



列治文家庭及朋友照顧者中心 月刊 二〇二二年十月

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九月，我們與更多的照顧者相知、相識、相互支持。在舉國慶祝感恩節之際，我們由衷地感激所有信任和支持我們的小夥伴們！是你們，讓我們牢記職責與使命，也是你們，讓我們倍感振奮和幸福！ 1

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9月22日照顧者在列治文自然公園的戶外活動
感謝列治文自然公園和 Angela Soon 對我們活動的大力支持！

一、照顧者中心近期活動

1. 10-11 月工作坊

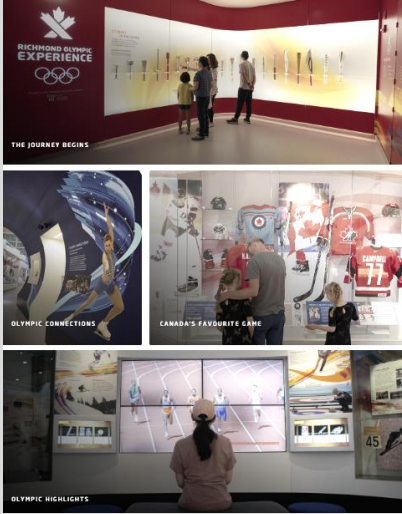
請大家點擊以下日程表中的活動直接報名：

[十月活動表](#)

[十一月活動表](#)

* 大家也可以登錄我們網站 www.rcrg.org/caregivers 查看每個講座詳情。

2. 10-11 月照顧者的戶外活動



11 月 10 日（禮拜四） 10:30 AM - 12:00 PM

[參觀列治文奧林匹克速滑館](#)：了解奧林匹克的歷史和知識，弘揚體育精神。屆時，我們還將參觀和體驗體育館的劇場。

*該活動安排有班車接送（從 Richmond Caring Place 出發，活動結束後返回 Richmond Caring Place）

請大家電話 604-279-7099 或郵件 caregivernavigator@rcrg.org

***注：**

1. 我們活動均為免費，希望能惠及更多的照顧者。所以之前沒參加過活動的照顧者優先。
2. 如果活動適合且有空位，我們歡迎照顧者帶家中長者一起參加。請提前聯繫我們確認。

10 月的兩場（均已報滿，可聯繫加入等候名單）：

（1）10 月 13 日(禮拜四), 2:00-4:00 PM

參觀 Minoru 長者中心，了解列治文這個為 55 歲及以上長者提供的綜合服務設施及資源，同時，參加我們的一堂有趣手工課。

（2）10 月 14 日(禮拜五), 9:40 AM - 1:30 PM

參觀 Fraser River Discovery Centre，了解菲沙河流域的歷史，以及這裡發生過的有趣故事、出現過的有趣的人。

*該活動安排有班車接送（從 Richmond Caring Place 出發，活動結束後返回 Richmond Caring Place）

二、照顧者的分享

How do I declutter my house and my life
---By Rosa Lee

I had been living with clutter in my house for a long time until recently, a good friend came and helped me declutter and reorganize the whole place. I am so grateful I made this move. It has brought tremendous change to my life.

My family moved to Canada 28 years ago. You can imagine how many stuff we used and collected after all these years: clothes, books, cosmetics, kitchen wares, decorations, etc. My family couldn't give up any of them because we considered them a witness of our life and experiences. As a result, many of them were just staying around without being touched year after year.

However, it seems like we couldn't introduce anything new to our house because the space is limited. So is our heart and life. When we are buried in tons of existing stuff, we may not be able to see the outside world clearly. And we may not have time to move on to new adventures.

After pondering for quite some time, I made up my mind of decluttering my house. I started from my clothes, sorting them out based on seasons and functions. Going through all of them, I kept a few favorite or necessary clothes of each category which would be enough for me. After it was done, I moved on to other stuff.

From: Françoise Tsang
Sent: October 6, 2022 8:09 AM
To: Caregiver Navigator; Rachel Qian
Subject: Re: thank you

Hi everyone and good morning. I would like to send my appreciation to the Caregiver Hub organizing such a wonderful workshop.
I had a good time yesterday learning about flower arrangement. The instructor, Jane, was very knowledgeable, witty and thorough in her teaching.

