

# South Van Adult Day Centre

# ACTIVITY CALENDAR

# OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>SVNH</b> <b>Adult Day Centre</b> <b>345 - 3150 E. 54<sup>th</sup> Avenue</b> <b>Vancouver, BC V5S 1Z1</b> <b>(604) 430-6373</b>				<b>1</b> Breakfast Club 10:45 Exercises 11:30 Floor Hockey 1pm KENO Mahjong	<b>2</b> 
<b>3</b> 	<b>4</b> Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm Black jack Mahjong & Table Games	<b>5</b> Breakfast Club 11:00 Blanket Event with Travis Angus Noon Lunch 12:30 Blanket Event	<b>6</b> Breakfast Club 10:45 Exercises 11:30 Soccer 1pm Table Games Travel to the Philippines with Snacks	<b>7</b> Breakfast Club 10:45 Exercises 11:30 Balloon Volleyball 1pm BINGO Mahjong / Table Games	<b>8</b> Breakfast Club 10:45 Exercises 11:30 Share a Joke Noon Thanksgiving Lunch 1pm Arts & Crafts Food Preparation	<b>9</b> 
<b>10</b> Happy Thanksgiving 	<b>11</b> <b>The ADC is</b> <b><u>CLOSED</u> Today</b> <b>Thanksgiving</b>	<b>12</b> Breakfast Club 10:45 Exercises 11:30 Spot the Difference Health Talk (in English) 1pm Musical Memories Mahjong / Table Games	<b>13</b> Breakfast Club 10:45 Exercises 11:30 News & Views 1pm Table Games Painting with Music	<b>14</b> Breakfast Club 10:45 Exercises 11:30 Balloon Volley Health Talk (in Chinese) 1pm Black Jack Table Games	<b>15</b> Breakfast Club 10:45 Exercises 11:30 Matching Game 1 pm Artsway Online Mahjong	<b>16</b> 
<b>17</b> 	<b>18</b> Breakfast Club 10:45 Exercises 11:30 Be prepared! 1pm Black Jack Craft: Autumn leaves	<b>19</b> Breakfast Club 10:45 Exercises 11:30 Be prepared! 1pm <b>Birthday Party</b> <b>Music &amp; Cake!</b> 	<b>20</b> Breakfast Club 10:45 Exercises 11:30 Be prepared! 1 pm BINGO Mahjong	<b>21</b> Breakfast Club 10:45 Exercises 11:30 <b>BC Great Shakeout</b> 1pm Musical Memories Mahjong / Table Games	<b>22</b> Breakfast Club 10:45 Exercise 11:30 Be prepared! 1pm Painting with Music Food Preparation	<b>23</b> The Great British Columbia <b>Shake Out</b> 
<b>24</b> <b>31</b> 	<b>25</b> Breakfast Club 10:45 Exercises 11:30 Hangman 1pm Musical memories Art: Halloween Mural	<b>26</b> Breakfast Club 10:45 Exercises 11:30 Trick or Treat? News & Views (in Chinese) 1 pm Bake Cookies Jigsaw Puzzles	<b>27</b> <b>The ADC is</b> <b><u>CLOSED</u> Today</b> <b>Staff Development</b>	<b>28</b> Breakfast Club 10:45 Exercises 11:30 Soccer News & Views (in Chinese) 1pm GHOST BINGO Jack-O'-Lantern Carving	<b>29</b> Breakfast Club 10:45 Exercises 11:30 Pumpkin Bowling 1pm <b>Halloween Party</b> 	<b>30</b> 

Please visit our blog site: [svnhadc.blogspot.com](http://svnhadc.blogspot.com)

SVNH Website: [www.southvan.org](http://www.southvan.org)

