

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:45 Exercises 2 11:30 News & Views 12:00 Mah Jong Hymn Sing With Simon 13:30 Hand Reflexology Basketball Shooting	10:45 Exercises 3 11:45 Wild Animal Day 12:00 Dim Sum Outing Seafood Game 13:30 Music Moments Books Check Out	10:45 Exercises 4 11:30 Health Talk/ Ring Toss 12:00 Dash's Art Studio Queen Elizabeth's Secrets 13:30 Books Check In Balls In Buckets	10:45 Exercises 5 11:30 Chinese Idioms 12:00 Mah Jong Under The Sea Bingo 13:30 Spring Walk Bean Bags	10:45 Birthday Party With Saul 6 12:00 Exercises Fitness Club 13:30 Reminscing About Daylight Saving Time		
	10:45 Exercises 9 11:30 Penny Toss 12:00 Short Stories Spring Crafts 13:30 Balls In Buckets Walk a Block	10:45 Exercises 10 11:30 Bowling 12:00 Aromatherapy Table Game/St. Partick's Crafts 13:30 Basketball Shooting Library Corner	10:45 Exercises 11 11:45 Penny Toss 12:00 St. Patrick's Bingo Table Games 13:30 Youth Talent Hand Exercises	10:45 Exercises 12 11:30 Girl Scouts Day 12:00 Short Stories Karaoke/Music Moments 13:30 Hand Reflexology Bottle Toss	10:45 Exercises 13 11:30 Irish Jokes/Health Talk 12:00 Celtic Women Dash's Art Studio 13:30 St. Partick's Crafts Bean Bags		
	10:45 Exercises 16 11:30 Tips For Better Living 12:00 Irish Culture Sharing St. Patrick's Cookie Baking 13:30 Basketball Shooting Library Corner	10:45 St. Patrick's Day 17 Celebration With You 12:00 Exercises Fitness Club 13:30 Penny Toss St. Patrick's Day Trivia	10:45 Exercises 18 11:30 Word Games 12:00 Aromatherapy What Judge Judy Said 13:30 Wild Animals Balls In Buckets	10:45 Exercises 19 11:30 Health Talk/ Hung Man 12:00 Creative Painting Table Games 13:30 Basketball Shooting Puzzle Games	10:45 Exercises 20 11:30 Tips For Saving Water 12:00 Lunch Outing Famous Beethoven's Pieces 13:30 Name Car Logos Music Moments		
	10:45 Exercises 23 11:30 Bean Bags 12:00 Flower Bingo With Youngers 13:30 Talent Show Have a Fun Day!	10:45 Exercises 24 11:30 Water Trivia 12:00 Seafood Game Table Games 13:30 Balls In Buckets Library Corner	10:00 Special Breakfast 25 11:30 International Waffle Day 12:00 Show & Tell Easter Crafts 13:30 Bottle Toss Hand Exercises	10:45 Exercises 26 11:00 Step Out Stanley Park & City Tour 12:00 Flower Bingo 13:30 Balls In Buckets Music Moments	10:45 Exercises 27 11:30 Bean Bags 12:00 Early Lunch 13:00 Concerts In Care Enjoy Your Moments!!		
	10:45 Exercises 30 11:30 About Beethoven 12:00 Movie Day Easter Crafts 13:30 Bean Bags Hand Exercises	10:45 Exercises 31 11:30 Penny Toss 12:00 Easter Crafts What Judge Judy Said 13:30 Basketball Shooting Walk a Block				<p>SVNH Adult Day Centre at Beulah Gardens 3355 East 5th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 SVNHADC.BLOGSPOT.COM</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:45 晨操 2 11:30 今日頭條 12:00 麻將 與何先生唱詩歌 13:30 手部穴位按摩 投籃練習	10:45 晨操 3 11:45 野生動物日 12:00 點心出遊 魚蝦蟹遊戲 13:30 音樂欣賞 書本清点	10:45 晨操 4 11:30 健康講座/套圈 12:00 戴小姐藝術坊 伊麗莎白女王的秘密 13:30 書本驗收 請它入甕	10:45 晨操 5 11:30 成語接龍 12:00 麻將 海洋生物賓高 13:30 春天漫步 扔豆袋	10:45 生日派對 6 蘇哥與你同樂 12:00 晨操 健康社團 13:30 昔日回顧 關於夏令時		
	10:45 晨操 9 11:30 拋硬幣 12:00 感人短故事 春日手工藝 13:30 請它入甕 春天漫步	10:45 晨操 10 11:30 保齡球 12:00 香薰理療 圍桌遊戲/聖帕特手工藝 13:30 投籃練習 圖書館一角	10:45 晨操 11 11:45 拋硬幣 12:00 聖帕特節賓高 圍桌遊戲 13:30 少年才藝表演 手部運動	10:45 晨操 12 11:30 女童子軍日 12:00 感人短故事 卡拉OK/音樂欣賞 13:30 手部穴位按摩 套水瓶	10:45 晨操 13 11:30 愛爾蘭玩笑/健康講座 12:00 凱爾特女人樂隊 戴小姐藝術坊 13:30 聖帕特手工藝 扔豆袋		
	10:45 晨操 16 11:30 優化生活分享 12:00 愛爾蘭文化分享 烘焙餅乾 13:30 投籃練習 圖書館一角	10:45 聖帕特節 17 與你一起慶祝 12:00 晨操 健康社團 13:30 拋硬幣 聖帕特節問答	10:45 晨操 18 11:30 字中字 12:00 香薰理療 如果你是法官 13:30 野生動物生態 請它入甕	10:45 晨操 19 11:30 健康講座/字中字 12:00 創意畫室 圍桌遊戲 13:30 投籃練習 拼圖遊戲	10:45 晨操 20 11:30 世界水資源日 12:00 西餐外遊 關於貝多芬 13:30 車商標知多少 音樂欣賞		
	10:45 晨操 23 11:30 扔豆袋 12:00 花賓高 圍桌遊戲 13:30 少年才藝表演 享受美好時光!!	10:45 晨操 24 11:30 關於世界水資源 12:00 海鮮遊戲 圍桌遊戲 13:30 請它入甕 圖書館一角	10:00 特別早餐 25 11:30 國際松餅日 12:00 展示與分享 復活節手工藝 13:30 套水瓶 手部運動	10:00 早茶 26 11:00 春日出遊與探險 史丹利公園/城市觀光旅遊 12:00 花賓高 13:30 請它入甕 音樂欣賞	10:45 晨操 27 11:30 扔豆袋 12:00 午餐 13:00 關愛音樂會 享受美好時光!!		
	10:45 晨操 30 11:30 關於貝多芬 12:00 電影日 復活節手工藝 13:30 扔豆袋 手部運動	10:45 晨操 31 11:30 拋硬幣 12:00 復活節手工藝 如果你是法官 13:30 投籃練習 春天漫步				SVNH Adult Day Centre at Beulah Gardens 3355 East 5 th Avenue, Vancouver, BC V5M 0A1 Phone: 604-255-0413 Fax: 604-266-0413 SVNHAD.C.BLOGSPOT.COM	

