





South Van Adult Day Program

ACTIVITY CALENDAR

DECEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Breakfast Club 10:45 Exercises 11:30 Hot Topics 1pm Bingo Calligraphy Bulletin Board Art	3 Breakfast Club 10:45 Exercises Outing: Walmart lunch/shop 11:30 Ring Toss 1 pm Black Jack Craft: Photo Christmas Tree	4 Breakfast Club 10:45 Exercises 11:30 Hangman 1pm Craft: Snowflakes Peppermint Fudge Ping Pong Tournament	5 Breakfast Club 10:45 Exercises 11:30 Bean Bag Toss 1 pm Checkers Musical Memories Craft: Paper Link Garland	6 Breakfast Club 10:45 Exercises 11:30 Fire Drill 1pm Holiday Songs Christmas Tree Hunt Bake Gum Drop Cookies	7 
8  <p><i>Pastiche: Alan Dionne, accordion & Boris Favre, piano</i></p>	9 Breakfast Club 10:45 Exercises 11:30 Tree Trivia 1pm Artsway Concert <i>Alan Dionne, accordion & Boris Favre, piano</i>	10 Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk (English) 1pm Holly Bingo Ping Pong Tournament	11 Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball Health Talk (Chinese) 1 pm European Christmas Craft: Gingerbread House	12 Breakfast Club 10:45 Exercises 11:30 Ice Fishing Game 1pm Festive Sundaes Christmas Songs Craft: Greeting Cards	13 Breakfast Club 10:45 Exercises 11:30 What's Missing? 1pm Table Games Sing Along with Saul Hot Spiced Apple Drink	14 
15 	16 Breakfast Club Podiatrist 10 am - Noon 10:45 Exercises 11:30 News & Views 1pm Black Jack Bake Gingerbread Men	17 Breakfast Club 10:45 Exercises 11:30 Have you ever? 1pm Birthday Party <i>Entertainer / Dancing / Cake</i>	18 Breakfast Club 10:45 Exercises Men's Outing: Tim Hortons 11:30 Just for a Laugh 1 pm Santa Bingo Mah Jong / Tin Gau	19 Breakfast Club 10:45 Exercises Outing: Chinese Cuisine 11:30 Balloon Volleyball 1pm Table Games Film: <i>Mr. Bean's Christmas</i>	20 Breakfast Club 10:45 Holiday Songs Christmas Lunch <i>Visit from Santa</i> Photos with Santa	21 
22 	23 Breakfast Club 10:45 Exercises 11:30 Naughty or Nice? 1pm Make Eggnog Christmas Carols Art: Stained Glass	24 Breakfast Club 10:45 Exercises 11:30 Festive Brunch 12:30 Holiday Songs and Cheer! 	25 The A.D.P. is CLOSED today <i>Christmas Day</i> 	26 The A.D.P. is CLOSED today <i>Boxing Day</i>	27 The A.D.P. is CLOSED today	28 
29 	30 The A.D.P. is CLOSED today	31 The A.D.P. is CLOSED today	January 1st, 2020 Happy New Year! The A.D.P. is CLOSED today 	S.V.A.D.P. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373		

