30 你有没有? 1pm 啤牌21 點 裝飾布告板	<b>4</b> 早餐俱乐部 10:45 早操 11:30 刽子手游戏 1pm 宾果, 麻雀/ 天九	<b>5</b> 早餐俱乐部 10:45 早操 11:30 钓鱼游戏 1pm 戏曲 工艺: 剪纸装饰 音乐记忆	<b>6</b> 早餐俱乐部 10:45 早操 11:30 气味猜测 1pm 桌面游戏, 自製珠寶首飾	<b>7</b> 
<b>8</b> 	<b>9</b> 早餐俱乐部 10:45 早操 11:30 在这一天 健康讲座 (廣東話) 1pm 九 月份生日會 音樂, 跳舞, 蛋糕分享	<b>10</b> 早餐俱乐部 10:45 早操 11:30 月亮测验 1pm 传: 邓丽君 烤月饼, 记: 鄧麗君	<b>11</b> 早餐俱乐部 10:45 早操 11:30 填字游戏 1pm 月亮歌 麻雀/ 天九, 工艺: 灯笼	<b>12</b> 早餐俱乐部 10:45 早操 出外午餐: 中國菜 11:30 环抛 1pm 宾果, 麻雀/ 天九	<b>13</b> 早餐俱乐部 10:45 操 11:30 骰子游戏 1pm 中秋节庆祝会 	<b>14</b> 
<b>15</b> 	<b>16</b> 早餐俱乐部 10:45 早操 出外午餐: Ricky's 11:30 环抛 1pm 啤牌21 點, 工艺: 向日葵	<b>17</b> 早餐俱乐部 10:45 早操 11:30 找到差异 健康讲座 (英语语言) 1pm 一起唱: Saul	<b>18</b> 早餐俱乐部 10:45 早操 11:30 足球 1pm 藝途 音樂會 John Stetch, 钢琴家	<b>19</b> 早餐俱乐部 10:45 早操 11:30 钓鱼游戏 1pm 音乐记忆 美术: 秋天的壁画, 麻雀/ 天九	<b>20</b> 早餐俱乐部 11:00- 2:00 pm 巴士外遊 	<b>21</b> 
<b>22</b> 	<b>23</b> 早餐俱乐部 10:45 早操 11:30 慕尼黑啤酒節測驗 1pm 工艺: 高山帽, 烤 杯形饼	<b>24</b> 早餐俱乐部 10:45 早操 11:30 曲棍球 1pm 烤椒盐卷饼 德国乐队音乐	<b>25</b> 早餐俱乐部 10:45 早操 出外午餐: A & W 11:30 幽默的故事, 1pm 宾果, 麻雀/ 天九	<b>26</b> 早餐俱乐部 10:45 早操 11:30 保龄球 1pm 出访巴伐利亚 做苹果酱, 工艺: 帜	<b>27</b> 早餐俱乐部 10:45 早操 11:30 小号琐事 1pm 啤酒节會 	<b>28</b> 
<b>29</b> 	<b>30</b> 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 农贸市场 麻雀/ 天九, 工艺: 1层压叶		<b>S.V.A.D.P.</b> 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373			

## Welcome!

We warmly welcome to our centre.

### Program Highlights

Sep. 2<sup>nd</sup> The ADP is **Closed**  
Sep. 9<sup>th</sup> Health Talk (Chinese)  
Sep. 9<sup>th</sup> Birthday Party: Steve Warner  
Sep. 12<sup>th</sup> Outing: Chinese Cuisine  
Sep. 13<sup>th</sup> Moon Festival  
Sep. 16<sup>th</sup> Outing: Ricky's Country Rest.  
Sep. 17<sup>th</sup> Health Talk (English)  
Sep. 17<sup>th</sup> Sing Along with Saul Berson  
Sep. 18<sup>th</sup> ArtsWay: John Stech, piano  
Sep. 20<sup>th</sup> Step Out Bus Scenic Drive  
Sep. 25<sup>th</sup> Men's Outing: A. & W.  
Sep. 27<sup>th</sup> Oktoberfest Party

### September Birthdays

*We wish our following friends a very Happy Birthday!*

Mr. Xu Deng	Sept. 9 <sup>th</sup>
Mrs. Mary Wou	Sept. 21 <sup>st</sup>
Mr. Chau Hang Ng	Sept. 26 <sup>th</sup>
Mrs. Irene Cheng	Sept. 27 <sup>th</sup>



## 歡迎

热烈欢迎:

### 節目聚焦

九月二日: 中心休息: 勞工日  
九月九日: 健康講座(廣東話)  
九月九日: 九月份生日會: Steve Warner  
九月十二日: 出外午餐: 點心  
九月十三日: 中秋節慶祝會  
九月十六日: 出外午餐: Ricky's Country Restaurant  
九月十七日: 健康講座(英語語言)  
九月十七日: 一起唱: Saul Berson  
九月十八日: 藝途 音樂會: John Stech  
九月二十日: 巴士外遊:  
九月二十五日: 出外午餐: A. & W.  
九月二十七日: 啤酒節 會

### 九月生日會員

生日快樂對我們的朋友

Mr. Xu Deng	九月九日
Mrs. Mary Wou	九月二十一日
Mr. Chau Hang Ng	九月二十六日
Mrs. Irene Cheng	九月二十七日



## South Vancouver Adult Day Program

南溫哥華成人中心

## September 2019 Newsletter

2019 年 9 月 月報



Participants enjoy a bag lunch and the Super Dogs show at the PNE.