It was indeed a relaxing time for me after several weeks of taking care of people in need. Bringing home the reward of my "labor" was the highlight of my day.

Thanks everyone and wishing you all a wonderful Thanksgiving with your loved ones!

Be joyful and grateful always,



Francoise



[Rosa Lee 分享自己斷捨離的心路和行動歷程（中文）](#)

[Françoise Tsang 分享自己的桌面花盞製作和感受](#)

三、近期講座材料分享


 **How to Set Up & Use Zoom**
PRESENTED BY ROSANA LOO
Another program of 

Recipe 008.29 Banana nut bread muffins
Makes 12 muffins
unsalted butter melted
Ripe bananas
Flour
Salt
Baking soda
Baking powder
Eggs
Egg whites
Granulated sugar
Brown sugar
Walnut pieces, toasted

1/4 cup Plus 2 TBSP, and more for muffin cups
2 large or 3 medium
2 cups
1/2 teaspoon
1/2 teaspoon
1 teaspoon
2
2
1/2 cup (can cut back)
1/2 cup
2/3 cup

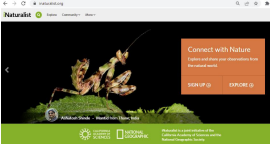
Pre heat oven to 350F. Butter the muffin cups and dust with flour.
1. Melt the bananas using a pastry cutter.
2. In a separate bowl, whisk together the flour, salt, baking soda and baking powder.
3. In another bowl, combine the butter, eggs, egg whites, granulated sugar, brown sugar. Mix, then add bananas.
4. Add the flour mixture in the wet banana mixture and stir with a wooden spoon; mix in walnut. Scoop the mixture in muffin cups.
5. Bake for about 25 minutes to golden brown, test with a toothpick. cool on a rack.

Original Recipe Credit: The Good Recipe



Rosana Loo 分享的如何使用 Zoom ([How to Set up & Use Zoom](#))

Willie Chan 分享菜譜 [Cooking Recipes](#)

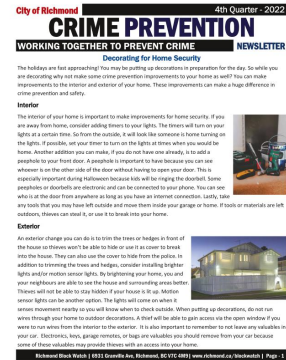
 **Connect with Nature**
Discovering and documenting the natural world
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How It Works

Record your observations
Share with fellow naturalists
Discuss your findings

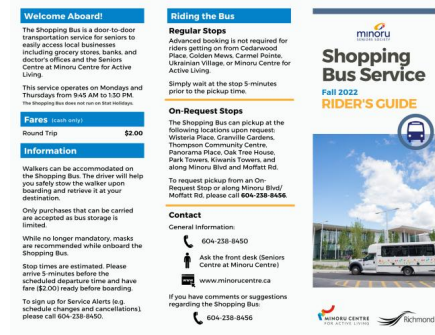
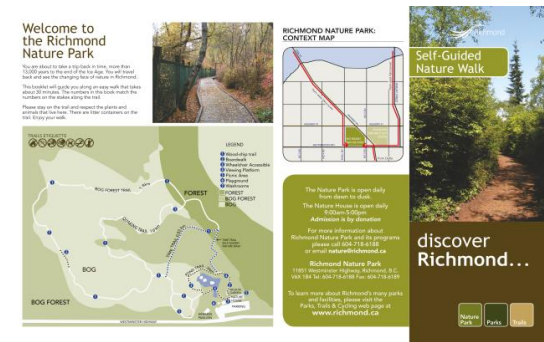
Angela Soon 分享 [iNaturalist](#), 一個免費交流動植物信息的網站和 app

四、社區信息和資源分享



FCBC 最新電子刊物

四季度預防犯罪刊物（中文版）



列治文自然公園導覽圖

列治文長者購物巴士手冊

FCBC 2022 十月活動日程表

卑詩省阿茲海默協會近期活動

Minoru 長者中心近期活動和課程