星期天	星期一	星期二	星期三	星期四	星期五	星期六
1 	2 早餐俱乐部 10:45 早操 11:30 热点话题 1pm 宾果 中国书法, 飾布告板	3 早餐俱乐部 10:45 早操 出外午餐: Walmart 11:30 环游戏 1pm 啤牌21 點, 工艺: 照片圣诞树	4 早餐俱乐部 10:45 早操 11:30 刽子手游戏 1pm 工艺: 雪片 使薄荷软糖, 乒乓球	5 早餐俱乐部 10:45 早操 国际跳棋 11:30 豆袋游戏 1pm 国际跳棋 音乐记忆, 工艺: 纸花	6 早餐俱乐部 10:45 早操 11:30 火警演習 1pm 音乐记忆 购买圣诞树, 烤圣诞饼干	7 
8 	9 早餐俱乐部 10:45 早操 11:30 冷知识 1pm 藝途音樂會 <i>Boris Favre, 钢琴家 & Alan Dionne, 手风琴</i>	10 早餐俱乐部 10:45 早操 11:30 保龄球 健康讲座 (英语语言) 1 pm 宾果, 乒乓球	11 早餐俱乐部 10:45 早操 11:30 排球, 健康讲座 (廣東話) 1 pm 影片: 欧洲圣诞节 工艺: 姜饼屋	12 早餐俱乐部 10:45 早操 11:30 钓鱼游戏 1pm 圣代, 圣诞歌 工艺: 圣诞贺卡	13 早餐俱乐部 10:45 早操 11:30 什么东西少了? 1pm 桌上游戏 一起唱 Saul, 烧煮: 苹果酒	14 
15 	16 早餐俱乐部 10:45 早操 11:30 每日新闻 1pm 啤牌21 點 烤姜饼人	17 早餐俱乐部 10:45 早操 11:30 你做过吗? 1pm 十二月份生日會 音樂, 跳舞, 蛋糕分享	18 早餐俱乐部 10:45 早操 出外午餐: Tim Hortons 11:30 串字遊戲 1 pm 宾果, 麻雀/ 天九	19 早餐俱乐部 10:45 早操 , 出外午餐: 中國菜 11:30 排球 1pm 桌上游戏 电影: Mr. Bean's 圣诞节	20 早餐俱乐部 10:45 颂歌 聖誕大餐 聖誕老人到訪中心	21 
22 	23 早餐俱乐部 10:45 早操 11:30 你调皮还是好? 1pm 烧煮: 蛋酒 颂歌, 工艺: 彩色玻璃	24 早餐俱乐部 10:45 早操 11:30 节日早午餐 12:30 圣诞歌曲和聚会	25 中心休息 Christmas Day 	26 中心休息 Boxing Day	27 中心休息	28 
29 	30 中心休息	31 中心休息	January 1st , 2020 Happy New Year! 中心休息	S.V.A.D.P. 3076 East 49th Ave. Vancouver, BC V5S 1K9 Phone: 604 430 6373		

Welcome!

We warmly welcome to our centre:

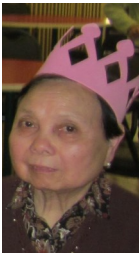
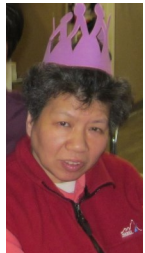
Program Highlights

Dec. 3rd Outing: Walmart
Dec. 9th ArtsWay Concert: Pastiche:
Allan Dion & Boris Favre
Dec. 10th Health Talk (English)
Dec. 11th Health Talk (Chinese)
Dec. 13th Sing Along with Saul Berson
Dec. 16th Podiatrist: 10am to Noon
Dec. 17th Birthday Party: Steve Warner
Dec. 18th Men's Outing: Tim Hortons
Dec. 19th Outing: Chinese Cuisine
Dec. 20th Christmas Lunch
Dec. 24th Festive Brunch
Dec. 25th The ADP is **Closed**
Dec. 26th The ADP is **Closed**
Dec. 27th The ADP is **Closed**
Dec. 30th The ADP is **Closed**
Dec. 31st The ADP is **Closed**

December Birthdays

We wish our following friends a very
Happy Birthday!

Mrs. Mary Chou	Dec. 1 st
Miss Xiao Zhen Xu	Dec. 3 rd
Mrs. Hang Chau	Dec. 9 th
Mr. Eddie Lum	Dec. 10 th
Mr. Ken Kung	Dec. 13 th



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

十二月三日: 出外午餐: Walmart
十二月九日: 藝途 音樂會: Pastiche:
Allan Dion & Boris Favre
十二月十日: 健康講座 (英語語言)
十二月十一日: 健康講座 (廣東話)
十二月十三日: 一起唱 **Saul Berson**
十二月十六日: 脚病医生: 10am to Noon
十二月十七日: 十二月份生日會 Steve Warner
十二月十八日: 出外午餐: Tim Hortons
十二月十九日: 出外午餐: 中國菜
十二月二十日: 聖誕大餐
十二月二十四日: 早午餐
十二月二十五日: 中心休息
十二月二十六日: 中心休息
十二月二十七日: 中心休息
十二月三十八日: 中心休息
十二月三十一日: 中心休息

