



列治文家庭及朋友照顧者中心 月刊

二〇二三年一月

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值此新春之際，列治文家庭及朋友照顧者中心真誠地祝願大家健康、快樂！於此同時，我們也將繼續以專業的態度、飽滿的熱情為大家帶來更好的服務和支持。.....1

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新的一年，我們將於每月的第三個週五下午舉辦男性照顧者互助會。1月，我們將在 Lansdowne 商場的新春慶祝會上開設展位，與大眾互動。2月，我們邀請到了專業的攝影師為長者們講述攝影的基礎知識。同時，我們還將推出免費的長者諮詢志願者的培訓項目等等等等。這只是我們眾多服務和活動中的一些。歡迎隨時反饋您的想法及建議！



我們的工作人員在長者“健康生活日展會”上

一、照顧者中心近期活動

1. 男性照顧者支持小組

提供了一個平台和機會，讓男性照顧者們可以聚到一起，放鬆、暢談、互幫互助。

該活動將定期舉辦，時間是每月的第三個週五下午 2 點 30 分至 4 點 30 分，地點是 South Arm 社區中心的長者活動室（8880 Williams Road, Richmond）。2 月 17 日下午，我們將開始第一期的活動。

如想了解更多資訊，請與我們聯繫：caregivernavigator@rcrg.org。

2. 長者諮詢顧問培訓（免費）

該培訓免費，包含 44 小時的培訓課程，涵蓋了溝通、有效傾聽、加強同理心、壓力管理等多個主題。通過課程，參與者將進一步練習到如何更好地與長者溝通，並提供情感支持或力所能及的幫助。

該培訓將於 2 月 1 日開始，歡迎聯繫致電 604-279-7020 或電郵 cdickson@rcrg.org 了解更多。

3. 2023.1-2 月工作坊

請大家點擊以下日程表中的活動直接報名：

[二〇二三年一月活動表](#)

[二〇二三年二月活動表](#)

註：

1. 12 月底的兩節手工課因為天氣原因改期至 1 月下旬舉辦。
2. 因老師缺席，2-4 月的“在家運動課”將暫停直至未來通知。
3. 大家也可以登錄我們網站 www.rcrg.org/caregivers 查看每個講座詳情。

4. 2023.1-2 活動亮點

1月28日（禮拜六）在 Lansdowne 商場，RCRG 將參加農曆新年展會，歡迎大家過來互動和慶祝。

2月8日（週三）下午 2-4 點在 Richmond Caring Place 可以跟著 Rosana 學習如何查詢健康相關資訊，同時觀看 iCON 的講座視頻（“飲食能否防止腦退化的過早發生？”）

二、照顧者的分享



《社區愛心食譜》

由 United Way 主持製作的 "Recipes from the Heart"（“社區愛心食譜”）收集了 50 余個有愛、有心、有溫度的健康食譜及故事。在這新春佳節之際，該食譜也是走親訪友的完美禮物！

歡迎您與我們聯繫，借閱或購買該食譜。

三、近期講座材料分享



書法參考（Lau Wa Yin 分享）



健康食譜（Willie Chan 分享）

四、社區信息和資源分享

1 月是阿茲海默症之月



每年 1 月，阿茲海默協會都會牽頭支持和推進公眾對阿茲海默症的認知。

通過了解阿茲海默症和腦退化的相關知識，以及相關人群是如何生活及克服困難，我們才能更好地打造一個善待腦退化人群的社區。

卑詩省阿茲海默協會近期活動

Exercise is Medicine Canada **Physical Activity for Older Adults** **CSEP/SCPE**

What activities should I do?
Follow the Guidelines. This brochure reflects the *Canadian 24-Hour Movement Guidelines for Adults (65+ years)*. For benefits to your health and functional abilities, include a range of activities and intensities within these recommendations.

	Types of Activities	The Benefits
Aerobic Activities	Accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week. Moderate intensity — You can chat easily Vigorous intensity — You cannot chat easily <i>Walking briskly, walking up hills or stairs, hiking, cycling, swimming, tennis, dance class, pickleball</i>	Keeps your heart, lungs, and blood vessels healthy Can help you do housework more easily. More is better!
Muscle Strength and Power Activities	Add activities using all your major muscle groups, 2-3 days a week. To strengthen muscles, pick a weight that you can lift, pull, or push 8-10 times. For muscle power, use a lighter weight you can do 8-10 times but at a faster but controlled speed. <i>Free weights, rubber bands, your own body weight, join a fitness centre for more options.</i>	Makes muscles stronger. Helps bones maintain strength. Helps to lift heavy luggage or do heavy garden work.
Balancing Activities	Do activities that challenge you to keep upright. These activities can be done daily, more is better when trying to improve balance. <i>Walking on your tiptoes, doing Tai Chi. Look for videos on how to do balance exercises.</i>	Helps maintain or improve your balance while standing or moving. Helps prevent a fall. Helps to reach a high shelf.
Flexibility Activities	Activities where you reach, bend and move through comfortable motions. Do daily. <i>Stretching routines, yoga, Qigong, Pilates ... Do a variety of activities to include your whole body.</i>	Helps your body move more easily, and in new ways.
Sedentary Behaviour	Limit to 8 hours or less. Break up sedentary time as much as you can and limit recreational screen time to less than 3 hours per day.	