星期天	星期一	星期二	星期三	星期四	星期五	星期六
	<b>SVNH</b> <b>Adult Day Centre</b> 345 - 3150 E. 54 <sup>th</sup> Avenue Vancouver, BC V5S 1Z1 (604) 430-6373				<b>1</b> 早餐俱樂部 10:45 早操 11:30 曲棍球 1pm 五個中獎號碼	<b>2</b> 
<b>3</b> 	<b>4</b> 早餐俱樂部 10:45 早操 11:30 排球 1pm 啤牌21 點 麻將 / 桌面遊戲	<b>5</b> 早餐俱樂部 10:45 早操 11:00 毛毯 事件: Travis Angus Noon 午餐 12:30 毛毯 事件	<b>6</b> 早餐俱樂部 10:45 早操 11:30 足球 1pm 桌面遊戲 出訪菲律賓 & 小吃	<b>7</b> 早餐俱樂部 10:45 早操 11:30 曲棍球 1pm 賓果 麻將 / 桌面遊戲	<b>8</b> 早餐俱樂部 10:45 早操 11:30 分享笑話 Noon 感恩節午餐 1pm 工藝, 準備食材	<b>9</b> 
<b>10</b> Happy Thanksgiving 	<b>11</b> 中心休息 感恩節	<b>12</b> 早餐俱樂部 10:45 早操 11:30 指出不同 健康講座 (英語語言) 1pm 音樂記憶 麻將 / 桌面遊戲	<b>13</b> 早餐俱樂部 10:45 早操 11:30 討論新聞文章 1pm 桌面遊戲 用音樂 作畫	<b>14</b> 早餐俱樂部 10:45 早操 11:30 排球 健康講座 (漢語) 1pm 啤牌21點 / 桌面遊戲	<b>15</b> 早餐俱樂部 10:45 早操 11:30 配對遊戲 1pm 視頻: 藝途 音樂會 麻將	<b>16</b> 
<b>17</b> 	<b>18</b> 早餐俱樂部 10:45 早操 11:30 做好準備 1pm 啤牌21 點 工藝: 秋葉	<b>19</b> 早餐俱樂部 10:45 早操 11:30 做好準備 1pm 十月份生日會 音樂和生日蛋糕	<b>20</b> 早餐俱樂部 10:45 早操 11:30 做好準備 1pm 賓果 / 麻將	<b>21</b> 早餐俱樂部 10:45 早操 11:30 卑詩大演習西門菲沙大學震區 1 pm 音樂記憶 麻將 / 桌面遊戲	<b>22</b> 早餐俱樂部 10:45 早操 11:30 做好準備 1pm 用音樂 作畫 準備食材	<b>23</b> The Great British Columbia Shake Out
<b>24</b> <b>31</b> 	<b>25</b> 早餐俱樂部 10:45 早操 11:30 串字遊戲 1pm 音樂記憶 工藝: 萬聖節壁畫	<b>26</b> 早餐俱樂部 10:45 早操 11:30 不給糖就搗蛋? 討論新聞文章 (漢語) 1pm 烤餅乾 拼圖	<b>27</b> 中心休息 員工發展日	<b>28</b> 早餐俱樂部 10:45 早操 11:30 足球 討論新聞文章 (漢語) 1pm 賓果 雕刻南瓜燈	<b>29</b> 早餐俱樂部 10:45 早操 11:30 南瓜保齡球 1pm 萬聖節派對	<b>30</b> 



## Welcome!

We warmly welcome you to our day program:

## Program Highlights

Oct. 5<sup>th</sup> Blanket Event with Travis Angus  
Oct. 11<sup>th</sup> The ADC is **Closed** today  
Thanksgiving Day.  
Oct. 12<sup>th</sup> Health Talk (in English)  
Oct. 14<sup>th</sup> Health Talk (in English)  
Oct. 19<sup>th</sup> Birthday Party  
Oct. 21<sup>st</sup> **Great BC ShakeOut**  
Oct. 27<sup>th</sup> The ADC is **Closed** today  
SVNH Staff Development Day  
Oct. 29<sup>th</sup> Halloween Party

## October Birthdays

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

Mrs. Rosa Rutigliano

October 7<sup>th</sup>



## 歡迎

我們溫暖地歡迎您到我們的中心:

