














SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		SVNH Adult Day Centre 345 - 3150 E. 54th Ave. Vancouver, BC V5S 1Z1 Phone: (604) 430-6373		1 The ADC is <u>CLOSED</u> Today Canada Day	2 Virtual programs: Wellness Check Calls Activities Activity Packages Caregiver Packages Outreach Visits	3 
4 	5 Breakfast Club 10:45 Exercises 11:30 July Trivia 1pm BINGO Art: Water Lilies	6 Breakfast Club 10:45 Exercises 11:30 Where in the World? News & Views (in Chinese) 1pm Discussion Groups	7 Virtual programs: Wellness Check Calls Activities Activity Packages Caregiver Packages Outreach Visits	8 Breakfast Club 10:45 Exercises 11:30 Beetle BINGO 1pm What would you do? Painting to Music	9 Breakfast Club 10:45 Exercises 11:30 News & Views 1pm Black Jack Kin's Market	10 
11 	12 Breakfast Club 10:45 Exercises 11:30 Spot the Difference 1pm Blackjack Crafts: Paper Flowers	13 Breakfast Club 10:45 Exercises 11:30 Riddles 1pm Keno Calligraphy	14 Virtual programs: Wellness Check Calls Activities Activity Packages Caregiver Packages Outreach Visits	15 Breakfast Club 10:45 Exercises 11:30 Matching Game News & Views (in Chinese) 1pm Painting: Sunflowers Sing-A-Long (in Chinese)	16 Breakfast Club 10:45 Exercises 11:30 Animal Facts 1pm BINGO Art: Mandalas	17 
18 	19 Breakfast Club 10:45 Exercises 11:30 Alphabet Quiz 1pm Art: Drip Painting Name that Tune	20 Breakfast Club 10:45 Exercises 11:30 Guessing Game News & Views (in Chinese) 1pm Black Jack	21 Virtual programs: Wellness Check Calls Activities Activity Packages Caregiver Packages Outreach Visits	22 Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk (in English) 1 pm BINGO Fishing Game	23 Breakfast Club 10:45 Exercises 11:30 News & Views 1pm Black Jack Music Appreciation	24 
25 	26 Breakfast Club 10:45 Exercises 11:30 Word Game 1pm Kin's Market Art: BC Map Mural	27 Breakfast Club 10:45 Exercises 11:30 Behind the Name Health Talk (in Chinese) 1pm Champlain Mall Music of BC Artists	28 Breakfast Club 10:45 Exercises 11:30 Matching Game 1pm Art: BC Map Mural Sing-A-Long (in Chinese)	29 Breakfast Club 10:45 Exercises 11:30 Horoscopes 1pm Birthday Party Music & Cake ! 	30 Breakfast Club 10:45 Exercises 11:30 Spot the Difference 1pm BC BINGO Art: Dogwood Flowers	31 

星期天	星期一	星期二	星期三	星期四	星期五	星期六
		SVNH Adult Day Centre 345 - 3150 E. 54th Ave. Vancouver, BC V5S 1Z1 Phone: (604) 430-6373		1 中心休息 加拿大 國慶日	2 虚拟 程序: 电话: 健康□□ 活动 套餐包括, 看□人包括 访问	3 
4 	5 早餐俱乐部 10:45 早操 11:30 七月冷知識 1pm 宾果 美術: 睡蓮	6 早餐俱乐部 10:45 早操 11:30 世界上什□地方? 討論新聞文章 (漢語) 1pm 討論組	7 虚拟 程序: 电话: 健康□□ 活动 套餐包括, 看□人包括 访问	8 早餐俱乐部 10:45 早操 11:30 宾果 1pm 你會怎麼辦? 繪畫音樂	9 早餐俱乐部 10:45 早操 11:30 討論新聞文章 1pm 啤牌21 點 菜市场	10 
11 	12 早餐俱乐部 10:45 早操 11:30 找到 差異 1pm 啤牌21 點 工藝: 紙花	13 早餐俱乐部 10:45 早操 11:30 謎 1pm 五個中□號碼 書法	14 虚拟 程序: 电话: 健康□□ 活动 套餐包括, 看□人包括 访问	15 早餐俱乐部 10:45 早操 11:30 配對 討論新聞文章 (漢語) 1pm 一起唱歌 (漢語) 繪畫: 向日葵	16 早餐俱乐部 10:45 早操 11:30 動物事實 1pm 宾果 美術: 壇場	17 
18 	19 早餐俱乐部 10:45 早操 11:30 字母表 小考 1pm 滴畫 為歌曲命名	20 早餐俱乐部 10:45 早操 11:30 猜謎遊戲 討論新聞文章 (漢語) 1pm 啤牌21 點	21 虚拟 程序: 电话: 健康□□ 活动 套餐包括, 看□人包括 访问	22 早餐俱乐部 10:45 早操 11:30 找到 差異 健康講座 (英語語言) 1 pm 宾果 釣魚游戲	23 早餐俱乐部 10:45 早操 11:30 討論新聞文章 1pm 啤牌21 點 聽音樂	24 
25 	26 早餐俱乐部 10:45 早操 11:30 文字遊戲 1pm 菜市场 美術: 壁画	27 早餐俱乐部 10:45 早操 11:30 名字的含義 健康講座 (漢語) 1pm 商□步行, 聽音樂	28 早餐俱乐部 10:45 早操 11:30 配對 1pm 給那首歌起名字 美術: 壁画	29 早餐俱乐部 10:45 早操 11:30 命相 1pm 七月份生日會 音□和生日蛋糕	30 早餐俱乐部 10:45 早操 11:30 找到 差異 1pm 宾果 美術: 山茱萸花	31 

Welcome!