十二月份生日會

生日快樂對我們的朋友

Mrs. Mary Chou	十二月一日
Miss Xiao Zhen Xu	十二月三日
Mrs. Hang Chau	十二月九日
Mr. Eddie Lum	十二月十日
Mr. Ken Kung	十二月十三日



South Vancouver Adult Day Program

南溫哥華成天中心

December 2019 Newsletter

2019 年12月 月報



Season's Greetings

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

What is Macular Degeneration? Macular degeneration is an eye disorder that damages the macula- the area of your eye that allows you to see fine detail which is important for activities like reading, driving and recognizing faces. It is also called age-related macular degeneration (AMD), as it tends to affect older adults. Macular degeneration is the leading cause of vision loss and blindness in Americans age 65 and older.

There are **two forms** of macular degeneration: **1. Dry macular degeneration** is the most common form and is characterized by the formation of small yellow deposits (called drusen) that form under the macula. When these yellow deposits increase, central vision or the ability to see fine details gradually worsens over time. **2. Wet macular degeneration:** Abnormal growth of blood vessels leaks blood and fluid below the macula which eventually causes permanent damage to the central vision. Without proper treatment, this leads to vision loss very quickly.

Risk Factors for Macular Degeneration: Family history; Aging; Obesity & inactivity; High fat intake; High blood pressure; Smoking.

Signs and Symptoms of Macular Degeneration: **Dry macular degeneration** usually develops gradually and painlessly and may have the following signs and symptoms:

- 1. Blurred vision (most common);
 - 2. The need for more light when performing close work or reading;
 - 3. Difficulty recognizing faces.
- In contrast, **wet macular degeneration** develops rapidly and may have the following signs & symptoms: Straight lines that appear wavy; Decreased central vision; Decreased intensity of colours; Blind spot in your vision.

See your health care provider immediately if you develop any of the above symptoms.

Treatment of Macular Degeneration T
There is currently no treatment for dry macular degeneration, but nutrition is often used to slow the progression of the disease. A combination of vitamins C, E, zinc, copper, and antioxidants (lutein, zeaxanthin) may be helpful. Individuals with the disease should change their diets by lowering fat intake, increasing fruit and vegetable intake, and also increase their physical activity.

The following treatments are available for wet macular degeneration: **1. Laser surgery:** A laser beam is used to destroy abnormal, leaky blood vessels. **2. Photodynamic therapy:** A drug is injected into your body, and then activated by a cold laser beam directed into the eye to release substances that destroy leaky vessels. This method improves your chances of preserving your vision and may slow down vision loss. **3. Special medications** that stop abnormal blood vessel growth in the eye e.g. anti-VEGF antibodies. There are hundreds of research projects on the treatment of Macular Degeneration. It is hopeful that newer treatments will be available soon.

Prevention of Macular Degeneration: **1.** Eat a balanced diet, especially foods that contain antioxidants such a colourful fruits and vegetables, nuts and seeds, fatty fish; **2.** Make lifestyle changes - stop smoking, lower fat intake, and increase physical activity; **3.** Manage other underlying diseases, such as obesity, heart disease, and high blood pressure; **4.** Get regular eye examinations, especially when you are over 60. Early detection is the key to preventing severe vision loss.

Living with Macular Degeneration If you are diagnosed with macular degeneration, simple lifestyle changes can help you cope with the disease: **1.** Check with your doctor to make sure that it is safe for you to drive. Avoid driving at night, or during times of bad weather, or heavy traffic. **2.** Don't isolate yourself. Travel with others and talk to friends and family so they can help you with your daily chores or errands. Invest in a good pair of magnifying glasses to help you see better. **3.** Tablet computers such as iPad can be helpful as well.

http://www.cchrchealth.org/sites/default/files/files/e_macular_deg.pdf

Normal Vision



Wet Macular Degeneration

甚麼是黄斑部退化症？ 黄斑部退化症是一种损害您视觉神经黄斑部的眼 科疾病。黄斑部是视网膜中最为敏感的部分，因 為此部分高度集中最敏感的视觉细胞。由此，如 果黄斑部生病，视网膜就会严重受损。黄斑部主 理中央视觉， 而中央视觉对阅读， 驾驶， 分辨 颜色， 看时间， 辨认模样等非常重要。