## 節目聚焦

十月五日: 毛毯事件 教的Travis Angus  
十月十一日: **中心休息** 感恩節  
十月十二日: 健康講座 (英語語言)  
十月十四日: 健康講座 (漢語)  
十月十九日: 十月份生日會  
十月二十一日: **卑詩大演習西門菲沙大學震區**  
十月二十七日: **中心休息** 全國真相與和解日  
十月二十九日: 萬聖節派對

## 十月生日会员

生日快樂對我們的朋友

Mrs. Rosa Rutigliano

十月七日



# SVNH Adult Day Centre

## 南溫哥華成天中心

### October 2021 Newsletter

2021年10月 月报



*Participants enjoy an afternoon of art.*

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

## The Great British Columbia ShakeOut 2021

On **Thursday October 21<sup>st</sup> at 10:20 AM**, millions of people worldwide will practice how to **“Drop, Cover and Hold On”** during Great Shakeout Earthquake Drills. British Columbians can join by registering for the **2021 Great British Columbia ShakeOut**.

**Indoor Spaces:** There are many ways to protect yourselves and your surroundings:. Move beds away from windows that can shatter and implode; Remove pictures, mirrors, TVs and lights from over beds; Close curtains or blinds at night for additional protection; Keep a pair of sturdy shoes under the bed (upside down) with a flashlight inside.

**Plan to be safe** by creating a disaster plan and deciding how you will communicate in an emergency. Regular practice earthquake drills. You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always **Drop, Cover, and Hold On** immediately! **DROP** to the ground (before the earthquake drops you!), **COVER** your head and neck with your arms and seek shelter by getting under a sturdy desk or table if nearby; and **HOLD ON** to your shelter and be prepared to move with it until the shaking stops.

**Outdoor Spaces:** When the ground starts shaking: Stay outside and move to a clear area if you can safely do so. Stay away from buildings, trees, signs or other large hanging or posted objects, utility wires, fuel and gas lines and other hazards. The area near the exterior walls of a building can be one of the most dangerous places to be. Windows, facades and architectural details are often what falls and causes damage. To stay away from this danger zone, stay inside if you are inside and outside if you are outside.

**Secure Your Outdoor Space:** Even outdoors it's important to ensure you're working in a safe, earthquake savvy environment. Secure heavy equipment that could topple. Secure exterior shelves and store heavy items lower down. Be aware of other exterior hazards where you live and work, such as power lines.

**When the shaking stops:** Listen to the radio and heed any warnings or directions from officials. Do not enter buildings until they are deemed safe by officials. Depending on the level of damage, it may be best to stay where you are. Keep emergency response routes clear and be aware of potential hazards, such as downed power lines, falling debris and collapsing infrastructure. The exception would be if you're in a tsunami risk area. In that case, immediately move to higher ground on foot and stay there until directed otherwise by authorities.

For more information, please visit the website: [www.ShakeOutBC.ca](http://www.ShakeOutBC.ca) or email: [info@shakeoutbc.ca](mailto:info@shakeoutbc.ca)



## 卑詩大演習西門菲沙大學震區 2020年10月21日 上晝10點20分

我地鼓勵西門菲沙大學社區嘅所有人，同成千上萬嘅卑詩人 齊參加 今次卑詩地震大演習。今次演習將會畀機會大家認真思考點樣準備應對天災或者其他緊急狀況，以及點樣令到自己嘅住所，工作場所同埋車輛能夠喺緊急狀況下提供線生機。你可以喺自己嘅住所，工作場所或者課室參與今次演習

### 地震之前

- 避免在高儲物架上放重物；另外，所有儲物架、還有櫃子、桌子都要固定好。
- 實驗室里面的化學藥品架要固定好，同時要將玻璃器材放在特制的支架上面。
- 熟記緊急狀況應變計劃，包括逃生通道的位置；最好準備一個緊急逃生背囊。
- 參加諸如“卑詩地震大演習”之類的大型災害演習，熟悉應對各種緊急狀況的對策。