We warmly welcome you to our day program:

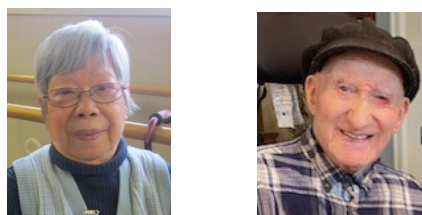
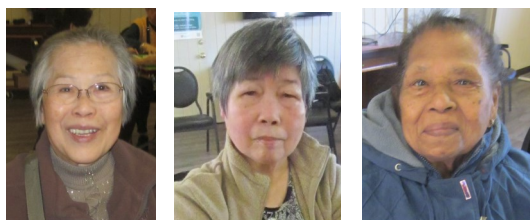
Program Highlights

July 1st The **ADC is Closed** today for Canada Day
July 22nd Health Talk (in English)
July 27th Health Talk (in Chinese)
July 29th Birthday Party

July Birthdays

We wish our following friends a very Happy Birthday!

Mrs. Chee Wa Chow	July 11 th
Mrs. San Liu Chow	July 11 th
Mrs. Elizabeth Prasad	July 13 th
Mrs. Chow Choy Lau	July 18 th
Mr. John MacLennan	July 29 th



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

七月一日: 中心休息 加拿大 國慶日
七月二十二日: 健康講座 (英語語言)
七月二十七日: 健康講座 (漢語)
七月二十九日: 七月份生日會

六七月生日會員

生日快樂對我們的朋友

Mrs. Chee Wa Chow	七月十一日
Mrs. San Liu Chow	七月十一日
Mrs. Elizabeth Prasad	七月十三日
Mrs. Chow Choy Lau	七月十八日
Mr. John MacLennan	七月二十九日



SVNH Adult Day Centre

南溫哥華成天中心

July 2021 Newsletter

2021 年 7 月 月報



345 - 3150 East 54th Avenue
Vancouver, BC V5S 1Z1
(604) 430- 6373

Hearing Loss

Hearing loss is a sudden or gradual decrease in being able to hear. There are different types of hearing loss:

- **Conductive Hearing Loss:** Sound is blocked. This is often caused by earwax build up.
- **Sensorineural Hearing Loss:** A nerve problem prevents proper hearing. This is often caused by aging.
- **Mixed Hearing Loss:** Hearing loss where both the conductive and sensorineural systems are affected.

Causes

- Aging
- Blockage
- Certain medicines
- Some illnesses
- Family members with hearing loss
- Loud noise exposure
- Ear infection
- Ear and head injury
- Born with an ear problem



Signs

- Sounds are muffled.
- High pitched sounds are hard to hear.
- Words are difficult to understand when there is background noise.
- You ask others to repeat, or speak more slowly, clearly or loudly.
- You speak more loudly than other people.
- You avoid conversations or social events.
- You turn up the volume on the TV or radio.
- You have dizziness, and ringing or buzzing in your ears.

Your Care

Tests will be done to find the cause of your hearing loss and measure how well you can hear. Your doctor will check your outer, middle and inner ear.

Depending on the cause of your hearing loss, your treatment may include:

- Removal of ear wax
- Medicines
- Hearing aides
- Listening devices such as headphones or flashing lights or vibrators for doorbells or phones
- Surgery
- Therapy to help with your speech and hearing

Preventing Hearing Loss

- Protect your ears from loud noises. Wear earplugs when working with machines or around loud noises.
- Avoid loud noises such as music, motorcycles or snowmobiles.
- Have your hearing tested.

Talk to your doctor or nurse if you have any questions or concerns.

https://www.healthinfotranslations.org/pdfDocs/HearingLoss_SCH.pdf



失聪

失聪是听力突然或逐渐降低。失聪有不同类型：

- **传导性失聪：**声音受阻。这经常由耳垢积聚引起。
- **感觉神经性失聪：**神经方面的病症会妨碍良好的听觉。这经常由 老龄化引起。
- **混合型失聪：**传导系统和感觉神经系统都受影响引起的失聪。

原因

- 老龄化
- 受阻碍
- 某些药物
- 某些疾病
- 有家族失聪史
- 遭受高噪音
- 耳感染
- 耳和头部受伤
- 先天性耳疾

症状

- 声音发闷。
- 很难听到高音。
- 有背景噪声时很难听懂字句。
- 您要求别人重复或更慢、更清楚或更大声地说话。
- 您比其他人说声音更大。
- 您避免交谈或社交活动。
- 您把电视或收音机的音量调大。
- 您头晕、耳中有鸣声或嗡嗡声。

医疗护理

将做测试找出您失聪的原因并测定您的听力程度。您的医生将检查 您的外耳、中耳和内耳。 根据您失聪的原因，您的治疗可能包括：

- 除去耳垢
- 药物
- 戴助听器
- 助听装置，如耳机或闪光或门铃或电话用振动器
- 手术
- 采用帮助您言语和听力的疗法

防止失聪

- 保护耳朵免受高噪音。
- 操作机器或有高噪音时戴上耳塞。
- 避免高噪音，如音乐、摩托车或雪地车。
- 测试听力。

如有任何疑问或担心，请告知您的医生或护士。