WELCOME

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

Olive Martyn, Maria Mete, Shuk H Lo, and Asperin Benjamin



Special Events:

- Mar 02 Hymn Sing With Simon
- Mar 03 Dim Sum Outing
- Mar 06 Birthday Party
- Mar 17 St. Patrick's Day Celebration
- Mar 04/19 Health Talk
- Mar 20 Lunch Outing
- Mar 26 Stanley Park and City Tour
- Mar 27 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。

Martyn 太太, Mete 太太, Lo 太太, 和 Benjamin 先生



特別節目:

- 3月02日 與何先生唱詩歌
- 3月03日 點心外遊
- 3月06日 生日會
- 3月17日 聖帕特里克節
- 3月4/19日 健康講座
- 3月20日 西餐外游
- 3月26日 史丹利公園 城市觀光旅遊
- 3月28日 關愛音樂會



Adult Day Program at Beulah Gardens

寶蘭花園歡迎您

March 2020

2020年03月



March CELEBRANTS

Maria Barahona Supulveda, Clare Stoyeff, Chan Ha Lam, Cam Tran, Yin Fei Xie, Donna Nicoletti, John Lum, and Umberto De Vico



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 battery-powered 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; ☑ 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. ☑ the longer you wait to aid hearing loss, the harder it is for your brain to adapt to the sound of hearing aids; ☑ the benefits of hearing aids increase, the sooner and more consistently you use them; ☑ 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、嘶聲或咕嗒聲。

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