### 地震來襲！

地震發生不僅完全無法預警，而且可能劇烈得讓人站不得也走不得，甚至重重摔倒。無論你在哪裏，第一件事都應該是盡最大能力保護自己。

### 室內

- 留在室內，保持冷靜。□ 藏在床底下或者桌子底下。保护好頭部，以免被掉下來的物件打中。扶穩或者抓住床或者桌子，不要出去。□ 如果你正在上課的話，留在原地保護自己：趴下，找東西遮住頭；找不到東西遮頭就用雙手抱頭。□ 遠離窗口或者任何放有重物或者危險品的儲物架。
- 如果你四周圍都沒有可以遮頭的東西的話，平趴在地面或者靠牆角蹲下，並以雙手抱頭。

### 室外

- 留在室外。
- 去一個遠離任何建築物、玻璃或者電線的空曠地方。

### 地震之後

- 在確定震動已經停止之後數60秒。過了60秒都還沒有余震的話，小心翼翼地離開室內，去一個空曠的地方。
- 小心余震、瓦礫以及碎玻璃。
- 避免使用電話或者垂直升降電梯。

想了解更多詳情，請瀏覽：[www.ShakeOutBC.ca](http://www.ShakeOutBC.ca) 又或者通過電子郵件聯絡我地：[info@shakeoutbc.ca](mailto:info@shakeoutbc.ca)





## Breast Cancer

Cancer cells are abnormal cells. Cancer cells grow and divide more quickly than healthy cells. Some cancer cells may form growths called tumors. All tumors increase in size, but some tumors grow quickly, others slowly. Cancer cells can spread to other parts of the body through the blood and lymph systems. This is called metastasis. Breast cancer is when cancer starts in the breast. Breast cancer can be found by mammogram, by a woman feeling a lump or by a doctor's exam.

To find breast cancer, it is important to:

- Do monthly self breast exams.
- Have a yearly exam by your doctor if you are over 40. These are done less often for younger women.
- Have a mammogram each year after age 40.

**Breast Tissue:** A woman's breasts may feel more firm and lumpy before menopause. A woman has less estrogen after menopause, so the breasts feel much softer and less lumpy. The firm, lumpy tissue can hide a small lump making it hard to feel. By checking your breasts each month, you become familiar with your breast tissue and notice changes. Small lumps can also be found by a mammogram or by a doctor during your exam. Some lumps are so small that only a mammogram can find them.

**Tests:** If a lump is found, a mammogram or ultrasound will be done. A biopsy is often done to check if the lump is cancer and if so, what type. A biopsy is a procedure to remove tiny pieces of tissue. The samples are then checked by a doctor. If the biopsy finds cancer, more tests may be done to see if the cancer has spread to other parts of your body.

**Types of Treatment:** Based on your biopsy results and the type of cancer, you and your doctor will decide the best treatment for your breast cancer. Here are the treatments that may be done:

**Surgery** Surgery is done to remove as much of the cancer as possible. Either the whole breast is removed, called **mastectomy**, or a part of the breast is removed, called **lumpectomy**. With either surgery, lymph nodes under the arm are checked for cancer. You and your doctor may also talk about reconstruction surgery. This surgery is done to create the look of a normal breast. You may still need to have more treatment. Having a mastectomy or lumpectomy does not guarantee that the breast cancer is gone from the entire body. Small cancer cells that are too small to detect may remain in the body. Radiation Therapy When a lumpectomy is done, it is often followed by radiation therapy.

**Radiation therapy** is done to treat the entire breast. Radiation therapy often begins 4 to 6 weeks after surgery.

**Hormone Therapy and Chemotherapy** Treatment may be needed to target cancer cells that may be remaining in the body. It may be done before surgery to shrink a tumor or after surgery to kill cancer cells that may have spread or that remain in the body.

