

SVNH Adult Day Centre		ACTIVITY CALENDAR				AUGUST 2021	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 	2 The ADC is <u>CLOSED</u> Today BC Day	3 Breakfast Club 10:45 Exercises 11:30 News & Views 1pm Painting with Music	4 Breakfast Club 10:45 Exercises 11:30 All 6 Game 1pm BINGO	5 Breakfast Club 10:45 Exercises 11:30 Floor Hockey 1pm Art: Mandalas	6 Breakfast Club 10:45 Exercises 11:30 Soccer 1pm Travel to Mexico with Snacks	5 	
8 	9 Breakfast Club 10:45 Exercises 11:30 Old Wives' Tales News & Views (in Chinese) 1pm Olympic Highlights Painting with Music	10 Breakfast Club 10:45 Exercises 11:30 Country Quiz News & Views (in Chinese) 1pm Kin's Market Arts & Crafts	11 Breakfast Club 10:45 Exercises 11:30 Soccer 1pm Black Jack	12 Breakfast Club 10:45 Exercises 11:30 True or False? 1pm BINGO	13 Breakfast Club 10:45 Exercises 11:30 Horoscopes 1pm Birthday Party Music & Cake !	14 	
15 	16 Breakfast Club 10:45 Exercises 11:30 Beetle Game 1pm Artist Impressions Music: Oldies but Goodies	17 Breakfast Club 10:45 Exercises 11:30 Give me 5 1pm KINO	18 Breakfast Club 10:45 Exercises 11:30 All 6 Game 1pm BINGO	19 Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk (in English) 1pm Lucky Walk	20 Breakfast Club 10:45 Exercises 11:30 All 6 Game 1pm Black jack	21 	
22 	23 Breakfast Club 10:45 Exercises 11:30 Creative Thinking 1pm Arts & Crafts	24 Breakfast Club 10:45 Exercises 11:30 Finish the Title Health Talk (in Chinese) 1pm BINGO	25 Breakfast Club 10:45 Exercises 11:30 Floor Hockey 1pm Music of Teresa Teng	26 Breakfast Club 10:45 Exercises 11:30 Red or Black Game News & Views (in Chinese) 1 pm Black Jack	27 Breakfast Club 10:45 Exercises 11:30 Matching Game News & Views (in Chinese) 1pm Painting with Music	28 	
29 	30 Breakfast Club 10:45 Exercises 11:30 Word Game 1pm Black Jack Artist Impressions	31 Breakfast Club 10:45 Exercises 11:30 Word Game News & Views (Chinese) 1pm Travel to Taiwan With Snacks		SVNH Adult Day Centre 345 - 3150 E. 54th Ave. Vancouver, BC V5S 1Z1 Phone: (604) 430-6373			

Please visit our blog site: svnhadc.blogspot.com

SVNH Website: www.southvan.org

星期天	星期一	星期二	星期三	星期四	星期五	星期六
1 	2 中心休息 加拿大 國慶日	3 早餐俱樂部 10:45 早操 11:30 健康講座 1pm 用音樂 作畫	4 早餐俱樂部 10:45 早操 11:30 擲骰子 1pm 賓果	5 早餐俱樂部 10:45 早操 11:30 曲棍球 1pm 美術：壇場	6 早餐俱樂部 10:45 早操 11:30 足球 1pm 出訪墨西哥	7 
8 	9 早餐俱樂部 10:45 早操 11:30 老太太的故事 健康講座 (漢語) 1pm 奧運亮點, 用音樂 作畫	10 早餐俱樂部 10:45 早操 11:30 國家測驗 討論新聞文章 (漢語) 1pm	11 早餐俱樂部 10:45 早操 11:30 足球 1pm 啤牌21 點	12 早餐俱樂部 10:45 早操 11:30 對或錯 1pm 賓果	13 早餐俱樂部 10:45 早操 11:30 命相 1pm 八月份生日會 音樂和生日蛋糕 	14 
15 	16 早餐俱樂部 10:45 早操 11:30 甲蟲遊戲 1pm 藝術表現 老歌但好聽的音樂	17 早餐俱樂部 10:45 早操 11:30 擊個掌 1pm 五個中獎號碼 克雷夫茨	18 早餐俱樂部 10:45 早操 11:30 擲骰子 1pm 賓果	19 早餐俱樂部 10:45 早操 11:30 指出不同 健康講座 (英語語言) 1pm 賓果	20 早餐俱樂部 10:45 早操 11:30 擲骰子 1pm 啤牌21 點	21 
22 	23 早餐俱樂部 10:45 早操 11:30 創造性思維 1pm 克雷夫茨	24 早餐俱樂部 10:45 早操 11:30 完成標題 健康講座 (漢語) 1pm 賓果	25 早餐俱樂部 10:45 早操 11:30 曲棍球 1pm 音樂: 鄧麗君	26 早餐俱樂部 10:45 早操 11:30 紙牌遊戲 (英語語言) 健康講座 (漢語) 1 pm 啤牌21 點	27 早餐俱樂部 10:45 早操 11:30 配對遊戲 討論新聞文章 (漢語) 1pm 用音樂 作畫	28 
29 	30 早餐俱樂部 10:45 早操 11:30 菜市场 1pm 啤牌21 點 藝術表現	31 早餐俱樂部 10:45 早操 11:30 討論新聞文章 (英語語言) 菜市场 (漢語) 1pm 出訪台灣		SVNH Adult Day Centre 345 - 3150 E. 54 th Ave. Vancouver, BC V5S 1Z1 Phone: (604) 430-6373		

Welcome!