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

## Cataracts

### What is Cataract?

A cataract is a clouding and hardening of the normally clear, transparent and flexible lens of the eyes. The cloudy lens blocks light coming into the eye, resulting in blurred vision. Cataracts are associated with a change in the chemical composition of the lens. A cataract is not a film over the eye, is not caused by overuse of the eyes, and is not related to cancer. Cataracts do not spread from eye to eye, although they may occur in both eyes.

### Who Is at Risk?

Cataracts are a normal part of the aging process. Over 50% of persons above the age of 65 have them to varying degrees. Factors that can increase the risk for cataracts include: Family history· Diabetes· Eye injuries· Certain medications, such as steroids· Smoking· Long term, unprotected exposure to sunlight·

### Symptoms

Cataracts usually develop gradually over many years and are often painless. A person may not notice any changes in vision if the clouding is small and not in the center of the lens. Cataracts are often not visible until they are quite advanced. Common symptoms are: Blurred or double vision· Sensitivity to bright light and glare· Changes in color perception· Frequent changes in prescription glasses· Decreased night vision· Halos around lights·

### Prevention

Although there is no known prevention for developing cataracts, the following recommendations may slow down its onset or progression: Wear sunglasses labelled 100% UV absorption· to reduce over exposure to sunlight. Keep diabetes under control.· Eat foods high in beta-carotene, Vitamin C· and E (mostly from fruits, dark green leafy and deep yellow vegetables, whole grains, nuts, and seeds).

### Detection

An eye specialist (ophthalmologist) can detect the development of cataracts during a comprehensive eye exam. Eye exams are recommended at least once every 2 years for persons over 60.

### Treatment

When a cataract is small, increasing the power of the prescription lenses may help improve vision to a certain degree. When the cataract becomes too dense, surgery to remove the cloudy lens is necessary especially if it is affecting vision and everyday activities. Cataract surgery is done under local anesthesia on an outpatient basis and takes less than an hour. Over 90% of patients experience improved vision after surgery. Cataracts are removed using one of the following surgical procedures:

**Extracapsular Surgery** A small incision is made on the outer coating of the lens (lens capsule). The cloudy lens is removed and replaced with a permanent, plastic, artificial lens (intraocular lens).

**Phacoemulsification** A newer technique using ultrasound waves to break up the cataract. The pieces are then removed with a special instrument through a tiny incision about 1/8" long. Often, a foldable intraocular lens is injected into the eye through the small incision. Stitches (sutures) are not needed. In about half of the people who have cataract surgery, the lens capsule will become cloudy. Laser surgery is used to restore clear vision. Cataracts are treatable and cataract surgeries have a high success rate. If you are experiencing vision problems, consult your ophthalmologist.

*Source: Excerpt from <http://www.cchrchealth.org/>*

## 白內障

**甚麼是白內障？** 白內障是指眼睛內原來透明、靈活的水晶體變得 混濁，阻礙光線進入眼睛，引致視物模糊的一種 眼疾。白內障的成因主要與水晶體的化學結構有 變化而引起。白內障不是眼球前的薄膜。其形成的原因並非過 度用眼或與癌有關。雖然有時會雙眼產生白內 障，但並不會從一只眼擴展至另一只眼。

### 甚麼人會患白內障？

引致白內障的原因有很多種。其中主要的一種原 因是年齡的增長，眼球老化的關係。通常到了 65 歲，有半數以上的人會患有白內障。。以下是引 起白內障的危險因素：

家族史；糖尿病；外傷性白內障；某些藥物引起；如激素；吸煙；眼睛長期受陽光的傷害

### 症狀

白內障是多年來慢慢形成的。若白內障的混濁點 不在眼球中心，通常不會影響視力。加上白內障 不會疼痛，所以往往到了嚴重程度、白內障才會 被察覺。最常見症狀包括有如下幾點：  
視覺模糊及重疊影像；對強烈光線敏感；視物顏色不鮮明；頻頻更換眼鏡；光線不足時視力尤差；視物出現光輪

### 預防

雖然目前尚未有措施可以預防白內障之產生，但 以下提供的建議可以減慢白內障的形成過程。

選戴標籤上註明可抵消百分之百紫外線（100% UV Absorption）之太陽鏡；控制糖尿病；多吃含豐富胡蘿 卜素，維他命 C 及 E 的食 物，此類食物主要來源於水果、深綠、橙黃 色蔬菜，全穀類果仁及種子之中。

### 早期發現

眼科醫生可通過眼睛檢驗查出白內障。建議 60 歲以上的人，最少每兩年作一次眼睛檢查。

### 治療

如水晶體混濁點尚小的時候，配戴加深度數的眼 鏡可能會對視力有一定程度的幫助。然而，當水 晶體混濁程度加重，應施行手術將水晶體摘除。 如今，患者不需等到白內障“成熟”或完全混 濁不清才施行手術。白內障手術使用局部麻醉， 需時只約一小時左右，可在門診中進行。百分之 九十以上的患者，在施行白內障摘除手術後，可 以恢復良好的視力。施行白內障摘除手術有如下 的方法：

**水晶體囊外切除手術**□在水晶體囊膜處切開 一小口，摘除混濁的水晶體，換上用塑料製 成的人工水晶 體。

**水晶體摘除術**□如今有使用超聲波將白內障 震碎後摘除的新科學技術。用特殊儀器從切 口（約八分之一 英吋長）將碎片取出後，放 入一個可疊折的人工水晶體，並不需縫線。 有半數以上的患者在施行白內障 手術後，會發生 繼發性白內障□囊膜混濁，導致視力減弱。此種 情形之下，可以使用激光手術恢復視力 是沒有問 題的。白內障是完全可以治癒的。白內障手術有非常高 的成功率。如你有視力的問題，請儘快 找眼科醫 生檢查。