- Hormone therapy is medicine in pill form taken to work against estrogen in the body. The most common side effect is signs of menopause.
- Chemotherapy is medicine given as a pill or in an IV (intravenous) tube in a vein. The medicine kills cancer cells. Common side effects include feeling tired, hair loss and nausea. These side effects are often temporary.

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

Source: [https://www.healthinfotranslations.org/pdfDocs/Breast\\_Cancer-CHT.pdf](https://www.healthinfotranslations.org/pdfDocs/Breast_Cancer-CHT.pdf)

## 乳癌

癌細胞是異常的細胞。癌細胞的生長和分裂比健康細胞快。有些癌細胞可能生長形成腫瘤。所有的腫瘤都會不斷變大，但是生長速度有快有慢。癌細胞可能透過血液和淋巴系統擴散至身體的其他部位。這稱為轉移（**metastasis**）。乳癌就是始發於乳房的癌。透過乳房攝影檢查、女性的乳房自檢或醫生的檢查，均可發現乳癌。要及時發現乳癌，必須遵守以下要求：

- 每月進行乳房自檢。
- 年滿40歲後，每年請醫生檢查一次乳房。未到此年齡的女性，可減少檢查次數。
- 年滿40歲後，每年作一次乳房攝影檢查。

### 乳房組織

女性在停經之前，乳房可能更堅挺而多硬塊。女性停經後，體內雌激素減少，乳房會變軟很多，而且不象停經前有那麼多硬塊。堅挺而多硬塊的乳房組織可能使小腫塊難以用手摸到。每月檢查一次乳房，可以熟悉乳房組織，注意到乳房的變化。此外，透過乳房攝影檢查或醫生的檢查，也可發現小的腫塊。有些腫塊非常小，必須透過乳房攝影檢查才能發現。

### 測試

如果發現腫塊，須作乳房攝影或超音波檢查。醫生經常會作切片檢查，以判斷腫塊是否為癌症以及屬於什麼類型的癌症。切片檢查是指切下一小片組織作為檢查的樣本，由醫生進行檢查。如果切片檢查後確定是癌症，則要透過進一步的測試確定癌症是否已擴散至身體的其他部位。

### 治療的種類

依據切片檢查的結果和癌的種類，由患者和醫生共同確定乳癌的最佳治療方案。下面介紹一些常見的治療方法。

### 手術

透過手術，醫生會儘量切除最多的癌組織。切除整隻乳房的手術稱為**全乳房切除術（mastectomy**，切除部分乳房的手術稱為**腫瘤切除術（lumpectomy**。無論是哪種手術，都要檢查腋下的淋巴結是否有癌症。患者和醫生也可商量是否進行**乳房重建手術（reconstruction surgery**）。乳房重建手術的目的是恢復正常的乳房外觀。此外，可能還需要接受其他治療。全乳房切除術或腫瘤切除術不能保證根治乳癌。有些癌細胞非常小，難以發現，可能會留在體內。

### 放射治療

腫瘤切除術後，往往要作放射治療。放射治療的目的是治療整個乳房。放射治療往往在手術4至6週後開始。

### 荷爾蒙治療和化學治療

荷爾蒙治療和化學治療的目的是專門殺滅殘留在體內的癌細胞。可用於在手術前縮小腫瘤，也可用於在手術後殺滅可能已擴散或殘留在體內的癌細胞。

- **荷爾蒙治療**採取口服藥物的方式，以減少體內雌激素的生成。最常見的副作用是出現停經症狀。
- **化學治療**採取口服藥物或靜脈注射藥物的方式。藥物可殺滅癌細胞。常見的副作用包括疲勞、掉頭髮和噁心。這些副作用往往是暫時性的。

**如果有任何疑問或擔心，請諮詢醫生或護士。**

Source: [https://www.healthinfotranslations.org/pdfDocs/Breast\\_Cancer-CHT.pdf](https://www.healthinfotranslations.org/pdfDocs/Breast_Cancer-CHT.pdf)