長者如何運動（英文）

運動對長者的好處，以及長者如何安全地做運動

City of Richmond **1st Quarter - 2023**
CRIME PREVENTION
WORKING TOGETHER TO PREVENT CRIME **NEWSLETTER**
How to Be a Good Witness


"A picture is worth a 1000 words." Being able to accurately describe an event and provide descriptions are extremely valuable when reporting a crime. The more information that is gathered and circulated quickly, the better the chance police have in preventing further injury, property loss and catching the suspect(s) responsible.

When you witness a crime, it is a good idea to write everything down as soon as you can and report it to the police. It is essential to know the 4 W's (Who, What, Where, When) because these are questions the call-takers will ask. Make sure to gather details from a safe and covert position. Never put yourself at risk.

What happened? When did the event happen? **Where** did it take place? **Who** is this person and what does that person look like? What are they wearing, any logos on their clothing, and types of shoes? What brand or colour are they wearing? When describing a person it's always good to start from the head down. Pay attention to any distinctive features such as scars, piercings, tattoos, or the way they walked or talked.

Another thing to pay attention is their form of transportation. Did they walk, bike or drive? If a vehicle was involved, details you should make note of are the license plate, make, model, colour, location and direction of travel. Whether the suspect got into the passenger seat or driver seat can also be useful in helping the police identify the correct vehicle.

This might sound like a lot to remember and pay attention to. Good news is, the ability to observe and recall details can strengthen with practice.



Let's Practice
Cover up picture number 2 and 3. Set the timer to one minute then try and remember as much detail as possible about picture number 1. When the timer goes off, cover up picture number 1 and uncover picture number 2. What is missing? After you're done, cover up picture number 2 and uncover picture number 3. What else is missing now? Games like this one help improve one's capacity to observe and remember details.

Richmond Block Watch | 6931 Granville Ave, Richmond, BC V7C 4M9 | www.richmond.ca/blockwatch | Page - 1

警局預防犯罪月刊（中文）

如何做一個“目擊證人”：一張照片勝過千言萬語

BCGuidelines.ca 

Patient Handout: Tips to Stay Fall Free in Winter

It only takes a split second to fall, but here are some tips to help you from falling.

Choose your footwear carefully

- Check your traction: wear boots and shoes with a good grip.
- Consider using an anti-slip shoe traction device or ice cleats on your shoes. Even though you have these devices on, you still need to avoid icy and slippery surfaces. Always take off these grips or cleats when indoors because they may make you slip on indoor flooring.

Plan ahead

- Make sure you have enough time to get where you're going. Your chances of falling increase when you're running late and rushing.
- Be aware of winter weather conditions.
- Let people know your plans and take a cell phone or whistle with you or wear an alert system when you leave your house.
- If you fall, have someone that can assist you in getting help as quickly as possible, this may even save your life.

Use caution as you walk

- Walk like a penguin to prevent falls on snow and ice.
- Walking like a penguin means moving slowly and taking very small steps.
- Keep your feet pointed outward to allow for wider base of support and your knees slightly bent and relaxed to lower your center of gravity.
- Your hands should be kept out to your side and out of your pockets for balance like a penguin's wings. Wear gloves so you can keep your hands out of your pockets.
- Keep your head up and don't lean forward.
- See the video link from Alberta Health Services for more information: Walk Like a Penguin!
- Walk on cleared walkways. Use the safest route to your location and the safest route into the building.
- Find a clear path around snow or ice when you can.
- Be careful of hidden ice and dark areas on pavement as they can be slippery and dangerous. Assume all wet, dark areas on pavement may be slippery or icy. Walk around them if you can.
- Use a backpack, making sure that it fits, to keep your hands free. Avoid carrying anything heavy that may make you lose your balance or that blocks your view as you walk.
- If you use a cane, bag and attach an ice tip.
- Avoid texting or talking on your phone and walking at the same time.
- Be careful getting on or off a bus as the steps or the road may be slippery. Use the front door to exit, so the driver can lower the bus for a safer exit.
- Be careful getting in and out of your car. Hold onto your car door or car as you get out to give yourself extra support.
- Use Nordic poles if recommended to you by a healthcare professional. For some people, Nordic poles may not be appropriate.

BCGuidelines.ca Falls Prevention, Risk Assessment and Management for Community-Dwelling Older Adults (2021)

長者如何預防跌倒（英文）

跌倒就是一瞬間的事，但會造成很大很久的痛苦，快來了解下如何預防跌倒吧

Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

加拿大食物指引（多語種）

政府發佈了權威的食物指引，歡迎大家了解如何健康飲食

照顧者們請休息片刻：休閒參考

列治文 Brighouse 區域的歷史和文化：自主參觀導覽

FCBC 活動日程表

Minoru 長者中心近期活動和課程