黄斑部退化症主要是由于年龄老化引起， 所以 得此症的往往是老年人。 因此亦称为老年性黄 斑部退化症。 在美国， 黄斑部退化症是年龄在 65 岁或以上的人士， 视力减退和失明的主要原 因。

老年性黄斑退化症有以下两种类型： **1. 乾性黄斑部退化** 乾性黄斑部退化最爲常见。其患病特点是在黄斑部下方形成黄斑点（称为玻璃膜疣）。 如果这 些斑点继续增加， 中央视野及能够看到精緻东西 的能力便会逐渐减退。 **2. 湿性黄斑部退化** 不正常的血管增生， 造成血液和液体滲漏入黄斑 部， 最后导致中央视力的永久性损坏。如果得不 到适当的治疗， 丧失视力的速度便会非常快。

患黄斑部退化症的风险因素： •家族史 •年龄老化 •肥胖及缺乏运动 •高脂肪的摄入量 •高血压 •吸烟
黄斑部退化症的症狀 乾性黄斑部退化通常是无痛及逐渐形成的， 也可 能有以下症狀： •视力模糊不清（最常见） •近距离工作或阅读时， 需要更强的光线 •难以识别面孔

与此相反， 湿性黄斑部退化的症狀发展迅速， 并 可能有以下的症狀： •视觉歪曲， 直线出现波浪状 •中央视力下降 •对颜色的敏感度减弱 •视野出现盲点

如果您发现有任何上述症狀， 请马上看医生。

黄斑部退化症的诊断 •眼科检查 - 医生会检查您的视力， 例 如， 玻璃膜疣的发展状况。 •荧光血管造影 – 检查您的眼睛看看是否 有任何血管的生长异常情况。 •光学断层扫描（OCT） - 用来研究不同的 视网膜层的一种激光扫描。

黄斑部退化症的治疗 目前我们尚没有找到抑制乾性黄斑部退化症的治 疗方法， 只能使用营养素来减慢其发展进度。通 常使用维他命 C， E， 或锌， 铜， 及抗氧化剂的 组合。 这样或许对治疗会有帮助。 患者应该改 变他们的饮食习惯， 降低脂肪的摄入量， 多吃水 果和蔬菜， 并增加运动。

治疗湿性黄斑部退化症的方法有以下几种： •激光手术： 使用激光束除去异常生长及滲 漏的血管。 •光动力疗法： 将一种药物注入你的身体， 然后通过直接射入眼内的冷激光， 将药物激活， 释放出物质来破坏 滲漏的血管。 通过此方法来 保留您的视力， 并且会减慢失去视力的进度。 •使用特殊药物来阻止眼睛内 不正常的血管 生长， 例如： 抗 VEGF 抗体。

针对治疗黄斑部病变， 有无数研究性的项目。我 们期待不久之将来， 会有新的， 有成效的治疗方 面世。

黄斑部退化症的预防 •均衡饮食 - 特别是多摄取含有抗氧化成 分的食物。 选择各种颜色的水果和蔬菜， 果仁 和种子， 或富含脂肪的鱼类。 •改变生活方式 – 戒烟， 减少摄入脂肪， 多做运动。 •控制好其他身 体疾病 - 如肥胖症， 心脏 疾病或高血压等。 •定期检查眼睛 - 尤其是 60 岁以后。早期 发现， 是防止严重 视力丧失的关键。

患了黄斑部退化症后， 如何自理生活 如果你被诊断出患有黄斑部退化症， 简单的生活 方式改变可以帮助 您应付疾病。 •为确保您的安全起见， 向医生查询您是否 仍可以驾车。避免在夜间， 恶劣天气或交通繁忙 时驾车。 •不要独自一人。外出时最好与他人一起， 并请家人朋友为您代劳日常事务。 •购买一副较好质 量的放大镜， 使您看得更 清楚。 •使用平板电脑， 如 iPad 等可以有所帮 助。