We warmly welcome you to our day program:

Program Highlights

August 2nd The ADC is **Closed** today for BC Day.

August 14th Birthday Party

August 19th Health Talk (in English)

August 27th Health Talk (in Chinese)

August Birthdays

We wish our following friends a very Happy Birthday!

Ms. Janet Mathews

Mr. Peter Trihn

Mrs. Chee Wah Fong

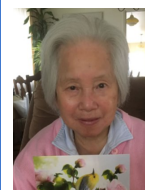
Mr. John Burns

August 12th

August 26th

August 27th

August 29th



Farewell to Siu Ming

Siu Ming has retired after 23 years of service, as an Activity Worker, for SVNH ADC. His kind and caring nature and great sense of humour was always appreciated by our participants, their caregivers, our volunteers and staff members. We had a retirement party for Siu Ming on Monday July 19th. He shared stories from his years at the centre and he thanked everyone in attendance. He promised to come back for a visit from time to time.



歡迎

我們溫暖地歡迎您到我們的中心:

節目聚焦

八月二日: 中心休息 加拿大 國慶日

八月十四日: 八月份生日會

八月十九日: 健康講座 (英語語言)

八月二十七日: 健康講座 (漢語)

八月生日會員

生日快樂對我們的朋友

Ms. Janet Mathews

Mr. Peter Trihn

Mrs. Chee Wah Fong

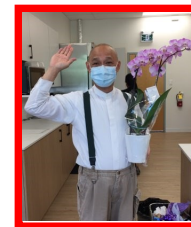
Mr. John Burns

八月十二日

八月二十六日

八月二十七日

八月二十九日



SVNH Adult Day Centre

南溫哥華成天中心

August 2021 Newsletter

2021年8月 月報



SVNH Adult Day Centre Grand Opening Celebration with a ribbon cutting ceremony by Zahra Esmail, Executive Director SVNH, George Chow, MLA for Vancouver-Fraserview, Maria Couto, ADC Director and Wayne Yerxa, Activity Coordinator.

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

Dehydration

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition. Dehydration can occur in any one of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration in older adults

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
 - Hard to drink or hold a glass.
 - Painful to get up from a chair.
 - Painful or exhausting to go to the bathroom.
 - Hard to talk or communicate to some one about their symptoms.
- Take medicines that increase urine output. Many prescription and non-prescription medicines can cause dehydration. A few examples are:
 - Antihistamines.
 - Blood pressure medicines.
 - Chemotherapy.
 - Diuretics.
 - Laxatives
 - Not have enough money to adequately feed themselves.



Watch closely for the early symptoms of dehydration anytime you have illnesses that cause high fever, vomiting, or diarrhea.

These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The urine may be less than usual.
- The person may feel cranky, tired, or dizzy.



脱水

脱水是指身体内失去水份。男性的体重有百分之六十为水份，而女性则占其体重百分之五十。人体需要维持足够的水份才能保持健康的身体。因为随著年龄的增长而全身含水量逐渐减少，再加上老年人口渴的知觉较迟顿，所以老年人较易产生脱水的现象。

脱水的併发症为血压下降、休克以及因严重、持续地脱水而死亡。若有脱水的现象发生，应马上请医生诊治，尤其是老年人或婴儿。

脱水的症状

- 口乾、舌燥。
- 小便量减少或完全没有尿液。
- 眼眶凹陷。
- 脸色苍白、皮肤冰凉。
- 头晕、烦躁不安、神智混乱及昏迷。
- 严重口渴感。
- 脉搏微弱且速度加快、血压下降及呼吸急促。

老年人会因口渴感觉迟顿、吞咽困难、语言沟通能力障碍、行动不便或认知困难等等问题，易发生水份摄取不足的情况。·水份损失过多：

任何原因引起严重呕吐或腹泻、持续发高烧、大量出汗或过量服用使水份或电解质流失的药物，如利尿剂（去水药）。

炎热的天气可能会导致脱水及中暑。穿透气的衣服，也就是说，空气可以疏通透出衣外。外出在烈日之下应带帽子。中午时分，阳光最强烈的时候最好待在室内。随身带一瓶水，不时喝一口。治疗·轻微脱水时，应小量多次饮用清流质或电解质饮料（如冲淡的 Gatorade）；一次饮用大量的流质可能会引起呕吐。

- 严重脱水时，则需要住院并接收静脉液体注射。
- 在家每日量体重并作记录，以便提早发现脱水的情况。
- 假如有呕吐或腹泻，记录每次的数量，以便估计损失的水份。
- 若婴儿或新生儿有呕吐或腹泻的症状，请马上到急诊室，这可能是紧急情况，不容疏忽。

